

Breakfast

	Calories	Carbs	Fat	Protein	Fiber
Butter - Salted, 1 tbsp	102	0	12	0	0
Eggs - Whole, raw, 2 large	147	1	10	13	0
Farmland - Classic Cut Bacon, 4 pan fried slices (15g)	160	0	14	8	0
Heavy Cream - Heavy Cream, 2 tbsp	100	0	10	1	0
Onions - Raw, 1 oz(s)	12	3	0	0	0
Add Food Quick Tools	521	4	46	22	0

Lunch

Louis Rich - Chicken Breast Strips - Grilled, 1.33 serving (3 oz)	146	1	4	25	0
Kirkland Olive Oil - Pure Olive Oil, 2 tbsp	238	0	28	0	0
Salad dressing - Ranch dressing, regular, 2 oz(s)	274	4	29	1	0
Celery - Raw, 1 stalk, medium (7-1/2" - 8" long)	6	1	0	0	1
Salata - Mixed Greens - Salad, 3 cup	150	3	0	1	2
Add Food Quick Tools	814	9	61	27	3

Dinner

Homemade - Ribeye Steak on the Grill, 4 oz	308	0	24	20	0
Mushrooms - Raw, 1 cup, pieces or slices	15	2	0	2	1
Butter - Salted, 2 tbsp(s)	203	0	23	0	0
Heavy Cream - Heavy Cream, 2 tbsp	100	0	10	1	0
Broccoli - Raw, 1 cup, chopped	30	6	0	2	2
Add Food Quick Tools	656	8	57	25	3

Snacks

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Totals	1,991	21	164	74	6
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