



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 4 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 allergen* V4.24

Average Daily Kcal: 1475

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 1			1531.39	54.01	162.52	77.06	35.66	12.59	1784.71	26.51	38.30
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
Vegetables	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
Apricott Spread	1.70	oz.	18.71	0.32	4.73	0.05	0.00	0.00	1.70	0.68	3.60
Cheese	0.5	oz.	55.69	3.54	0.51	2.53	15.19	2.53	91.12		
Lunch			574.67	18.07	58.85	32.40	20.47	6.32	716.86	8.45	26.13
Pizza	1.00	svg.	224.87	12.63	25.66	8.87	18.61	2.57	611.83	1.79	3.61
Antipasta Salad	6.30	oz.	175.52	2.35	9.20	15.09	0.00	1.25	90.67	3.37	3.87
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			642.79	12.38	69.52	37.13	0.00	3.44	527.96	12.47	5.70
Paella	11.00	oz.	320.98	8.02	53.30	8.28	0.00	0.72	225.82	5.49	2.87
Vegetables	9.00	oz.	321.81	4.36	16.22	28.85	0.00	2.72	302.14	6.97	2.82
Day 2			1435.97	51.02	208.41	48.59	19.97	7.35	1631.95	27.03	61.07
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
Greek Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	7.99
Lunch			492.27	12.23	59.33	23.62	14.97	3.42	590.21	11.12	10.32
Romaine lettuce, raw	2.50	oz.	13.47	0.99	2.68	0.19	0.00	0.04	17.72	2.20	0.50
Cilantro Sauce	1.80	oz.	61.21	1.53	4.85	3.75	14.97	2.25	52.63	0.08	3.13
Citrus Dressing	1.00	oz.	94.17	0.16	4.04	9.40	0.00	0.70	7.97	1.22	2.16
Cherry Tomato	1.00	oz.	5.67	0.28	1.13	0.00	0.00	0.00	0.00	0.57	0.57
Tortilla	2.00	item	180.00	4.00	28.00	5.00	0.00	0.00	300.00	2.00	0.00
Vegetables	6.50	oz.	137.76	5.26	18.62	5.28	0.00	0.44	211.90	5.06	3.96
Dinner			654.52	22.90	103.59	19.18	0.00	3.34	839.76	10.61	30.86
Spinach Rice	8.65	oz.	252.31	5.44	51.67	2.47	0.00	0.43	12.30	2.79	0.47
Vegetables	8.50	oz.	78.31	3.82	15.61	0.57	0.00	0.07	186.47	5.97	6.22
Ginger Lime Sauce	3.20	oz.	103.24	1.76	26.34	0.09	0.00	0.01	618.53	0.32	22.33
Tofu	2.00	oz.	48.19	6.19	0.55	2.38	0.00	0.40	18.71	0.51	
Cashews	1.10	oz.	172.45	5.68	9.42	13.68	0.00	2.43	3.74	1.03	1.84
Day 3			1330.57	87.06	190.06	28.14	181.78	4.02	2069.59	36.65	43.28
Breakfast			270.62	24.09	29.24	5.40	176.83	1.28	374.33	4.59	15.61
Scrambled 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

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Sugar
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber	g
Lunch			628.95	27.96	83.46	21.28	4.96	2.65	1098.00	17.92	12.04
Orzo Sausage Soup	12.00	oz.	198.88	14.56	24.12	4.68	3.25	0.69	409.09	6.21	6.52
Chickpea Spread	4.00	oz.	170.07	5.41	17.34	9.60	1.71	1.16	268.91	3.71	3.52
Roll	2.00	item	260.00	8.00	42.00	7.00	0.00	0.80	420.00	8.00	2.00
Dinner			431.01	35.01	77.36	1.45	0.00	0.09	597.27	14.14	15.63
Fettuccine Noodles	6.00	oz.	214.75	7.52	44.02	1.07	0.00	0.00	3.28	2.15	2.15
Bolognese	10.20	oz.	158.79	22.71	23.76	0.38	0.00	0.09	546.10	8.16	7.74
Vegetables	5.00	oz.	57.47	4.79	9.58	0.00	0.00	0.00	47.89	3.83	5.75
Day 4			1601.34	60.81	215.32	54.24	4.90	7.45	2184.48	40.80	60.23
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			748.98	20.30	99.00	27.86	0.00	4.12	1031.08	26.13	10.60
Rice and Beans	10.00	oz.	351.95	12.63	54.15	4.26	0.00	0.81	199.29	11.35	4.34
Salsa	3.00	oz.	45.00	3.00	9.00	0.00	0.00	0.00	659.99	6.00	6.00
Blue Tortilla Chips	1.50	oz.	210.00	3.00	28.50	10.50	0.00	1.50	165.00	3.00	0.00
Avocado	3.00	oz.	142.03	1.67	7.35	13.11	0.00	1.81	6.80	5.78	0.26
Dinner			468.69	26.00	66.05	11.50	0.00	1.43	984.64	9.82	24.61
Bun	1.00	item	160.00	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Garden Patty	1.00	svg.	170.00	16.00	15.00	6.00	0.00	1.00	540.00	3.00	2.00
Dressing	1.20	oz.	55.54	0.40	13.70	0.01	0.00	0.00	155.04	0.03	13.31
Thai Salad	3.20	oz.	55.33	3.72	6.76	2.27	0.00	0.25	17.65	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			1325.02	57.30	193.65	36.49	104.71	12.46	2414.57	23.12	60.72
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
Greek 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
Guacomole	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			574.89	23.27	62.27	24.87	75.67	10.23	1173.04	9.54	18.57
Stuffed Shell	3.00	pc.	345.00	13.50	33.00	15.00	75.00	9.00	780.00	0.75	7.50
Spinach	1.50	oz.	9.78	1.22	1.54	0.17	0.00	0.03	33.59	0.94	0.18
Sauce	6.15	oz.	33.53	1.47	9.53	0.29	0.67	0.13	206.93	2.00	6.48
Vinaigrette	1.00	oz.	75.41	0.07	4.65	5.67	0.00	0.42	150.78	0.13	4.31
Salad Topping	1.00	oz.	111.17	7.02	13.54	3.75	0.00	0.65	1.74	5.73	0.09
Day 6			1539.96	39.09	183.60	75.14	23.62	15.22	1757.35	24.78	32.07
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

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Sugar
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber	Sugar
				g	g	g	mg	Fat g	mg	g	g
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
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	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	1.00	oz.	5.10	0.25	1.10	0.06	0.00	0.01	1.42	0.34	0.75
Dinner			581.60	14.53	71.01	26.39	0.00	10.10	715.06	5.62	8.03
Jasmine Rice	7.20	oz.	204.11	3.83	40.82	0.00	0.00	0.00	388.52	0.00	0.00
Chana Masala	6.30	oz.	155.75	4.26	15.21	9.57	0.00	7.41	320.29	3.88	3.40
Cucumber Salad	4.00	oz.	49.29	0.77	5.56	3.15	0.00	0.26	2.51	0.71	2.78
Cashews	1.10	oz.	172.45	5.68	9.42	13.68	0.00	2.43	3.74	1.03	1.84
Day 7			1557.05	54.58	193.86	61.53	104.06	9.49	1962.20	28.71	49.72
Breakfast			326.03	11.52	43.15	14.11	103.68	3.33	457.43	8.65	11.42
Bagel	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	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			657.96	22.80	64.66	30.12	0.38	3.44	896.32	13.51	17.69
Hoppin John Salad	10.00	oz.	209.15	6.51	35.08	5.06	0.00	0.80	262.88	5.15	6.95
Tomato Soup	8.30	oz.	71.08	2.97	15.69	0.17	0.38	0.03	168.90	3.23	9.51
Nut Topping	1.75	oz.	262.73	11.32	8.89	22.40	0.00	2.61	244.54	4.13	1.23
Guacomole	1.00	item	35.00	1.00	5.00	1.00	0.00	0.00	150.00	1.00	0.00
Crackers	1.00	item	80.00	1.00		1.50	0.00	0.00	70.00	0.00	0.00
Dinner			573.06	20.27	86.05	17.30	0.00	2.72	608.45	6.55	20.62
Rice	9.20	oz.	244.35	5.06	51.61	1.81	0.00	0.36	8.70	2.34	0.62
Vegetables	4.20	oz.	29.10	1.34	6.36	0.28	0.00	0.06	38.06	2.02	3.60
Sauce	3.00	oz.	193.42	1.14	24.82	10.37	0.00	1.48	523.08	0.80	16.30
Tofu	4.10	oz.	106.19	12.72	3.27	4.84	0.00	0.83	38.61	1.39	0.10