



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 3 1500 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: 1471**

	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>1572.37</b>	<b>66.75</b>	<b>233.29</b>	<b>47.85</b>	<b>32.04</b>	<b>8.95</b>	<b>2774.28</b>	<b>34.95</b>	<b>66.96</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>660.15</b>	21.57	120.46	14.44	9.79	2.47	989.11	14.09	30.27
Veggie Chili	14.85	oz.	224.12	10.28	41.02	6.66	0.00	0.27	376.48	12.97	9.50
Cornbread	2.00	svg.	400.43	10.42	76.60	5.61	1.13	0.90	573.26	1.11	18.92
Taco Sauce	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>622.75</b>	27.85	76.76	25.09	13.18	4.26	1373.04	14.76	27.87
Burger	1.00	svg.	160.00	14.00	19.00	6.00	0.00	0.70	430.00	5.59	1.40
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	6.75	oz.	144.05	1.16	19.34	6.96	0.00	0.53	125.11	4.50	13.95
Smokey 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>1821.59</b>	74.71	260.82	56.04	137.13	16.72	2371.24	40.97	65.18
<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>894.22</b>	31.25	130.58	26.96	0.00	5.14	1061.05	19.78	38.78
Carolina Coleslaw	8.40	oz.	245.59	2.78	34.32	11.72	0.00	0.91	46.39	4.55	27.32
Pretzel Bun	3.00	pc.	338.62	8.47	59.26	4.23	0.00	4.23	84.66	4.23	8.47
Guacamole	2.00	item	70.00	2.00	10.00	2.00	0.00	0.00	300.00	2.00	0.00
Black Bean Slider	3.00	pc.	240.00	18.00	27.00	9.00	0.00	0.00	630.00	9.00	3.00
<b>Dinner</b>			<b>642.48</b>	31.88	88.52	18.90	135.00	10.70	1213.42	11.88	16.72
Zucchini and Red Peppers	6.60	oz.	28.98	1.71	5.71	0.41	0.00	0.11	10.61	1.57	3.93
Vegetable Marinara	6.48	oz.	73.50	3.17	16.81	0.49	0.00	0.09	152.81	4.30	9.79
Lasagna	3.00	svg.	540.00	27.00	66.00	18.00	135.00	10.50	1050.00	6.00	3.00
<b>Day 3</b>			<b>1463.61</b>	72.98	137.36	71.80	39.73	12.46	2176.10	40.62	33.96
<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>569.35</b>	23.52	48.86	31.86	22.78	5.71	1139.08	14.93	7.51
Romaine	6.00	oz.	32.32	2.36	6.43	0.46	0.00	0.09	42.52	5.27	1.21
Taco Meat	3.50	oz.	79.96	11.04	11.64	0.33	0.00	0.06	292.18	4.27	0.96
Salsa	2.00	oz.	30.00	2.00	6.00	0.00	0.00	0.00	439.99	4.00	4.00
Avocado Dressing	2.50	oz.	196.69	0.52	2.69	21.14	0.00	1.76	145.28	1.05	0.60

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Cherry Tomato	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
Cheese Blend	0.75	oz.	83.53	5.32	0.76	3.80	22.78	3.80	136.69		
<b>Dinner</b>			<b>639.68</b>	<b>29.83</b>	<b>63.68</b>	<b>31.77</b>	<b>4.44</b>	<b>3.68</b>	<b>565.94</b>	<b>19.94</b>	<b>16.32</b>
Tomato Risotto	9.20	oz.	261.69	4.89	34.37	10.71	4.44	2.03	151.78	1.35	2.77
Roasted Vegetables and Soy E	12.00	oz.	268.70	21.04	21.72	13.53	0.00	1.11	404.94	15.46	10.21
Marinara Sauce	2.00	oz.	27.22	0.91	4.54	0.45	0.00	0.00	9.07	1.36	2.72
Almonds	0.50	oz.	82.07	3.00	3.06	7.08	0.00	0.54	0.14	1.77	0.62
<b>Day 4</b>			<b>1327.89</b>	<b>72.34</b>	<b>162.54</b>	<b>42.59</b>	<b>41.42</b>	<b>8.41</b>	<b>1113.09</b>	<b>31.02</b>	<b>49.15</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>530.51</b>	<b>25.30</b>	<b>53.03</b>	<b>23.91</b>	<b>20.00</b>	<b>5.08</b>	<b>228.12</b>	<b>5.95</b>	<b>13.28</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
Balsamic Tofu	4.00	oz.	170.74	12.89	6.48	10.17	0.00	1.40	45.74	1.22	2.73
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	1.00	oz.	70.00	5.00	1.00	5.00	20.00	3.00	45.00	0.00	0.00
<b>Dinner</b>			<b>479.18</b>	<b>35.83</b>	<b>56.83</b>	<b>10.79</b>	<b>0.00</b>	<b>0.67</b>	<b>580.74</b>	<b>18.20</b>	<b>8.60</b>
Lo Mein	6.00	oz.	207.45	22.92	14.39	6.95	0.00	0.67	553.31	6.07	2.49
Whole Wheat Pasta	4.00	oz.	171.67	6.24	30.43	1.17	0.00	0.00	2.08	5.46	0.78
Vegetable Blend	4.00	oz.	100.06	6.67	12.01	2.67	0.00	0.00	25.35	6.67	5.34
<b>Day 5</b>			<b>1228.59</b>	<b>56.03</b>	<b>172.57</b>	<b>42.71</b>	<b>9.57</b>	<b>4.81</b>	<b>1241.90</b>	<b>31.60</b>	<b>63.23</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>343.00</b>	<b>24.54</b>	<b>46.97</b>	<b>7.91</b>	<b>2.08</b>	<b>0.56</b>	<b>908.50</b>	<b>12.90</b>	<b>8.36</b>
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
Soy Crumble Taco Filling	3.30	oz.	91.36	12.88	10.18	1.74	0.00	0.14	538.07	5.06	2.75
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>459.71</b>	<b>12.44</b>	<b>64.82</b>	<b>21.37</b>	<b>0.00</b>	<b>2.60</b>	<b>155.19</b>	<b>14.78</b>	<b>16.70</b>
Stuffed Pepper	11.00	oz.	264.88	9.66	50.28	6.77	0.00	0.30	82.16	10.05	7.38
Red Bell Pepper	1.00	item	30.94	1.18	7.18	0.36	0.00	0.07	4.76	2.50	5.00
Salad Topping	1.50	oz.	17.29	0.42	4.04	0.08	0.00	0.02	19.67	1.03	1.94
Celery Seed Dressing	1.50	oz.	136.60	0.18	1.82	14.16	0.00	2.21	1.10	0.20	1.37
Spring Mix	1.50	oz.	10.00	1.00	1.50	0.00	0.00	0.00	47.50	1.00	1.00
<b>Day 6</b>			<b>1318.16</b>	<b>67.42</b>	<b>134.13</b>	<b>52.23</b>	<b>538.26</b>	<b>15.75</b>	<b>1479.43</b>	<b>21.38</b>	<b>47.98</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>571.14</b>	<b>28.46</b>	<b>34.88</b>	<b>36.20</b>	<b>420.16</b>	<b>13.54</b>	<b>338.06</b>	<b>3.97</b>	<b>27.08</b>

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Hard Boiled Egg	2.00	item	155.00	12.58	1.12	10.61	373.00	3.27	124.00	0.00	1.12
Cucumber	2.00	oz.	8.51	0.37	2.06	0.06	0.00	0.02	1.13	0.28	0.95
Romaine	2.00	oz.	10.77	0.79	2.14	0.15	0.00	0.03	14.18	1.76	0.40
Creamy Balsamic Dressing	1.80	oz.	137.32	2.96	4.37	11.83	7.61	2.44	116.39	0.09	3.30
Cherry Tomatoes	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	1.50	oz.	167.12	11.47	0.61	13.18	39.55	7.75	79.52	0.00	0.00
<b>Dinner</b>			<b>435.02</b>	<b>18.36</b>	<b>59.94</b>	<b>8.68</b>	<b>5.71</b>	<b>1.00</b>	<b>779.63</b>	<b>13.30</b>	<b>16.38</b>
Creamy Vegetable Chili	17.00	oz.	316.09	16.35	41.43	4.39	1.59	0.30	656.79	10.83	12.33
Baby Carrots	3.00	oz.	29.77	0.54	7.01	0.11	0.00	0.02	66.34	2.47	4.05
Tortilla Strip	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>1563.81</b>	<b>48.35</b>	<b>227.50</b>	<b>58.09</b>	<b>21.88</b>	<b>8.83</b>	<b>1994.20</b>	<b>36.41</b>	<b>71.98</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>
Orange	0.50	item	34.30	0.64	8.78	0.11	0.00	0.01	0.70	1.54	5.95
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
<b>Lunch</b>			<b>463.55</b>	<b>14.51</b>	<b>63.49</b>	<b>18.79</b>	<b>1.62</b>	<b>1.37</b>	<b>700.01</b>	<b>20.30</b>	<b>10.45</b>
Sriracha Chickpea Salad	6.00	oz.	157.97	6.74	25.53	3.64	1.62	0.25	319.27	5.72	2.29
Whole Grain Bread	2.00	sl.	140.00	6.00	30.00	1.00	0.00	0.00	300.00	12.00	4.00
Vegetable Salad	6.00	oz.	165.58	1.77	7.95	14.15	0.00	1.12	80.73	2.58	4.16
<b>Dinner</b>			<b>791.61</b>	<b>26.93</b>	<b>118.93</b>	<b>26.93</b>	<b>5.00</b>	<b>3.81</b>	<b>1068.19</b>	<b>11.55</b>	<b>38.36</b>
Asian Stir Fry	9.00	oz.	120.89	8.03	19.69	2.93	0.00	0.36	61.15	6.20	7.29
Cilantro Rice	8.00	oz.	303.99	10.57	45.43	10.18	0.00	1.06	8.92	2.96	0.89
Egg Roll	1.00	svg.	150.00	4.00	20.00	6.00	5.00	1.00	380.00	1.00	0.00
Honey Mustard Sauce	1.15	oz.	59.93	0.06	15.70	0.00	0.00	0.00	188.50	0.04	15.65
Peanut Sauce	2.88	oz.	156.81	4.28	18.11	7.82	0.00	1.39	429.62	1.36	14.53