



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 2 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: 1587

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Added Sugar g
Day 1			1475.23	98.56	150.98	56.87	178.72	13.37	2105.47	15.68	5.51
Breakfast			320.29	16.69	37.10	11.82	127.74	5.05	429.14	3.20	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
Stuffed Potato Skin	4.30	oz.	151.53	12.99	8.54	6.86	119.51	2.63	224.40	1.22	0.00
Lunch			644.42	36.15	58.06	32.00	13.31	2.72	1020.46	6.99	5.51
Broccoli and Grape Salad	6	oz.	217.74	4.03	24.96	12.85	5.99	0.72	157.19	3.13	5.51
Prime Burger	1.00	item	250.00	23.00	6.00	15.00	0.00	2.00	480.00	2.00	0.00
Topping	2.00	oz.	46.68	4.11	6.10	0.66	2.32	0.00	43.27	0.86	0.00
Naan Bread	1.00	item	130.00	5.00	21.00	3.50	5.00	0.00	340.00	1.00	0.00
Dinner			510.52	45.73	55.83	13.05	37.67	5.60	655.87	5.49	0.00
Broccoli Swiss Bake	12.00	oz.	422.50	36.71	41.92	12.87	33.92	5.56	623.35	3.28	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
Day 2			1796.97	97.12	201.38	73.96	555.00	14.47	3300.64	39.04	17.46
Breakfast			437.51	29.24	58.29	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 Blueberry Compote	3.41	oz.	39.95	0.80	9.74	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
Lunch			654.19	25.27	63.95	32.90	360.75	5.67	1147.33	12.51	2.00
Black Bean Quinoa Salad	6.20	oz.	135.75	5.06	19.34	4.43	0.00	0.25	126.38	4.09	0.00
Bun	2.00	item	260.00	8.00	42.00	7.00	0.00	0.80	420.00	8.00	2.00
Egg Salad	5.20	oz.	258.44	12.20	2.61	21.47	360.75	4.62	600.95	0.43	0.00
Dinner			705.27	42.61	79.14	29.57	37.64	7.14	1561.76	11.05	12.40
BBQ Pizza	2.00	item	541.05	40.01	67.34	16.38	37.64	5.99	1451.06	6.85	12.40
Avocado 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	5.87	0.22	0.00	0.03	0.85	0.60	0.00
Day 3			1620.09	60.75	226.65	59.16	16.36	12.65	1640.85	36.46	23.88
Breakfast			322.66	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
Lunch			543.59	18.90	81.41	17.85	0.00	5.25	900.65	12.41	8.84
Red Curry Soup	14.30	oz.	287.03	11.92	49.02	4.88	0.00	1.39	844.38	9.20	0.00

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Added Sugar
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber g	g
Cashew Topping	0.75	oz.	113.71	3.01	5.73	9.55	0.00	2.71	3.06	0.94	0.00
Chocolate Zucchini Muffin	2.29	oz.	142.84	3.97	26.66	3.41	0.00	1.16	53.21	2.27	8.84
Dinner			753.84	24.69	98.80	32.58	10.13	6.68	547.46	20.77	0.00
Sweet Potato	1.00	item	243.81	4.54	56.70	1.42	0.00	0.00	155.92	8.51	0.00
Black Bean Filling	6.20	oz.	302.16	13.74	21.07	19.18	0.00	3.07	161.33	7.23	0.00
Carrots, Baby	3.00	oz.	29.77	0.54	7.01	0.11	0.00	0.02	66.34	2.47	0.00
Chocolate Cherry Almond Mix	1.00	oz.	137.61	3.34	13.52	8.84	0.00	1.56	1.87	2.32	0.00
Feta Cheese	0.50	oz.	40.50	2.53	0.51	3.04	10.13	2.03	162.00	0.25	0.00
Day 4			1529.23	93.44	185.45	53.93	111.33	16.43	2412.76	37.40	11.06
Breakfast			298.58	27.68	31.43	7.33	73.83	3.48	633.43	5.98	0.00
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
Lunch			502.56	32.83	66.54	14.89	37.50	9.13	955.92	11.96	1.39
Baked Potato	1.00	item	160.89	4.33	36.59	0.23	0.00	0.06	17.30	3.81	0.00
Sloppy Joe	10.80	oz.	176.67	19.50	28.45	1.16	0.00	0.07	683.62	8.15	1.39
Cheddar Cheese	1.50	oz.	165.00	9.00	1.50	13.50	37.50	9.00	255.00	0.00	0.00
Dinner			728.09	32.94	87.48	31.71	0.00	3.83	823.41	19.46	9.67
Stir Fry Vegetable	8.00	oz.	143.83	11.18	18.54	5.00	0.00	0.55	78.02	7.13	0.00
Whole Wheat Pasta	2.40	oz.	264.00	9.60	46.80	1.80	0.00	0.00	0.00	8.40	0.00
Peanut Sauce	4.20	oz.	195.45	6.99	17.62	14.35	0.00	1.64	744.11	2.15	9.67
Peanuts	0.75	oz.	124.81	5.18	4.52	10.56	0.00	1.64	1.28	1.79	0.00
Day 5			1680.38	71.50	180.10	65.77	42.50	15.47	1763.90	29.29	15.07
Breakfast			337.91	15.37	57.01	7.13	5.00	2.01	193.42	5.02	11.00
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
Lunch			694.85	21.49	42.43	36.67	37.50	10.27	413.77	9.46	1.57
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	6.00	oz.	199.07	8.11	11.29	0.94	0.00	0.00	59.42	6.68	0.00
Cucumber	2.00	oz.	8.51	0.37	2.06	0.06	0.00	0.02	1.13	0.28	0.00
Cherry Tomatoes	2.00	oz.	10.21	0.45		0.23	0.00	0.06	7.37	0.00	0.00
Cheddar Cheese	1.50	oz.	165.00	9.00	1.50	13.50	37.50	9.00	255.00	0.00	0.00
Cilantro Lime Dressing	1.50	oz.	151.04	0.14	3.61	15.53	0.00	1.15	0.78	0.11	1.57
Tortilla Strips	1.00	oz.	141.75	2.03	20.25	6.08	0.00	0.00	81.00	0.00	0.00
Dinner			647.63	34.64	80.67	21.97	0.00	3.19	1156.71	14.81	2.50
Jade Rice Blend	9.30	oz.	300.30	11.92	61.56	0.34	0.00	0.05	179.48	6.18	0.00
Lime Chili Glazed Tofu	1.00	item	204.27	20.28	6.92	12.63	0.00	1.64	748.52	2.76	2.50
Mixed Vegetables	4.00	oz.	43.06	1.44	7.18	0.00	0.00	0.00	28.71	2.87	0.00
Guacamole	1.00	svg.	100.00	1.00	5.00	9.00	0.00	1.50	200.00	3.00	0.00
Day 6			1639.49	77.27	215.77	57.06	127.68	5.90	1727.24	51.59	5.31
Breakfast			281.68	20.37	36.22	4.79	118.02	0.82	487.01	4.15	5.31
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
Lunch			641.87	10.19	76.20	37.16	0.00	3.23	349.00	12.99	0.00
Hubbard Squash Soup	8.00	oz.	90.76	2.65	12.16	4.64	0.00	0.59	267.41	2.54	0.00
Apple, Medium	1.00	item	94.64	0.47	25.13	0.31	0.00	0.05	1.82	4.37	0.00
Wheat Berry Salad	8.00	oz.	456.48	7.07	38.91	32.21	0.00	2.59	79.77	6.09	0.00
Dinner			715.94	46.72	103.34	15.11	9.66	1.86	891.23	34.44	0.00
Baked Penne and Cannellini Beans	10.00	oz.	401.51	20.27	71.18	6.20	9.66	1.86	304.21	11.72	0.00
Vegetable Blend	6.00	oz.	60.00	1.96	9.78	0.00	0.00	0.00	48.88	4.00	0.00
Marinara Sauce	4.00	oz.	54.43	1.81	9.07	0.91	0.00	0.00	18.14	2.72	0.00
Veggie Meatball	4.00	pc.	200.00	22.68	13.32	8.00	0.00	0.00	520.00	16.00	0.00
Day 7			1369.46	72.07	168.46	50.21	26.90	7.70	603.07	29.67	5.38
Breakfast			345.22	18.56	54.29	8.21	5.00	0.83	43.94	7.08	5.18
Pecan and Golden Raisin Granola	2.70	oz.	265.30	8.57	44.30	8.21	0.00	0.83	3.98	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
Lunch			433.12	25.20	62.46	7.97	21.91	3.60	397.74	12.92	0.00
Italian Vegetable Pasta Bake	10.323	oz.	277.31	17.85	48.23	2.74	1.91	0.54	288.67	7.25	0.00
Cherry Tomato	2	oz.	10.21	0.45		0.23	0.00	0.06	7.37	0.00	0.00
Fresh Mozzarella Ball	1	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
Dinner			591.12	28.31	51.71	34.03	0.00	3.28	161.39	9.67	0.20
Couscous	6.60	oz.	179.74	5.29	37.80	1.30	0.00	0.01	22.38	3.34	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
Chermoula Sauce	0.80	oz.	100.67	0.35	1.70	10.61	0.00	0.79	41.56	0.61	0.20
Moroccan Tofu	4.20	oz.	207.19	19.66	4.31	14.39	0.00	1.83	63.78	3.00	0.00