

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Peach, raw	medium (2-1/2" dia) (appro...	1.00	42	0	11	1
Pork, fresh, backribs, separable lean and fat, cooked, roa...	oz	5.20	545	44	0	36
Cherries, sweet, raw (Queen Anne, Bing)	cherry	15.00	73	1	17	1
Coffee	fl oz	8.00	5	0	1	0
Southern Home Half and Half	fl oz	1.00	40	3	1	1
Banana, raw	oz	4.00	104	1	27	1
Butter	tablespoon	1.00	102	12	0	0
Spices, cinnamon, ground	tbsp	1.00	18	0	5	0
Rum	fl oz (no ice)	0.25	16	0	0	0
Whipped topping, nondairy	oz	0.20	18	1	1	0
Chicken, breast, skin not eaten	oz	6.40	297	6	0	56
Avocado - Feta Salsa (18 oz)	oz	4.00	176	15	8	5
Asparagus, raw	oz	2.00	13	0	3	1
Butter	tablespoon	2.00	204	23	0	0
Spinach, raw	cup	2.00	13	0	2	2
Garlic, raw	clove	1.00	4	0	1	0
Foods on Sun Aug 26			1,670	106	77	105