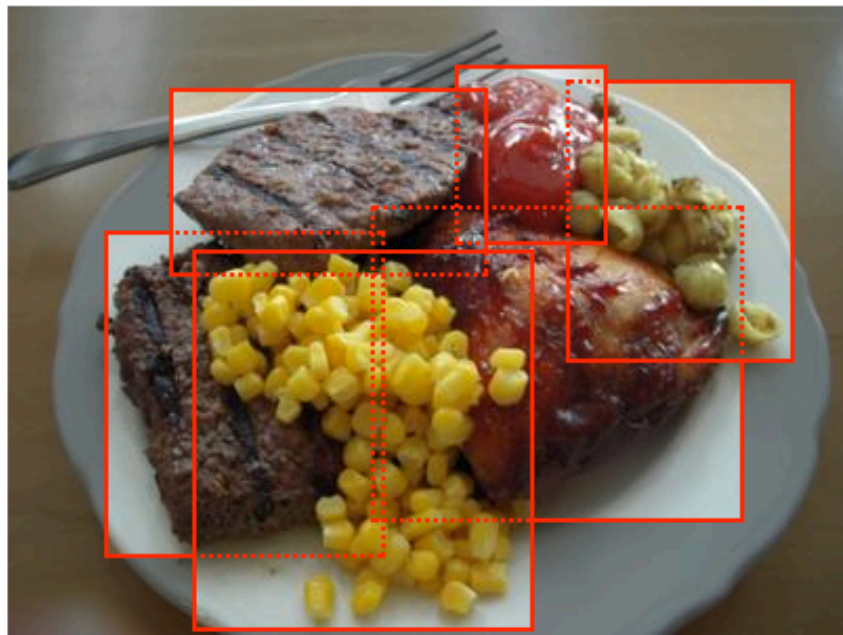


## DINNER



**Yellow Corn** (0.50 cup)

**barbeque chicken breast**

**Chicken Breast Meat and Skin (Broilers or Fryers)** (1.00 breast, bone removed)

**Barbeque Sauce (Low Sodium, Canned)** (0.14 cup)

**Beef Steak** (0.92 medium steak (yield after cooking, bone removed))

**Hominy (White, Canned)** (0.44 cup)

**Ketchup** (2.00 tbsp)

**Beef Steak** (0.86 medium steak (yield after cooking, bone removed))

kcal	fat (g)	carbs (g)	protein (g)
1573.2	72.9	84	138.9

303	3.9	61.6	7.8
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249	13.4	0	30.2
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26.6	0.6	4.5	0.6
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471.3	28.1	0	51.0
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52.8	0.6	10.4	1.1
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30	0.1	7.5	0.5
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440.5	26.2	0	47.7
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**+ Add Food**

**- Delete this photo**