



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 1 2000 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 allergens. V4.24*

Average Daily Kcal: 1981

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 1			1833.8	123.03	173.31	72.14	333.35	9.70	2932.31	36.74	47.79
Breakfast			513.66	46.21	26.78	22.34	248.35	4.70	1269.85	6.13	2.49
Spinach Ricotta Egg Bake	12.8	oz.	281.32	37.81	3.80	10.07	248.35	4.44	517.94	2.70	0.74
Olive Salsa	2.3	oz.	112.34	2.40	1.99	10.77	0.00	0.26	571.90	0.44	0.76
English Muffin	1	pc.	120	6.00	21.00	1.50	0.00	0.00	180.00	3.00	1.00
Lunch			767.2	46.54	56.33	39.27	85.00	4.57	857.26	7.86	14.86
Asian Broccoli Slaw	12	oz.	380.25	8.30	50.60	16.85	0.00	2.01	580.67	6.66	10.70
Balsamic Chicken	1	svg.	210.9	32.24	5.73	6.35	85.00	1.23	272.61	1.21	2.95
Toasted Almonds	1	oz.	176.05	6.01		16.07	0.00	1.33	3.97		1.22
Dinner			552.95	30.28	90.20	10.52	0.00	0.43	805.21	22.75	30.44
Vegetable Blend	6.24	oz.	57.179	2.25	12.35	0.52	0.00	0.08	47.06	4.10	6.46
Veggie Meatballs	4	pc.	200	22.68	13.32	8.00	0.00	0.00	520.00	16.00	4.00
Brown Rice	7	oz.	203.77	4.31	41.93	1.96	0.00	0.35	8.16	2.22	0.38
Hawaiian Pineapple Sauce	3.15	oz.	91.998	1.05	22.59	0.05	0.00	0.00	229.99	0.43	19.60
Day 2			2008.5	115.64	263.09	65.06	165.13	11.36	1715.90	39.39	98.13
Breakfast			629.73	30.85	112.00	8.71	10.30	0.89	408.81	11.36	54.07
Greek Yogurt	8	oz.	159.86	19.98	19.98	0.00	9.99	0.00	79.93	0.00	15.99
Blueberry Granola Bar	2	svg.	450.03	10.62	86.84	8.65	0.31	0.89	327.75	10.17	35.50
Strawberries	2	oz.	19.845	0.24	5.18	0.06	0.00	0.00	1.13	1.19	2.59
Lunch			637.37	37.98	57.35	31.89	80.62	7.38	905.85	11.50	13.73
Beef Vegetable Stew	15	oz.	356.24	24.06	33.25	16.09	69.44	3.40	602.00	7.00	7.88
Carrots, Baby	3	oz.	29.767	0.54	7.01	0.11	0.00	0.02	66.34	2.47	4.05
Dill Yogurt	2	oz.	49.756	4.90	2.87	2.25	11.18	1.49	26.27	0.04	1.50
Oyster Cracker	1	item	65.1	1.38	10.73	1.77	0.00	0.44	114.90	0.45	
Pumpkin Seeds	1	oz.	136.51	7.10	3.50	11.67	0.00	2.03	96.33	1.55	0.31
Dinner			741.35	46.82	93.74	24.46	74.21	3.09	401.25	16.52	30.32
Vegetable Blend	6	oz.	60.611	3.09	13.32	0.42	0.00	0.07	22.08	4.69	3.90
Couscous and Red Rice	8.8	oz.	206.94	7.27	36.91	5.00	0.00	0.31	161.67	4.60	3.96
Cod Almondine	1.5	svg.	193.8	32.46	3.51	5.04	74.21	0.71	127.49	1.23	0.47
Raspberry Cookie	2	pc.	280	4.00	40.00	14.00	0.00	2.00	90.00	6.00	22.00
Day 3			1882.1	104.73	225.33	64.46	150.08	17.49	2331.40	23.37	78.83
Breakfast			604.26	36.50	77.09	14.63	28.07	5.41	1199.84	8.99	21.44
Red Grapes	4	oz.	78.245	0.82	20.53	0.18	0.00	0.06	2.27	1.02	17.55
Black Bean Filling	5	oz.	111.76	5.20	21.61	0.00	0.00	0.00	392.45	5.96	3.75
Omelette	2	svg.	120	20.00	6.00	0.00	0.00	0.00	320.00	0.00	0.00
Flour Tortilla	2	item	180	4.00	28.00	5.00	0.00	0.00	300.00	2.00	0.00
Cheddar Cheese	1	oz.	114.25	6.48	0.96	9.44	28.07	5.35	185.12	0.00	0.14
Lunch			780.5	21.12	92.19	40.28	29.52	9.05	682.53	10.51	50.82

				Protein	Carb		Chol	Sat Fat	Sodium	Diet	Sugar
	Amt	Unit	Kcal	g	g	Fat g	mg	g	mg	Fiber g	g
Spring Mix	3	oz.	20	2.00	3.00	0.00	0.00	0.00	95.00	2.00	2.00
Vinaigrette	2.4	oz.	213.06	0.07	22.37	13.96	0.00	1.03	120.07	0.05	21.74
Blue Cheese Spread	1.65	oz.	120.15	6.05	1.21	10.21	29.52	6.23	293.37	0.00	0.74
Nut Topping	3.56	oz.	217.26	7.63	28.03	10.13	0.00	1.74	6.11	3.95	14.92
Flatbread	3	item	154.29	5.14	25.71	5.14	0.00	0.00	167.14	2.57	2.57
Roasted Apple	3	oz.	55.744	0.23	11.86	0.84	0.00	0.05	0.84	1.94	8.84
Dinner			497.35	47.11	56.05	9.55	92.50	3.03	449.03	3.88	6.58
Mixed Vegetables	8	oz.	66.24	2.89	15.51	0.44	0.00	0.11	12.06	3.61	5.13
Parsleyed Potatoes	9.12	oz.	202.24	4.59	39.16	2.10	0.00	0.16	56.96	0.09	0.89
Chicken Parmesan	1	svg.	228.87	39.63	1.39	7.01	92.50	2.76	380.01	0.18	0.56
Day 4			2328.5	105.54	292.16	85.18	153.08	11.21	2407.78	33.47	97.56
Breakfast			907.71	27.12	120.99	38.48	7.49	4.38	353.01	9.90	64.86
Greek Yogurt	6	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Granola	6.4	oz.	787.82	12.14	106.01	38.48	0.00	4.38	293.06	9.90	52.87
Lunch			738.12	45.51	77.48	27.98	83.19	3.09	1224.18	12.81	13.74
Apple, Slices	2.4	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Garlic Coriander Chicken	6.15	oz.	194.19	32.35	1.34	6.63	83.19	1.52	348.87	0.49	0.04
Vegetables	4.4	oz.	28.553	0.99	6.74	0.23	0.00	0.05	19.64	1.69	3.63
Hummus	3	oz.	210	6.00	18.00	13.50		1.50	404.99	6.00	3.00
Tortilla Wrap	3	item	270	6.00	42.00	7.50	0.00	0.00	450.00	3.00	0.00
Dinner			682.7	32.91	93.69	18.73	62.40	3.74	830.59	10.76	18.96
Scalloped Potatoes	8.6	oz.	253.43	7.75	39.33	7.53	8.19	1.75	203.57	2.88	4.63
Meatloaf Burger	4	oz.	176.76	17.65	11.46	6.26	53.03	1.58	157.09	0.66	1.24
Green Beans	4	oz.	37.421	2.03	8.55	0.24	0.00	0.05	3.40	2.95	2.51
Sauce	2	oz.	55.096	0.48	7.35	2.70	1.18	0.37	196.53	0.59	6.58
Bun	1	item	160	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Day 5			1784.4	108.05	241.00	42.14	161.59	13.07	3154.49	37.07	55.48
Breakfast			488.66	38.86	68.15	8.48	80.54	3.31	1204.08	7.72	25.84
Fresh Fruit	6	oz.	78.908	1.19	20.07	0.28	0.00	0.08	20.37	1.47	17.86
Egg and Hashbrown Casserole	11.8	oz.	250.59	33.69	23.21	3.23	80.54	1.24	865.39	4.25	4.00
Biscuit	2	pc.	159.16	3.98	24.87	4.97	0.00	1.99	318.32	1.99	3.98
Lunch			660.5	29.63	90.74	19.63	32.66	5.55	1077.34	12.56	16.76
Apple, Slices	2.4	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Black Bean Sweet Potato Filling	9.6	oz.	312.95	17.37	34.82	11.96	28.89	5.53	398.37	7.39	7.04
Flour Tortilla	3	item	270	6.00	42.00	7.50	0.00	0.00	450.00	3.00	0.00
Salsa Sour Cream	3	oz.	42.169	6.09	4.53	0.05	3.77	0.01	228.29	0.54	2.65
Dinner			635.26	39.56	82.11	14.03	48.39	4.22	873.07	16.79	12.88
Spaghetti	6.2	oz.	266.09	9.68	47.17	1.81	0.00	0.00	3.22	8.47	1.21
Chicken Marinara	9.5	oz.	245.39	20.97	26.23	6.29	30.10	0.95	457.56	6.03	8.21
Vegetable	3	oz.	34.479	2.87	5.75	0.00	0.00	0.00	28.73	2.30	3.45
Cheese	0.75	oz.	89.301	6.04	2.96	5.92	18.29	3.27	383.57	0.00	0.02
Day 6			2213.6	104.52	277.27	84.64	123.62	16.56	1815.12	34.25	75.82
Breakfast			818.14	36.33	116.00	28.98	9.99	3.42	340.11	18.02	45.90
Greek Yogurt	8	oz.	159.86	19.98	19.98	0.00	9.99	0.00	79.93	0.00	15.99
Chocolate Granola	5.33	oz.	626.54	15.70	88.91	28.52	0.00	3.39	257.92	15.58	26.20

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Raspberries	2	oz.	31.751	0.65	7.12	0.46	0.00	0.04	2.27	2.44	3.71
Lunch			608.77	31.16	68.30	23.88	63.40	2.58	978.79	9.45	20.36
Tuna Burger	5.584	oz.	230.66	18.18	17.92	9.66	58.79	0.64	552.70	1.19	2.68
Broccoli Salad	6.2	oz.	192.11	5.83	20.71	11.25	0.00	1.33	79.55	4.36	12.74
Bun	1	item	160	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Tarter Sauce	1.7	oz.	26	2.15	2.67	0.96	4.61	0.62	76.54	0.22	0.95
Dinner			786.69	37.03	92.97	31.79	50.22	10.56	496.22	6.78	9.56
Lemon Coconut Rice	10.25	oz.	423.32	7.45	72.50	11.69	0.00	2.53	103.43	3.58	3.27
Chicken Curry	10.5	oz.	241.32	26.32	13.52	10.24	50.22	6.07	389.39	2.56	5.22
Roasted Cashews	0.75	oz.	122.05	3.26	6.95	9.86	0.00	1.95	3.40	0.64	1.07
Day 7			1816.9	75.72	254.35	61.20	309.42	11.34	2338.48	35.94	99.78
Breakfast			494.22	11.93	96.55	10.96	15.00	0.65	904.82	12.70	39.59
Strawberry Preserve	6.48	oz.	157.55	1.43	38.38	1.46	0.00	0.15	4.82	4.70	29.59
Whole Wheat Waffles	5	pc.	325	10.00	57.50	8.75	15.00	0.50	900.00	7.50	10.00
Flaxseed	1	t.	11.667	0.50	0.67	0.75	0.00	0.00	0.00	0.50	0.00
Lunch			693.24	22.58	101.47	23.32	208.46	4.78	794.80	13.78	45.49
Sandwich Spread	6	oz.	228.97	9.64	14.03	14.63	206.27	2.59	422.76	2.54	2.73
Bread	2	sl.	240	10.00	44.00	3.00		0.00	270.00	6.00	8.00
Baby Carrots	4	oz.	39.689	0.73	9.34	0.15	0.00	0.03	88.45	3.29	5.40
Trail Mix	1.7	oz.	184.58	2.22	34.09	5.54	2.19	2.16	13.58	1.96	29.36
Dinner			629.47	41.21	56.33	26.92	85.96	5.90	638.87	9.46	14.71
Paprikash sauce	3.75	oz.	59.277	1.65	6.41	3.06	11.36	1.74	48.24	0.84	2.99
Chicken Paprikash	6	oz.	196.78	27.54	1.00	9.44	70.86	1.62	312.75	0.70	0.16
Mashed Potatoes	6	oz.	157.55	4.51	33.15	1.20	3.74	0.65	133.64	3.29	2.26
Vegetable Blend	3	oz.	26.857	0.90	5.37	0.00	0.00	0.00	40.29	1.79	2.69
Trail Mix	1	oz.	189	6.62	10.40	13.23	0.00	1.89	103.95	2.84	6.62