

Insert number of blocks**1**

Fat	Amount	
almonds	3	ea
avocado	1	tbsp
canola oil	0.33	tsp
macadamia nuts	1	ea
olives	5	ea
peanut butter	0.5	tsp
peanuts	6	ea
cashews	3	ea
walnuts	0.5	ea
peanut oil	0.33	tsp
olive oil	0.33	tsp
tahini	0.33	tsp
guacamole	0.5	tbsp
vegetable oil	0.33	tsp
mayonnaise	0.33	tsp
mayo light	1	tsp
sesame oil	0.33	tsp
sunflower seeds	0.25	tsp
bacon bits	1.5	tsp
butter	0.33	tsp
half and half	1	tbsp
cream, light	0.5	tsp
cream cheese	1	tsp
sour cream	1	tsp
tartar sauce	0.5	tsp
lard	0.33	tsp
veg shortening	0.33	tsp
pistachio (kernel)	6	ea