



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 1 1200 Cal Plan

**Nutritional data is subject to change and may vary slightly from the meal labels. Please refer to the labels on the meal packages for the most current values and allergen. V4.24*

Average Daily Kcal: 1302

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 1			1206.11	82.59	121.54	43.08	208.83	6.13	1816.30	22.84	32.03
Breakfast			331.97	28.41	24.09	12.32	139.70	2.62	744.86	4.73	1.78
Spinach Ricotta Egg Bake	7.20	oz.	158.24	21.27	2.14	5.67	139.70	2.50	291.34	1.52	0.42
Olive Salsa	1.10	oz.	53.73	1.15	0.95	5.15	0.00	0.12	273.52	0.21	0.36
English Muffin	1.00	pc.	120.00	6.00	21.00	1.50	0.00	0.00	180.00	3.00	1.00
Lunch			538.42	37.77	39.46	25.08	69.14	3.23	621.71	5.64	10.69
Asian Broccoli Slaw	8.00	oz.	253.50	5.53	33.73	11.23	0.00	1.34	387.12	4.44	7.13
Balsamic Chicken	1.00	svg.	196.90	29.24	5.73	5.81	69.14	1.22	232.61	1.21	2.95
Toasted Almonds	0.50	oz.	88.03	3.01		8.04	0.00	0.67	1.98		0.61
Dinner			335.72	16.41	57.99	5.69	0.00	0.28	449.73	12.47	19.56
Vegetable Blend	4.10	oz.	37.57	1.48	8.12	0.34	0.00	0.05	30.92	2.69	4.24
Veggie Meatballs	2.00	pc.	100.00	11.34	6.66	4.00	0.00	0.00	260.00	8.00	2.00
Brown Rice	4.70	oz.	136.82	2.89	28.16	1.32	0.00	0.23	5.48	1.49	0.26
Hawaiian Pineapple Sauce	2.10	oz.	61.33	0.70	15.06	0.03	0.00	0.00	153.32	0.29	13.06
Day 2			1357.35	83.90	162.98	47.93	121.11	9.11	1234.53	25.85	59.48
Breakfast			354.83	20.42	60.99	4.36	7.65	0.45	224.39	5.68	31.03
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Blueberry Granola Bar	1.00	svg.	225.02	5.31	43.42	4.33	0.15	0.44	163.88	5.09	17.75
Strawberries	1.00	oz.	9.92	0.12	2.59	0.03	0.00	0.00	0.57	0.60	1.29
Lunch			579.34	33.63	50.09	30.37	63.99	6.97	780.91	10.13	11.91
Beef Vegetable Stew	11.41	oz.	270.91	18.29	25.28	12.24	52.81	2.58	457.80	5.33	5.99
Carrots, Baby	3.00	oz.	29.77	0.54	7.01	0.11	0.00	0.02	66.34	2.47	4.05
Dill Yogurt	2.00	oz.	49.76	4.90	2.87	2.25	11.18	1.49	26.27	0.04	1.50
Oyster Cracker	1.00	item	65.10	1.38	10.73	1.77	0.00	0.44	114.90	0.45	
Pumpkin Seeds	1.20	oz.	163.81	8.52	4.20	14.00	0.00	2.44	115.60	1.86	0.37
Dinner			423.18	29.85	51.90	13.21	49.47	1.69	229.23	10.03	16.54
Vegetable Blend	5.00	oz.	50.51	2.57	11.10	0.35	0.00	0.06	18.40	3.91	3.25
Couscous and Red Rice	4.40	oz.	103.47	3.63	18.46	2.50	0.00	0.15	80.83	2.30	1.98
Cod Almondine	1.00	svg.	129.20	21.64	2.34	3.36	49.47	0.47	85.00	0.82	0.31
Raspberry Cookie	1.00	pc.	140.00	2.00	20.00	7.00	0.00	1.00	45.00	3.00	11.00
Day 3			1263.43	67.03	153.13	44.37	107.01	11.94	1472.99	15.63	61.43
Breakfast			352.43	19.18	50.97	7.40	14.03	2.74	640.30	5.60	19.87
Red Grapes	4.00	oz.	78.25	0.82	20.53	0.18	0.00	0.06	2.27	1.02	17.55
Black Bean Filling	3.00	oz.	67.06	3.12	12.97	0.00	0.00	0.00	235.47	3.58	2.25
Omelet	1.00	svg.	60.00	10.00	3.00	0.00	0.00	0.00	160.00	0.00	0.00
Flour Tortilla	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
Cheddar Cheese	0.50	oz.	57.12	3.24	0.48	4.72	14.03	2.67	92.56	0.00	0.07
Lunch			562.74	15.10	66.61	29.08	19.68	6.33	463.34	7.54	37.24

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Spring Mix	2.00	oz.	13.33	1.33	2.00	0.00	0.00	0.00	63.33	1.33	1.33
Vinaigrette	1.75	oz.	155.36	0.05	16.31	10.18	0.00	0.75	87.55	0.03	15.85
Blue Cheese Spread	1.10	oz.	80.10	4.04	0.81	6.80	19.68	4.15	195.58	0.00	0.50
Nut Topping	2.85	oz.	173.93	6.11	22.44	8.11	0.00	1.40	4.89	3.16	11.95
Flatbread	2.00	item	102.86	3.43	17.14	3.43	0.00	0.00	111.43	1.71	1.71
Roasted Apple	2.00	oz.	37.16	0.15	7.91	0.56	0.00	0.03	0.56	1.29	5.90
Dinner			348.27	32.74	35.55	7.89	73.30	2.87	369.34	2.50	4.32
Mixed Vegetables	5.00	oz.	41.40	1.80	9.69	0.28	0.00	0.07	7.54	2.26	3.21
Parsleyed Potatoes	5.70	oz.	126.40	2.87	24.47	1.32	0.00	0.10	35.60	0.06	0.55
Chicken Parmesan	1.00	svg.	180.46	28.07	1.39	6.30	73.30	2.70	326.21	0.18	0.56
Day 4			1429.59	72.82	174.54	50.29	118.76	7.10	1577.53	21.34	61.35
Breakfast			473.84	16.06	63.00	19.24	5.00	2.19	186.50	4.95	34.43
Greek Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	7.99
Almond Granola	3.20	oz.	393.91	6.07	53.00	19.24	0.00	2.19	146.53	4.95	26.44
Lunch			409.12	28.24	39.66	16.15	55.46	2.06	663.07	7.80	10.91
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Garlic Coriander Chicken	4.10	oz.	129.46	21.57	0.89	4.42	55.46	1.01	232.58	0.33	0.03
Vegetables	2.20	oz.	14.28	0.49	3.37	0.11	0.00	0.03	9.82	0.85	1.82
Hummus	2.00	oz.	140.00	4.00	12.00	9.00		1.00	270.00	4.00	2.00
Tortilla Wrap	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
Dinner			546.63	28.53	71.89	14.90	58.30	2.86	727.96	8.58	16.02
Smoky Scalloped Sweet Potatoes	4.30	oz.	126.71	3.87	19.67	3.76	4.10	0.87	101.79	1.44	2.32
Meatloaf Burger	4.00	oz.	176.76	17.65	11.46	6.26	53.03	1.58	157.09	0.66	1.24
Green Beans	3.00	oz.	28.07	1.52	6.41	0.18	0.00	0.04	2.55	2.21	1.88
Mayochup sauce	2.00	oz.	55.10	0.48	7.35	2.70	1.18	0.37	196.53	0.59	6.58
Hamburger Bun	1.00	item	160.00	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Day 5			1131.97	69.37	155.43	25.28	102.81	7.47	1991.77	24.39	38.62
Breakfast			299.26	25.25	41.29	4.83	53.70	1.87	749.71	4.81	16.56
Fresh Fruit	4.00	oz.	52.61	0.79	13.38	0.19	0.00	0.05	13.58	0.98	11.91
Egg and Hashbrown Casserole	7.87	oz.	167.08	22.46	15.48	2.16	53.70	0.82	576.97	2.84	2.67
Biscuit	1.00	pc.	79.58	1.99	12.43	2.49	0.00	1.00	159.16	1.00	1.99
Lunch			399.97	16.92	57.82	11.13	16.96	2.79	652.06	7.69	12.36
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Black Bean Sweet Potato Filling	4.80	oz.	156.48	8.68	17.41	5.98	14.45	2.76	199.18	3.69	3.52
Flour Tortilla	2.00	item	180.00	4.00	28.00	5.00	0.00	0.00	300.00	2.00	0.00
Salsa Sour Cream	2.00	oz.	28.11	4.06	3.02	0.03	2.51	0.00	152.20	0.36	1.77
Dinner			432.74	27.21	56.31	9.32	32.15	2.81	590.00	11.90	9.70
Spaghetti	4.10	oz.	176.00	6.40	31.20	1.20	0.00	0.00	2.13	5.60	0.80
Chicken Marinara	6.30	oz.	162.73	13.90	17.40	4.17	19.96	0.63	303.43	4.00	5.44
Vegetable	3.00	oz.	34.48	2.87	5.75	0.00	0.00	0.00	28.73	2.30	3.45
Cheese	0.50	oz.	59.53	4.03	1.97	3.95	12.19	2.18	255.71	0.00	0.01
Day 6			1407.82	73.61	172.80	50.17	102.91	10.06	1403.91	19.39	44.65
Breakfast			378.80	21.37	53.68	11.05	7.49	1.30	158.43	7.68	24.60
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Chocolate Granola	2.00	oz.	235.10	5.89	33.36	10.70	0.00	1.27	96.78	5.85	9.83
Raspberries	1.50	oz.	23.81	0.49	5.34	0.34	0.00	0.03	1.70	1.83	2.78
Lunch			504.15	27.55	57.06	17.93	61.94	1.72	914.57	7.19	13.67
Tuna Burger	5.58	oz.	230.66	18.18	17.92	9.66	58.79	0.64	552.70	1.19	2.68
Broccoli Salad	3.09	oz.	95.75	2.90	10.32	5.61	0.00	0.66	39.65	2.17	6.35
Bun	1.00	item	160.00	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Tartar Sauce	1.16	oz.	17.74	1.47	1.82	0.66	3.15	0.43	52.23	0.15	0.65
Dinner			524.86	24.69	62.05	21.20	33.48	7.04	330.91	4.52	6.37
Lemon Coconut Rice	6.84	oz.	282.62	4.97	48.40	7.80	0.00	1.69	69.05	2.39	2.19
Chicken Curry	7.00	oz.	160.88	17.55	9.01	6.83	33.48	4.05	259.59	1.71	3.48
Roasted Cashews	0.50	oz.	81.36	2.17	4.63	6.57	0.00	1.30	2.27	0.43	0.71
Day 7			1322.45	55.27	183.10	44.61	204.91	7.81	1663.76	27.58	68.40
Breakfast			305.87	7.21	60.42	6.60	9.00	0.40	543.21	7.88	25.73
Strawberry Preserve	4.32	oz.	105.04	0.96	25.59	0.98	0.00	0.10	3.21	3.13	19.73
Waffles	3.00	pc.	195.00	6.00	34.50	5.25	9.00	0.30	540.00	4.50	6.00
Flaxseed	0.50	t.	5.83	0.25	0.33	0.38	0.00	0.00	0.00	0.25	0.00
Lunch			524.99	18.09	79.87	15.65	138.61	2.84	646.56	11.85	29.77
Sandwich Spread	4	oz.	152.65	6.42	9.36	9.75	137.51	1.73	281.84	1.69	1.82
Bread	2	sl.	240.00	10.00	44.00	3.00		0.00	270.00	6.00	8.00
Baby Carrots	4.00	oz.	39.69	0.73	9.34	0.15	0.00	0.03	88.45	3.29	5.40
Trail Mix	0.85	oz.	92.65	0.94	17.17	2.75	1.10	1.09	6.27	0.87	14.56
Dinner			491.60	29.97	42.81	22.36	57.30	4.57	473.99	7.85	12.90
Sauce	2.5	oz.	39.52	1.10	4.27	2.04	7.57	1.16	32.16	0.56	1.99
Chicken	4.00	oz.	131.19	18.36	0.67	6.29	47.24	1.08	208.50	0.47	0.10
Mashed Potatoes	4.00	oz.	105.03	3.01	22.10	0.80	2.49	0.43	89.09	2.20	1.51
Vegetable	3.00	oz.	26.86	0.90	5.37	0.00	0.00	0.00	40.29	1.79	2.69
Trail Mix	1.00	oz.	189.00	6.62	10.40	13.23	0.00	1.89	103.95	2.84	6.62