

Food Name	Units	Amount	Calories	Fat (g)	Carbs (g)	Protein (g)
Orange, raw	medium (2-5/8" dia)	1.00	62	0	15	1
Beef, flank, separable lean only, trimmed to 0" fat, choi...	oz	3.50	153	7	0	20
Celery, raw	medium stalk (7-1/2" - 8" long)	2.00	13	0	3	1
Spices, curry powder	tbsp	0.50	10	0	2	0
Soup, beef broth or bouillon, powder, dry	cube	1.00	9	0	1	1
Apple, raw	oz	3.00	50	0	13	0
Beef, flank, separable lean only, trimmed to 0" fat, choi...	oz	3.50	153	7	0	20
Cucumber, raw	oz	8.00	27	0	6	1
Lemon, raw	fruit (2-3/8" dia)	0.50	12	0	4	0
Cilantro, raw	cup	1.00	4	0	1	0
Garlic, raw	clove	1.00	4	0	1	0
Foods on Sat Sep 22			497	17	45	46