



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 4 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 info. V4.24*

Average Daily Kcal: 1216

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 1			1310.40	64.03	133.77	59.97	156.15	11.09	1917.97	21.15	34.99
Breakfast			313.93	23.56	34.15	7.54	15.19	2.83	539.89	5.59	6.47
Omelette	1.00	svg.	60.00	10.00	3.00	0.00	0.00	0.00	160.00	0.00	0.00
Veggies	2.60	oz.	59.53	3.70	4.91	3.46	0.00	0.29	107.07	1.90	1.86
English Muffin	1.00	pc.	120.00	6.00	21.00	1.50	0.00	0.00	180.00	3.00	1.00
Apricot Spread	1.70	oz.	18.71	0.32	4.73	0.05	0.00	0.00	1.70	0.68	3.60
Cheese	0.50	oz.	55.69	3.54	0.51	2.53	15.19	2.53	91.12		
Lunch			516.16	17.29	55.79	27.37	20.47	5.90	686.64	7.33	24.85
Italian Pizza	1.00	svg.	224.87	12.63	25.66	8.87	18.61	2.57	611.83	1.79	3.61
Antipasto Salad	4.20	oz.	117.01	1.57	6.13	10.06	0.00	0.83	60.45	2.25	2.58
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Trail Mix	1.00	oz.	138.90	2.92	14.61	8.32	1.87	2.49	13.68	1.66	11.59
Dinner			480.31	23.18	43.83	25.07	120.49	2.36	691.44	8.23	3.67
Paella	6.70	oz.	195.51	4.88	32.47	5.04	0.00	0.44	137.54	3.35	1.75
Roasted Veggies	6.00	oz.	214.54	2.91	10.81	19.23	0.00	1.81	201.43	4.65	1.88
Shrimp	3.30	oz.	70.26	15.39	0.55	0.79	120.49	0.11	352.47	0.24	0.04
Day 2			1136.45	67.05	143.05	34.92	137.74	5.19	1182.56	17.54	45.39
Breakfast			289.18	15.89	45.50	5.80	5.00	0.60	201.99	5.31	19.90
Granola Bar	1.00	svg.	209.25	5.90	35.50	5.80	0.00	0.60	162.02	5.31	11.90
Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	7.99
Lunch			364.85	17.93	28.68	20.22	61.71	2.37	319.96	5.44	5.80
Chicken	3.20	oz.	120.74	13.47	3.59	5.63	51.73	0.14	109.19	0.40	0.49
Romaine lettuce	2.50	oz.	13.47	0.99	2.68	0.19	0.00	0.04	17.72	2.20	0.50
Cilantro Sauce	1.20	oz.	40.80	1.02	3.24	2.50	9.98	1.50	35.09	0.05	2.09
Citrus Dressing	1.00	oz.	94.17	0.16	4.04	9.40	0.00	0.70	7.97	1.22	2.16
Cherry Tomatoes	1.00	oz.	5.67	0.28	1.13	0.00	0.00	0.00	0.00	0.57	0.57
Tortillas	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
Dinner			482.41	33.24	68.87	8.91	71.04	2.22	660.62	6.79	19.69
Spinach Rice	6.50	oz.	189.60	4.09	38.83	1.86	0.00	0.32	9.24	2.09	0.35
Veggies	6.40	oz.	58.96	2.88	11.75	0.43	0.00	0.05	140.40	4.49	4.68
Ginger Lime Sauce	2.10	oz.	67.75	1.16	17.29	0.06	0.00	0.01	405.91	0.21	14.65
Chicken Strips	3.00	oz.	166.10	25.11	1.00	6.56	71.04	1.84	105.06		0.00
Day 3			1034.25	74.24	137.04	22.14	198.72	4.21	1513.75	26.06	36.99
Breakfast			270.62	24.09	29.24	5.40	176.83	1.28	374.33	4.59	15.61
Herb Scramble Eggs	6.50	oz.	138.53	20.44	0.57	4.22	176.83	1.27	283.19	0.06	0.46
Raspberry Jam	2.10	oz.	72.09	0.65	18.17	0.43	0.00	0.02	1.13	3.03	14.65
English Muffin	0.50	pc.	60.00	3.00	10.50	0.75	0.00	0.00	90.00	1.50	0.50
Lunch			413.92	21.26	53.79	12.98	4.10	1.67	753.54	12.07	9.28

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Sausage Orzo Soup	12.00	oz.	198.88	14.56	24.12	4.68	3.25	0.69	409.09	6.21	6.52
Chickpea Spread	2.00	oz.	85.04	2.70	8.67	4.80	0.86	0.58	134.45	1.85	1.76
Roll	1.00	item	130.00	4.00	21.00	3.50	0.00	0.40	210.00	4.00	1.00
Dinner			349.72	28.89	54.00	3.76	17.79	1.25	385.88	9.41	12.11
Fettuccine Noodles	4.10	oz.	146.75	5.14	30.08	0.73	0.00	0.00	2.24	1.47	1.47
Beef Bolognese	7.60	oz.	157.00	19.93	16.26	3.03	17.79	1.25	345.33	4.87	6.04
Vegetable Blend	4.00	oz.	45.97	3.83	7.66	0.00	0.00	0.00	38.31	3.07	4.60
Day 4			1315.57	64.71	161.18	46.83	104.90	7.80	1662.17	27.20	51.92
Breakfast			383.67	14.51	50.27	14.88	4.90	1.91	168.76	4.85	25.03
Pumpkin Yogurt	6.00	oz.	106.11	10.44	14.93	0.21	4.90	0.11	42.45	1.68	10.04
Granola	2.20	oz.	277.56	4.06	35.35	14.68	0.00	1.80	126.32	3.17	14.99
Lunch			442.37	12.26	62.14	16.45	0.00	2.47	664.58	15.52	6.50
Lime Rice and Beans	5.75	oz.	202.37	7.26	31.14	2.45	0.00	0.47	114.59	6.52	2.50
Salsa	2.00	oz.	30.00	2.00	6.00	0.00	0.00	0.00	439.99	4.00	4.00
Avocado	1.00	item	70.00	1.00	6.00	7.00	0.00	1.00	0.00	3.00	0.00
Blue Tortilla Chips	1.00	oz.	140.00	2.00	19.00	7.00	0.00	1.00	110.00	2.00	0.00
Dinner			489.52	37.94	48.78	15.50	100.00	3.43	828.83	6.82	20.39
Bun	1.00	item	160.00	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Turkey Burger	1.00	svg.	200.00	28.00	0.00	10.00	100.00	3.00	410.00	0.00	0.00
Dressing	1.00	oz.	46.28	0.33	11.42	0.01	0.00	0.00	129.20	0.02	11.09
Thai Salad	3.21	oz.	55.41	3.72	6.77	2.28	0.00	0.25	17.68	2.67	3.04
Cucumber Topping	2.00	oz.	27.83	0.89	3.59	1.21	0.00	0.18	1.95	0.44	2.26
Day 5			1143.26	48.80	172.70	29.52	79.49	9.09	2084.73	19.34	56.01
Breakfast			303.66	12.14	53.62	5.26	24.29	0.99	255.35	3.64	26.48
Banana Muffin	2.00	item	226.70	4.42	41.88	5.15	20.54	0.96	225.10	3.19	16.61
Yogurt	3.00	oz.	59.95	7.49	7.49	0.00	3.75	0.00	29.97	0.00	6.00
Mango	1.00	oz.	17.01	0.23	4.25	0.11	0.00	0.03	0.28	0.45	3.87
Lunch			446.48	21.88	77.76	6.37	4.75	1.24	986.18	9.93	15.67
Black Bean Soup	12.80	oz.	163.16	14.33	27.23	1.03	0.00	0.04	395.96	8.04	4.43
Cornbread	3.00	oz.	225.92	5.88	43.22	3.17	0.64	0.51	323.43	0.62	10.67
Guacamole	1.00	item	35.00	1.00	5.00	1.00	0.00	0.00	150.00	1.00	0.00
Sour Cream Salsa	1.00	oz.	22.40	0.67	2.31	1.17	4.12	0.69	116.79	0.27	0.57
Dinner			393.13	14.77	41.32	17.90	50.45	6.86	843.20	5.76	13.86
Stuffed Shells	2.00	pc.	230.00	9.00	22.00	10.00	50.00	6.00	520.00	0.50	5.00
Spinach, Chopped, Raw	1.50	oz.	9.78	1.22	1.54	0.17	0.00	0.03	33.59	0.94	0.18
Sauce	4.10	oz.	22.35	0.98	6.36	0.19	0.45	0.09	137.96	1.33	4.32
Vinaigrette	1.00	oz.	75.41	0.07	4.65	5.67	0.00	0.42	150.78	0.13	4.31
Salad Toppig	0.50	oz.	55.58	3.51	6.77	1.88	0.00	0.33	0.87	2.87	0.05
Day 6			1349.30	60.14	150.64	60.10	110.37	9.66	1464.89	24.17	30.81
Breakfast			408.24	8.29	53.04	19.40	7.50	1.44	392.01	10.19	18.79
Apple Topping	4.00	oz.	56.52	0.21	13.89	0.08	0.00	0.04	17.01	3.51	8.89
Pancakes	3.00	item	195.00	6.00	36.00	3.00	7.50	0.00	375.00	4.50	9.00
Pecans	0.80	oz.	156.72	2.08	3.14	16.32	0.00	1.40	0.00	2.18	0.90
Lunch			550.12	16.26	59.55	29.34	16.12	3.68	650.28	8.98	5.25
Lemon Herb Vinaigrette	1.85	fl. oz.	137.38	0.20	2.89	14.47	0.00	1.07	1.33	0.14	1.46

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Mediterranean Salad	6.10	oz.	191.60	7.96	23.86	7.51	11.12	2.09	190.45	4.04	0.53
Naan Bread	1.00	item	130.00	5.00	21.00	3.50	5.00	0.00	340.00	1.00	2.00
Romaine lettuce, raw	2.00	oz.	10.77	0.79	2.14	0.15	0.00	0.03	14.18	1.76	0.40
Hummus	1.50	oz.	75.27	2.07	8.56	3.65	0.00	0.49	102.91	1.70	0.12
Tomatoes, Cherry, Fresh	1.00	oz.	5.10	0.25	1.10	0.06	0.00	0.01	1.42	0.34	0.75
Dinner			390.94	35.59	38.05	11.35	86.75	4.53	422.61	5.01	6.77
Vegetable Blend	4.00	oz.	32.04	1.77	6.80	0.33	0.00	0.06	21.55	3.09	3.03
Chicken	1.00	svg.	146.00	28.00	0.00	3.46	69.14	0.99	230.00	0.00	0.00
Rice	6.00	oz.	129.52	3.16	27.00	1.17	0.00	0.10	38.08	1.91	0.36
Alfredo Sauce	1.80	oz.	83.38	2.66	4.25	6.39	17.61	3.39	132.98	0.01	3.38
Day 7			1223.34	67.67	152.10	42.33	203.66	10.97	1628.30	20.57	34.27
Breakfast			326.03	11.52	43.15	14.11	103.68	3.33	457.43	8.65	11.42
Bagel, Wheat	0.50	item	122.50	5.00	23.96	0.75	0.00	0.00	215.11	2.01	3.00
Topping	2.20	oz.	36.75	1.95	2.78	2.20	8.68	1.31	114.82	0.78	1.35
Egg Patty	1.00	svg.	60.00	3.00	1.00	4.00	95.00	1.00	110.00	0.00	0.00
Avocado	1.00	item	70.00	1.00	6.00	7.00	0.00	1.00	0.00	3.00	0.00
Spinach, Trimmed Leaves	0.50	oz.	1.40	0.40	0.02	0.04	0.00	0.00	16.82	1.23	0.00
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Lunch			440.93	30.06	47.73	15.80	46.44	5.36	571.38	8.22	9.61
English Muffin	1.00	pc.	120.00	6.00	21.00	1.50	0.00	0.00	180.00	3.00	1.00
Tuna Melt	3.70	oz.	152.13	16.02	3.58	8.23	35.26	3.28	225.06	0.24	2.10
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
Broccoli	2.00	oz.	19.28	1.60	3.77	0.21	0.00	0.07	18.71	1.47	0.96
Blue Tortilla Chips	0.50	oz.	70.00	1.00	9.50	3.50	0.00	0.50	55.00	1.00	0.00
Dinner			456.38	26.09	61.22	12.42	53.54	2.28	599.50	3.70	13.24
Gingered Lime Rice	7.00	oz.	185.92	3.85	39.27	1.38	0.00	0.28	6.62	1.78	0.47
Vegetables	2.10	oz.	14.55	0.67	3.18	0.14	0.00	0.03	19.03	1.01	1.80
Chicken	4.00	oz.	126.97	20.80	2.23	3.99	53.54	1.00	225.13	0.38	0.10
Sauce	2.00	oz.	128.95	0.76	16.55	6.91	0.00	0.98	348.72	0.54	10.87