

Meals	Food Item	Quantity	Calories	Carbohydrates (g)	Total Fats (g)	Saturate Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Fiber (g)	Sugar (g)	Protein (g)
pastas		4oz	200	429	1			1	1	2	7
	Tomato paste	1cn	139	32	0.8			100		21	
	tomato pure		310	74	1.7			230			
	sugar		773	200				2			
	oil		130		14						
	yellow onios		44	10.3				4.4	1.9	4.7	
	total		1596	745.3	17.5			337.4	2.9	27.7	7
	Calculate calories		1650	2981.2	157.5			1349.6	11.6	110.8	28
house salads	lettuce	1ea	105	22		0.1		76		15	
	red onion	1ea	64	14					2	6	
	Artichoke	3/4 cup	55	10						8	
	Cheese	6tsp	20	1	1.5		5	100			
	red wine										
	oil		130		14						
	total		374	47	15.5	0.1	5	176	2	29	
	calculate calories		387	188	62	0.4	20	704	8	116	
Caesar Salad	Romaine lettuce	1ea	108	21	1.9	0.2		50			8
	bread	3						320			
	Cheese		20	1	1.5		5	100			
	oil		130		14						
	total		258	22	17.4	0.2	5	470			8
	Calculate calories		258	88	69.6	0.8	20	1880			
Chicken		4oz	86		1.9	0.5	44	38			
	oil	1cp	130		14						
	bread crumbs	1cp	427	78				791		7	14
	total		643	78	15.9	0.5	44	829			
	Calculate calories		750	312	63.6	2	176	3316			
Alfredo sauce	Heavy Cream	1qt	60		6	4	15				
	Cheese		20	1	1.5		5	100			
	total		135.5	4	7.5	4	20	100			
	Calculate calories		542	16	30	16	80	400			
Meatballs	meat	each	240		19	6	50				

