

Recommended Meals Report

Food	Calories	Protein	Carbs	Fat	
Eggs Scrambled or fried	220.0	13.0	1.0	16.0	
Eggs raw	150.0	12.0	0.0	12.0	
Milk skim	360.0	36.0	52.0	0.0	
Buttermilk	127.0	9.0	13.0	5.0	
Evaporated	undiluted	345.0	16.0	24.0	20.0