

INGREDIENTS

Include anything that has a nutritional facts label; also calculate the total sugar content of any fruits used (this also includes corn, sweet potatoes, and avacados). Feel free to use online resources to gather this information.

Name of Meal:

Category: REGULAR

Ingredient	Serving Size	Nutritional Facts/ serving		Total	Number of Servings Used	Amount in Cups	Amount in Ounces
lettuce	1 cup	Processed Carbs	0	0	3	3	24
		Natural Carbs	1	3			
		Sugar	0	0			
		Processed Fat	0	0			
		Natural Fat	0	0			
Ingredient	Serving Size	Nutritional Facts/ serving		Total	Number of Servings Used	Amount in Cups	Amount in Ounces
popcorn	1 cup	Processed Carbs	6	12	2	2	16
		Natural Carbs		0			
		Sugar		0			
		Processed Fat		0			
		Natural Fat	0.5	1			
Ingredient	Serving Size	Nutritional Facts/ serving		Total	Number of Servings Used	Amount in Cups	Amount in Ounces
canned salmon	3 oz	Processed Carbs		0	10	3.75	30
		Natural Carbs		0			
		Sugar		0			
		Processed Fat	5	50			
		Natural Fat		0			
Ingredient	Serving Size	Nutritional Facts/ serving		Total	Number of Servings Used	Amount in Cups	Amount in Ounces
mango	1 cup	Processed Carbs		0	4	4	32
		Natural Carbs	28	112			
		Sugar	24	96			
		Processed Fat		0			
		Natural Fat	0.5	2			
Ingredient	Serving Size	Nutritional Facts/ serving		Total	Number of Servings Used	Amount in Cups	Amount in Ounces
avacado	1 cup	Processed Carbs			2	2	16
		Natural Carbs	17	34			
		Sugar	1.5	3			
		Processed Fat					
		Natural Fat	25	50			
Ingredient	Serving Size	Nutritional Facts/ serving		Total	Number of Servings Used	Amount in Cups	Amount in Ounces
		Processed Carbs		0			
		Natural Carbs		0			

		Sugar		0		
		Processed Fat		0		
		Natural Fat		0		
Ingredient	Serving Size	Nutritional Facts/ serving			Number of Servings Used	Amount in Cups
		Processed Carbs		0		
		Natural Carbs		0		
		Sugar		0		
		Processed Fat		0		
		Natural Fat		0		
Ingredient	Serving Size	Nutritional Facts/ serving			Number of Servings Used	Amount in Cups
		Processed Carbs		0		
		Natural Carbs		0		
		Sugar		0		
		Processed Fat		0		
		Natural Fat		0		
Ingredient	Serving Size	Nutritional Facts/ serving			Number of Servings Used	Amount in Cups
		Processed Carbs		0		
		Natural Carbs		0		
		Sugar		0		
		Processed Fat		0		
		Natural Fat		0		
Ingredient	Serving Size	Nutritional Facts/ serving			Number of Servings Used	Amount in Cups
		Processed Carbs		0		
		Natural Carbs		0		
		Sugar		0		
		Processed Fat		0		
		Natural Fat		0		

TOTAL OUNCES	
---------------------	--