



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 3 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. V4.24*

**Average Daily Kcal: 1237**

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>Day 1</b>			<b>1270.70</b>	<b>65.45</b>	<b>158.20</b>	<b>44.74</b>	<b>105.48</b>	<b>10.53</b>	<b>1983.70</b>	<b>23.79</b>	<b>48.48</b>
<b>Breakfast</b>			<b>289.48</b>	17.34	36.07	8.32	9.07	2.22	412.13	6.10	8.83
Roasted Sweet Potatoes	4.80	oz.	132.50	2.13	27.04	1.98	0.00	0.17	142.32	4.04	5.60
Roasted Vegetables	4.50	oz.	55.16	1.85	5.24	3.53	0.00	0.46	15.41	2.06	2.96
Omelet	1.00	svg.	60.00	10.00	3.00	0.00	0.00	0.00	160.00	0.00	0.00
Italian Cheese	0.50	oz.	41.82	3.37	0.79	2.80	9.07	1.60	94.41	0.00	0.27
<b>Lunch</b>			<b>401.83</b>	13.70	71.53	9.91	9.23	1.95	604.87	10.17	18.35
Veggie Chili	11.00	oz.	166.01	7.61	30.38	4.93	0.00	0.20	278.88	9.60	7.04
Cornbread	1.00	svg.	200.22	5.21	38.30	2.81	0.56	0.45	286.63	0.55	9.46
Chili Lime Taco	1.00	oz.	35.60	0.88	2.85	2.17	8.66	1.30	39.36	0.01	1.85
<b>Dinner</b>			<b>579.40</b>	34.42	50.59	26.52	87.18	6.36	966.70	7.51	21.30
Thai Turkey Burger	1.00	svg.	170.00	21.00	0.00	10.00	74.00	3.00	70.00	0.00	0.00
Hamburger Bun	1.00	item	160.00	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Balsamic Carrots	4.25	oz.	90.70	0.73	12.18	4.38	0.00	0.33	78.78	2.83	8.78
Smoked Mushrooms	4.00	oz.	102.99	3.87	11.21	5.74	0.00	0.45	521.42	1.00	8.52
Cheese, Swiss	0.50	oz.	55.71	3.82	0.20	4.39	13.18	2.58	26.51	0.00	0.00
<b>Day 2</b>			<b>1257.23</b>	<b>52.89</b>	<b>180.52</b>	<b>38.47</b>	<b>92.13</b>	<b>11.29</b>	<b>1557.08</b>	<b>29.35</b>	<b>42.19</b>
<b>Breakfast</b>			<b>284.90</b>	11.59	41.72	10.18	2.13	0.88	96.77	9.31	9.68
Walnuts	0.50	oz.	87.60	3.41	1.41	8.36	0.00	0.48	0.28	0.96	0.16
Apple Cinnamon Oatmeal	8.10	oz.	197.30	8.18	40.31	1.82	2.13	0.40	96.49	8.35	9.52
<b>Lunch</b>			<b>543.55</b>	20.03	79.67	15.68	0.00	3.28	649.63	12.10	21.30
Carolina Coleslaw	4.20	oz.	122.80	1.39	17.16	5.86	0.00	0.45	23.20	2.27	13.66
Pretzel Bun	2.00	pc.	225.75	5.64	39.51	2.82	0.00	2.82	56.44	2.82	5.64
Guacamole	1.00	item	35.00	1.00	5.00	1.00	0.00	0.00	150.00	1.00	0.00
Veggie Grain Slider	2.00	pc.	160.00	12.00	18.00	6.00	0.00	0.00	420.00	6.00	2.00
<b>Dinner</b>			<b>428.79</b>	21.26	59.14	12.60	90.00	7.13	810.67	7.95	11.21
Zucchini and Red Peppers	4.40	oz.	49.90	2.15	11.41	0.33	0.00	0.06	103.76	2.92	6.65
Vegetable Marinara	4.30	oz.	18.88	1.11	3.72	0.27	0.00	0.07	6.91	1.02	2.56
Lasagna Roll Up	2.00	svg.	360.00	18.00	44.00	12.00	90.00	7.00	700.00	4.00	2.00
<b>Day 3</b>			<b>1165.14</b>	<b>61.70</b>	<b>120.56</b>	<b>50.12</b>	<b>25.00</b>	<b>10.82</b>	<b>1818.78</b>	<b>23.15</b>	<b>23.38</b>
<b>Breakfast</b>			<b>254.59</b>	19.63	24.82	8.16	12.50	3.07	471.09	5.75	10.13
Breakfast Sandwich	1.00	svg.	210.08	19.02	14.00	7.75	12.50	3.00	470.24	3.93	1.31
Fruit Blend	3.00	oz.	44.51	0.61	10.82	0.41	0.00	0.07	0.85	1.82	8.83
<b>Lunch</b>			<b>441.35</b>	16.29	41.11	25.49	12.50	3.82	915.18	10.26	7.15
Romaine	4.00	oz.	19.28	1.40	3.73	0.34	0.00	0.04	9.07	2.38	1.35
Taco Meat	2.30	oz.	52.55	7.26	7.65	0.22	0.00	0.04	192.00	2.80	0.63
Salsa	2.00	oz.	30.00	2.00	6.00	0.00	0.00	0.00	439.99	4.00	4.00
Avocado Dressing	1.75	oz.	137.68	0.36	1.88	14.80	0.00	1.23	101.70	0.74	0.42

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Cherry Tomatoes	1.00	oz.	5.10	0.25	1.10	0.06	0.00	0.01	1.42	0.34	0.75
Tortilla Strips	1.00	oz.	141.75	2.03	20.25	6.08	0.00	0.00	81.00	0.00	0.00
Cheddar Cheese	0.50	oz.	55.00	3.00	0.50	4.00	12.50	2.50	90.00	0.00	0.00
<b>Dinner</b>			<b>469.20</b>	<b>25.78</b>	<b>54.63</b>	<b>16.47</b>	<b>0.00</b>	<b>3.93</b>	<b>432.52</b>	<b>7.14</b>	<b>6.10</b>
Beef Barbacoa	3.20	oz.	176.00	18.13	3.24	8.98		2.99	323.99	1.08	1.08
Red Rice	6.50	oz.	224.81	4.59	43.09	3.93	0.00	0.50	61.88	2.63	2.04
Roasted Cauliflower	5.60	oz.	68.39	3.06	8.30	3.56	0.00	0.44	46.64	3.43	2.98
<b>Day 4</b>			<b>1308.14</b>	<b>73.71</b>	<b>164.74</b>	<b>42.20</b>	<b>153.58</b>	<b>8.05</b>	<b>1412.24</b>	<b>17.11</b>	<b>73.06</b>
<b>Breakfast</b>			<b>318.21</b>	<b>11.21</b>	<b>52.67</b>	<b>7.90</b>	<b>21.42</b>	<b>2.66</b>	<b>304.23</b>	<b>6.87</b>	<b>27.27</b>
Whole Wheat Pancakes	2.00	item	130.00	4.00	24.00	2.00	5.00	0.00	250.00	3.00	6.00
Blueberry Compote	4.00	oz.	103.11	1.17	22.80	1.70	0.00	0.05	1.74	3.85	18.12
Lemon Ricotta	2.10	oz.	85.10	6.05	5.87	4.20	16.42	2.61	52.49	0.01	3.15
<b>Lunch</b>			<b>464.27</b>	<b>30.68</b>	<b>47.53</b>	<b>16.76</b>	<b>64.35</b>	<b>3.28</b>	<b>407.01</b>	<b>4.76</b>	<b>11.90</b>
Lemon Basil Farro	5.00	oz.	158.05	5.97	32.70	0.52	0.00	0.01	29.51	3.04	0.12
Roasted Chicken	4.20	oz.	139.51	20.78	1.47	5.52	54.35	1.10	247.13	0.03	1.35
Roasted Vegetables	4.20	oz.	25.87	1.32	5.42	0.32	0.00	0.08	7.53	1.55	3.61
Balsamic Vinaigrette	1.25	oz.	105.84	0.12	7.44	7.91	0.00	0.59	100.34	0.14	6.82
Fresh Mozzarella	0.50	oz.	35.00	2.50	0.50	2.50	10.00	1.50	22.50	0.00	0.00
<b>Dinner</b>			<b>525.66</b>	<b>31.82</b>	<b>64.54</b>	<b>17.55</b>	<b>67.81</b>	<b>2.11</b>	<b>700.99</b>	<b>5.49</b>	<b>33.90</b>
Grilled Salmon	1.00	pc.	160.00	26.75	2.00	5.00	65.00	0.75	220.00	0.00	0.00
Red Skin Mashed Potatoes	4.50	oz.	118.16	3.38	24.86	0.90	2.81	0.49	100.23	2.47	1.70
Steamed Dill Carrots	3.48	oz.	45.04	0.75	10.99	0.17	0.00	0.03	55.37	2.87	6.44
Honey Garlic Glaze	2.00	fl. oz.	202.46	0.94	26.69	11.48	0.00	0.85	325.40	0.15	25.77
<b>Day 5</b>			<b>1270.98</b>	<b>93.51</b>	<b>149.05</b>	<b>36.03</b>	<b>68.08</b>	<b>6.70</b>	<b>1195.33</b>	<b>19.50</b>	<b>61.14</b>
<b>Breakfast</b>			<b>425.88</b>	<b>19.05</b>	<b>60.79</b>	<b>13.42</b>	<b>7.49</b>	<b>1.65</b>	<b>178.21</b>	<b>3.92</b>	<b>38.17</b>
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Spiced Peaches	2.00	oz.	53.66	0.37	13.67	0.08	0.00	0.01	3.43	1.04	12.55
Graham Vanilla Granola	2.00	oz.	252.33	3.70	32.13	13.34	0.00	1.63	114.83	2.88	13.63
<b>Lunch</b>			<b>359.43</b>	<b>34.21</b>	<b>36.79</b>	<b>8.09</b>	<b>58.22</b>	<b>1.08</b>	<b>513.02</b>	<b>7.84</b>	<b>5.61</b>
Roasted Fish	1.00	svg.	107.78	22.55	0.00	1.91	56.14	0.66	142.59	0.00	0.00
Taco Dressing	1.50	oz.	23.59	3.35	2.29	0.09	2.08	0.00	89.46	0.33	1.25
Cuban Black Beans	4.10	oz.	103.37	4.99	14.13	2.95	0.00	0.40	108.90	4.33	1.08
Curtido Slaw	3.00	oz.	34.70	1.32	6.38	0.64	0.00	0.02	22.07	2.17	3.28
Tortilla Wrap	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
<b>Dinner</b>			<b>485.67</b>	<b>40.25</b>	<b>51.47</b>	<b>14.52</b>	<b>2.37</b>	<b>3.97</b>	<b>504.10</b>	<b>7.74</b>	<b>17.36</b>
Roasted Vegetables	9.50	oz.	189.38	4.98	32.34	5.54	0.00	0.55	55.77	4.84	4.34
Grilled Chicken	1.00	item	217.28	33.13	0.00	8.65	2.37	3.37	434.57	0.00	0.00
BBQ Sauce	2.20	oz.	50.93	0.61	12.72	0.15	0.00	0.02	11.20	0.69	11.14
Green beans	3.00	oz.	28.07	1.52	6.41	0.18	0.00	0.04	2.55	2.21	1.88
<b>Day 6</b>			<b>1094.93</b>	<b>56.33</b>	<b>122.96</b>	<b>39.49</b>	<b>349.96</b>	<b>9.80</b>	<b>1753.14</b>	<b>17.81</b>	<b>44.85</b>
<b>Breakfast</b>			<b>312.00</b>	<b>20.60</b>	<b>39.31</b>	<b>7.34</b>	<b>112.39</b>	<b>1.21</b>	<b>361.75</b>	<b>4.11</b>	<b>4.52</b>
Scrambled Eggs	5.00	oz.	107.65	16.10	1.56	2.69	112.39	0.81	227.11	0.05	1.47
Roasted Red Potatoes	8.50	oz.	204.35	4.51	37.75	4.65	0.00	0.40	134.64	4.06	3.05
<b>Lunch</b>			<b>452.97</b>	<b>22.80</b>	<b>37.48</b>	<b>24.92</b>	<b>232.39</b>	<b>7.69</b>	<b>830.05</b>	<b>4.00</b>	<b>28.05</b>
Hard Boiled Egg	1.00	item	77.50	6.29	0.56	5.31	186.50	1.63	62.00	0.00	0.56

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Romaine	3.00	oz.	14.46	1.05	2.80	0.26	0.00	0.03	6.80	1.79	1.01
Cucumber	2.00	oz.	8.51	0.37	2.06	0.06	0.00	0.02	1.13	0.28	0.95
Julinne Turkey	2.00	oz.	70.87	8.10	3.04	3.04	25.31	1.01	617.61	0.00	1.01
Creamy Balsamic Dressing	1.75	oz.	133.50	2.88	4.25	11.51	7.40	2.37	113.16	0.09	3.21
Cherry Tomato	1.00	oz.	5.10	0.25	1.10	0.06	0.00	0.01	1.42	0.34	0.75
Cranberries	1.00	oz.	87.32	0.05	23.47	0.31	0.00	0.03	1.42	1.50	20.57
Swiss Cheese	0.50	oz.	55.71	3.82	0.20	4.39	13.18	2.58	26.51	0.00	0.00
<b>Dinner</b>			<b>329.97</b>	<b>12.93</b>	<b>46.17</b>	<b>7.22</b>	<b>5.18</b>	<b>0.90</b>	<b>561.34</b>	<b>9.70</b>	<b>12.28</b>
Creamy Vegetable Chili	11.35	oz.	211.04	10.91	27.66	2.93	1.06	0.20	438.50	7.23	8.23
Baby Carrots	3.00	oz.	29.77	0.54	7.01	0.11	0.00	0.02	66.34	2.47	4.05
Tortilla Strips	0.50	oz.	70.87	1.01	10.13	3.04	0.00	0.00	40.50	0.00	0.00
Sour Cream	0.50	oz.	18.29	0.46	1.37	1.14	4.12	0.69	16.00		
<b>Day 7</b>			<b>1297.69</b>	<b>49.86</b>	<b>170.18</b>	<b>51.41</b>	<b>59.36</b>	<b>8.15</b>	<b>1882.58</b>	<b>26.06</b>	<b>63.33</b>
<b>Breakfast</b>			<b>308.65</b>	<b>6.90</b>	<b>45.08</b>	<b>12.37</b>	<b>15.26</b>	<b>3.65</b>	<b>226.01</b>	<b>4.56</b>	<b>23.18</b>
Strawberry Muffin	1.00	svg.	220.53	4.38	35.03	7.59	0.09	1.02	156.80	3.01	16.14
Lemon Cream Cheese	0.83	oz.	53.82	1.88	1.27	4.68	15.17	2.62	68.51	0.01	1.09
Orange	0.50	item	34.30	0.64	8.78	0.11	0.00	0.01	0.70	1.54	5.95
<b>Lunch</b>			<b>421.08</b>	<b>24.84</b>	<b>39.07</b>	<b>19.74</b>	<b>39.10</b>	<b>1.62</b>	<b>699.15</b>	<b>13.76</b>	<b>7.58</b>
Chicken Salad	4.11	oz.	193.89	17.90	4.88	11.29	39.10	1.03	356.64	0.41	1.39
Vegetable Salad	3.16	oz.	87.19	0.93	4.19	7.45	0.00	0.59	42.51	1.36	2.19
Whole Grain Bread	2.00	sl.	140.00	6.00	30.00	1.00	0.00	0.00	300.00	12.00	4.00
<b>Dinner</b>			<b>567.96</b>	<b>18.12</b>	<b>86.03</b>	<b>19.30</b>	<b>5.00</b>	<b>2.88</b>	<b>957.43</b>	<b>7.74</b>	<b>32.58</b>
Asian Stir Fry	6.00	oz.	80.59	5.35	13.13	1.95	0.00	0.24	40.77	4.13	4.86
Cilantro Rice	4.00	oz.	151.99	5.29	22.72	5.09	0.00	0.53	4.46	1.48	0.44
Egg Roll	1.00	svg.	150.00	4.00	20.00	6.00	5.00	1.00	380.00	1.00	0.00
Peanut Sauce	2.30	oz.	125.45	3.42	14.49	6.26	0.00	1.11	343.70	1.09	11.63
Honey Mustard Sauce	1.15	oz.	59.93	0.06	15.70	0.00	0.00	0.00	188.50	0.04	15.65