



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 2 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 allergens: V 4.24*

**Average Daily Kcal: 1239**

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Added Sugar g
<b>Day 1</b>			<b>1209.00</b>	81.60	149.13	33.83	248.52	12.44	1330.07	16.46	0.57
<b>Breakfast</b>			<b>320.29</b>	16.69	37.10	11.82	127.74	5.05	429.14	3.20	0.00
Potato Skin	4.30	oz.	151.53	12.99	8.54	6.86	119.51	2.63	224.40	1.22	0.00
Fresh Fruit	4.00	oz.	52.61	0.79	13.38	0.19	0.00	0.05	13.58	0.98	0.00
Sour Cream	1.00	oz.	36.58	0.92	2.74	2.29	8.23	1.37	32.01	0.00	0.00
Buttermilk Biscuit	1.00	pc.	79.58	1.99	12.43	2.49	0.00	1.00	159.16	1.00	0.00
<b>Lunch</b>			<b>460.05</b>	21.79	72.09	9.69	45.52	0.49	503.98	8.15	0.57
Apple Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	0.00
Chicken Salad	4.00	oz.	184.98	14.89	12.35	8.43	45.52	0.45	214.85	1.23	0.57
Carrots, Baby	4.00	oz.	39.69	0.73	9.34	0.15	0.00	0.03	88.45	3.29	0.00
Orange Cranberry Pita	1.00	svg.	200.00	6.00	41.00	1.00	0.00	0.00	200.00	2.00	0.00
<b>Dinner</b>			<b>428.66</b>	<b>43.12</b>	<b>39.94</b>	<b>12.32</b>	<b>75.26</b>	<b>6.90</b>	<b>396.95</b>	<b>5.11</b>	<b>0.00</b>
Broccoli Swiss Cheese	10.20	oz.	340.65	34.10	26.04	12.14	71.51	6.86	364.42	2.90	0.00
Greek Yogurt	3.00	oz.	59.95	7.49	7.49	0.00	3.75	0.00	29.97	0.00	0.00
Green Beans	3.00	oz.	28.07	1.52	6.41	0.18	0.00	0.04	2.55	2.21	0.00
<b>Day 2</b>			<b>1318.45</b>	<b>80.49</b>	<b>149.54</b>	<b>49.00</b>	<b>240.17</b>	<b>7.52</b>	<b>1740.51</b>	<b>29.69</b>	<b>10.27</b>
<b>Breakfast</b>			<b>437.39</b>	29.24	58.26	11.49	156.61	1.66	591.54	15.47	3.07
Baked French Toast	2.00	svg.	351.21	27.37	47.58	6.56	156.61	1.20	591.04	13.30	3.07
Peach and Blueberry Compote	3.40	oz.	39.84	0.80	9.71	0.31	0.00	0.03	0.36	1.69	0.00
Toasted Walnuts	0.25	oz.	46.35	1.08	0.97	4.62	0.00	0.43	0.14	0.48	0.00
<b>Lunch</b>			<b>442.77</b>	28.93	49.78	15.13	38.07	1.37	475.13	8.36	1.00
Pineapple and Raisin Slaw	6.00	oz.	200.80	2.94	24.63	10.95	0.00	0.83	126.39	3.91	0.00
Bun	1.00	item	130.00	4.00	21.00	3.50	0.00	0.40	210.00	4.00	1.00
Blackened Cod	1.00	svg.	75.21	15.38	1.19	0.68	36.57	0.13	111.62	0.43	0.00
Cilantro Mayo	1.70	oz.	36.76	6.61	2.96	0.00	1.50	0.00	27.12	0.02	0.00
<b>Dinner</b>			<b>438.29</b>	22.32	41.50	22.38	45.49	4.49	673.84	5.87	6.20
Pizza	1.00	item	274.07	19.72	29.69	9.19	45.49	3.33	563.15	1.44	6.20
Dressing	1.50	oz.	118.01	0.31	1.61	12.68	0.00	1.05	87.17	0.63	0.00
Romaine	3.00	oz.	16.16	1.18	3.22	0.23	0.00	0.05	21.26	2.64	0.00
Cherry Tomatoes	1.00	oz.	5.10	0.25	1.10	0.06	0.00	0.01	1.42	0.34	0.00
Corn	1.00	oz.	24.95	0.86	5.88	0.22	0.00	0.05	0.85	0.82	0.00
<b>Day 3</b>			<b>1269.77</b>	62.24	174.68	41.55	119.57	8.60	1833.35	23.27	28.99
<b>Breakfast</b>			<b>322.66</b>	17.16	46.45	8.74	6.23	0.73	192.74	3.28	15.04
Greek Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	0.00
Blueberry Muffin	2.00	item	242.73	7.17	36.46	8.74	1.24	0.73	152.78	3.28	15.04
<b>Lunch</b>			<b>439.44</b>	15.15	68.18	13.54	0.00	4.03	704.78	9.97	8.84

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Added
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber g	Sugar
Lentil Soup	11.00	oz.	220.79	9.17	37.71	3.76	0.00	1.07	649.52	7.08	0.00
Cashew Topping	0.50	oz.	75.81	2.00	3.82	6.37	0.00	1.80	2.04	0.63	0.00
Chocolate Muffin	2.29	oz.	142.84	3.97	26.66	3.41	0.00	1.16	53.21	2.27	8.84
<b>Dinner</b>			<b>507.67</b>	<b>29.93</b>	<b>60.06</b>	<b>19.28</b>	<b>113.33</b>	<b>3.85</b>	<b>935.84</b>	<b>10.02</b>	<b>5.11</b>
Turkey Pot Roast	4.00	oz.	160.00	22.67	0.00	8.00	113.33	2.00	386.67	0.00	0.00
Roasted Vegetables	8.00	oz.	135.25	4.20	32.93	0.21	0.00	0.04	114.53	6.86	0.00
Oatmeal Chocolate Chip Cookie	1.00	svg.	150.00	2.00	21.00	7.00	0.00	1.50	50.00	3.00	0.00
Smokey Mushrooms	3.00	oz.	62.42	1.07	6.13	4.07	0.00	0.30	384.64	0.16	5.11
<b>Day 4</b>			<b>1270.32</b>	<b>80.56</b>	<b>141.42</b>	<b>47.61</b>	<b>128.56</b>	<b>14.86</b>	<b>1641.69</b>	<b>26.46</b>	<b>7.60</b>
<b>Breakfast</b>			<b>298.58</b>	<b>27.68</b>	<b>31.43</b>	<b>7.33</b>	<b>73.83</b>	<b>3.48</b>	<b>633.43</b>	<b>5.98</b>	<b>0.00</b>
Breakfast Quiche	1.00	svg.	164.60	21.87	4.76	5.95	73.83	3.26	393.19	1.56	0.00
English Muffin	1.00	item	133.98	5.81	26.66	1.39	0.00	0.22	240.24	4.42	0.00
<b>Lunch</b>			<b>423.45</b>	<b>27.93</b>	<b>47.78</b>	<b>14.52</b>	<b>54.73</b>	<b>8.16</b>	<b>416.96</b>	<b>6.21</b>	<b>0.69</b>
Sloppy Joe	6.35	oz.	152.56	17.61	10.19	5.30	29.73	2.10	229.66	2.41	0.69
Baked Potato	1.00	item	160.89	4.33	36.59	0.23	0.00	0.06	17.30	3.81	0.00
Cheddar Cheese	1.00	oz.	110.00	6.00	1.00	9.00	25.00	6.00	170.00	0.00	0.00
<b>Dinner</b>			<b>548.29</b>	<b>24.95</b>	<b>62.21</b>	<b>25.76</b>	<b>0.00</b>	<b>3.22</b>	<b>591.30</b>	<b>14.27</b>	<b>6.90</b>
Stir Fry Vegetable	6.00	oz.	107.87	8.38	13.91	3.75	0.00	0.41	58.52	5.34	0.00
Whole Wheat Pasta	1.60	oz.	176.00	6.40	31.20	1.20	0.00	0.00	0.00	5.60	0.00
Peanut Sauce	3.00	oz.	139.61	4.99	12.58	10.25	0.00	1.17	531.50	1.54	6.90
Peanuts	0.75	oz.	124.81	5.18	4.52	10.56	0.00	1.64	1.28	1.79	0.00
<b>Day 5</b>			<b>1251.59</b>	<b>55.90</b>	<b>131.66</b>	<b>48.24</b>	<b>134.13</b>	<b>11.35</b>	<b>864.10</b>	<b>15.93</b>	<b>12.05</b>
<b>Breakfast</b>			<b>337.91</b>	<b>15.37</b>	<b>57.01</b>	<b>7.13</b>	<b>5.00</b>	<b>2.01</b>	<b>193.42</b>	<b>5.02</b>	<b>11.00</b>
Oatmeal Bar	1.00	svg.	257.98	5.38	47.01	7.13	0.00	2.01	153.46	5.02	11.00
Greek Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	0.00
<b>Lunch</b>			<b>447.59</b>	<b>14.53</b>	<b>26.33</b>	<b>23.57</b>	<b>25.00</b>	<b>6.87</b>	<b>266.08</b>	<b>7.12</b>	<b>1.05</b>
Romaine	4.00	oz.	19.28	1.40	3.73	0.34	0.00	0.04	9.07	2.38	0.00
Corn and Black Beans	4.00	oz.	132.71	5.41	7.52	0.62	0.00	0.00	39.61	4.46	0.00
Cucumber	1.50	oz.	6.38	0.28	1.54	0.05	0.00	0.02	0.85	0.21	0.00
Cherry Tomatoes	1.50	oz.	7.65	0.34		0.17	0.00	0.04	5.53	0.00	0.00
Cheddar Cheese	1.00	oz.	110.00	6.00	1.00	9.00	25.00	6.00	170.00	0.00	0.00
Cilantro Lime Dressing	1.00	oz.	100.69	0.10	2.41	10.35	0.00	0.76	0.52	0.07	1.05
Tortilla Strips	0.50	oz.	70.87	1.01	10.13	3.04	0.00	0.00	40.50	0.00	0.00
<b>Dinner</b>			<b>466.09</b>	<b>26.01</b>	<b>48.33</b>	<b>17.54</b>	<b>104.13</b>	<b>2.47</b>	<b>404.60</b>	<b>3.79</b>	<b>0.00</b>
Tomato Risotto	9.00	oz.	236.20	5.57	31.77	9.19	3.73	1.26	129.23	1.63	0.00
Zucchini	6.00	oz.	52.63	3.15	5.63	2.83	0.00	0.29	12.04	1.87	0.00
Shrimp Scampi	3.40	oz.	130.10	15.86	1.97	5.28	100.40	0.92	220.77	0.04	0.00
Toasted Breadcrumbs	0.50	oz.	47.17	1.43	8.96	0.24	0.00	0.00	42.56	0.25	0.00
<b>Day 6</b>			<b>1151.18</b>	<b>89.22</b>	<b>140.98</b>	<b>24.92</b>	<b>265.55</b>	<b>5.89</b>	<b>1645.37</b>	<b>22.99</b>	<b>11.19</b>
<b>Breakfast</b>			<b>281.68</b>	<b>20.37</b>	<b>36.22</b>	<b>4.79</b>	<b>118.02</b>	<b>0.82</b>	<b>487.01</b>	<b>4.15</b>	<b>5.31</b>
Scrambled Eggs	5.00	oz.	107.98	16.19	1.43	2.71	113.02	0.82	228.41	0.00	0.00
Pancakes	2.00	item	130.00	4.00	24.00	2.00	5.00	0.00	250.00	3.00	0.00
Apple Butter	2.00	oz.	43.70	0.18	10.79	0.08	0.00	0.00	8.60	1.15	5.31

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Added
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber g	Sugar
											g
<b>Lunch</b>			<b>411.58</b>	33.62	48.99	8.76	72.63	0.94	772.85	8.11	5.88
Hubbard Squash Soup	7.00	oz.	79.41	2.31	10.64	4.06	0.00	0.51	233.98	2.22	0.00
Sliced Turkey	4.15	oz.	124.50	26.98	0.00	1.04	72.63	0.00	51.88	0.00	0.00
Cranberry Horseradish	1.00	oz.	42.29	0.15	7.96	0.05	0.00	0.01	276.31	0.25	4.88
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	0.00
Roll	1.00	item	130.00	4.00	21.00	3.50	0.00	0.40	210.00	4.00	1.00
<b>Dinner</b>			<b>457.92</b>	35.23	55.77	11.37	74.90	4.14	385.52	10.73	0.00
Baked Penne and Cannellini Be:	5.00	oz.	200.75	10.13	35.59	3.10	4.83	0.93	152.11	5.86	0.00
Vegetable Blend	4.00	oz.	40.00	1.30	6.52	0.00	0.00	0.00	32.59	2.67	0.00
Turkey Meatballs	2.00	pc.	189.95	22.89	9.13	7.82	70.07	3.21	191.75	0.84	0.00
Marinara Sauce	2.00	oz.	27.22	0.91	4.54	0.45	0.00	0.00	9.07	1.36	0.00
<b>Day 7</b>			<b>1207.26</b>	<b>67.22</b>	<b>139.47</b>	<b>43.70</b>	<b>94.06</b>	<b>7.28</b>	<b>649.29</b>	<b>22.36</b>	<b>5.38</b>
<b>Breakfast</b>			<b>345.22</b>	18.56	54.29	8.21	5.00	0.83	43.94	7.08	5.18
Greek Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	0.00
Pecan and Golden Raisin Grano	2.70	oz.	265.30	8.57	44.30	8.21	0.00	0.83	3.98	7.08	5.18
<b>Lunch</b>			<b>379.67</b>	21.75	49.20	7.92	37.15	3.66	249.81	9.31	0.00
Turkey Italian Pasta Bake	7.50	oz.	223.87	14.41	34.97	2.70	17.15	0.60	140.74	3.64	0.00
Cherry Tomato	2.00	oz.	10.21	0.45		0.23	0.00	0.06	7.37	0.00	0.00
Fresh Mozzarella Ball	1.00	oz.	70.00	5.00	1.00	5.00	20.00	3.00	45.00	0.00	0.00
Vegetable Blend	5.00	oz.	75.60	1.89	13.23	0.00	0.00	0.00	56.70	5.67	0.00
<b>Dinner</b>			<b>482.37</b>	26.90	35.98	27.56	51.92	2.80	355.53	5.96	0.20
Moroccan Couscous	4.40	oz.	119.82	3.53	25.20	0.87	0.00	0.01	14.92	2.23	0.00
Roasted Broccoli	4.00	oz.	103.53	3.01	7.90	7.73	0.00	0.66	33.67	2.72	0.00
Roasted Chicken	4.00	oz.	158.35	20.01	1.18	8.36	51.92	1.35	265.38	0.41	0.00
Sauce	0.80	oz.	100.67	0.35	1.70	10.61	0.00	0.79	41.56	0.61	0.20