



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 3 2000 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: 1909

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 1			1754.12	88.31	231.95	55.88	115.11	12.96	2740.87	31.52	68.83
Breakfast			461.22	31.89	53.73	12.35	18.14	3.94	738.72	8.26	12.09
Roasted Sweet Potatoes	7.20	oz.	198.75	3.19	40.56	2.97	0.00	0.25	213.48	6.06	8.40
Roasted Vegetables	4.80	oz.	58.84	1.97	5.59	3.77	0.00	0.49	16.44	2.20	3.16
Omelet	2.00	svg.	120.00	20.00	6.00	0.00	0.00	0.00	320.00	0.00	0.00
Italian Cheese	1.00	oz.	83.63	6.73	1.58	5.61	18.14	3.20	188.81	0.00	0.54
Lunch			660.15	21.57	120.46	14.44	9.79	2.47	989.11	14.09	30.27
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
Dinner			632.75	34.85	57.76	29.09	87.18	6.56	1013.04	9.18	26.47
Thai Turkey Burger	1.00	svg.	170.00	21.00	0.00	10.00	74.00	3.00	70.00	0.00	0.00
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
Smoked Mushrooms	4.00	oz.	102.99	3.87	11.21	5.74	0.00	0.45	521.42	1.00	8.52
Swiss Cheese	0.50	oz.	55.71	3.82	0.20	4.39	13.18	2.58	26.51	0.00	0.00
Day 2			2180.22	88.91	284.65	82.01	138.16	18.34	2421.19	47.93	70.34
Breakfast			642.70	25.76	65.34	36.15	3.16	2.51	144.08	16.22	14.73
Walnuts	2.00	oz.	350.40	13.64	5.62	33.45	0.00	1.91	1.13	3.86	0.62
Apple Cinnamon Oatmeal	12.00	oz.	292.30	12.12	59.72	2.69	3.16	0.60	142.95	12.37	14.11
Lunch			894.22	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
Veggie Grain Slider	3.00	pc.	240.00	18.00	27.00	9.00	0.00	0.00	630.00	9.00	3.00
Dinner			643.31	31.90	88.73	18.90	135.00	10.70	1216.06	11.93	16.83
Zucchini and Red Peppers	6.60	oz.	74.86	3.23	17.12	0.50	0.00	0.09	155.64	4.38	9.98
Vegetable Marinara	6.48	oz.	28.45	1.68	5.61	0.41	0.00	0.11	10.42	1.54	3.86
Lasagna Roll Up	3.00	svg.	540.00	27.00	66.00	18.00	135.00	10.50	1050.00	6.00	3.00
Day 3			1733.13	97.49	177.92	70.49	47.78	17.13	2631.31	35.67	42.42
Breakfast			538.85	39.67	56.86	16.60	25.00	6.19	942.75	12.70	26.15
Breakfast Sandwich	2.00	svg.	420.16	38.03	28.00	15.50	25.00	6.00	940.48	7.85	2.62
Fruit Blend	8.00	oz.	118.69	1.63	28.86	1.10	0.00	0.19	2.27	4.85	23.53
Lunch			566.51	23.28	48.06	31.85	22.78	5.68	1108.74	13.46	8.15
Romaine	6.00	oz.	28.92	2.09	5.60	0.51	0.00	0.07	13.61	3.57	2.02
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 Tomtato	1.00	oz.	5.67	0.28	1.13	0.00	0.00	0.00	0.00	0.57	0.57
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	0.75	oz.	83.53	5.32	0.76	3.80	22.78	3.80	136.69		
Dinner			627.77	34.55	73.00	22.03	0.00	5.27	579.82	9.51	8.12
Beef Barbacoa	4.30	oz.	236.50	24.37	4.35	12.07		4.01	435.37	1.45	1.45
Red Rice	8.70	oz.	300.90	6.14	57.68	5.26	0.00	0.67	82.83	3.52	2.73
Roasted Cauliflower	7.40	oz.	90.37	4.04	10.97	4.71	0.00	0.59	61.63	4.53	3.94
Day 4			2061.71	111.02	274.08	61.16	228.66	12.55	2333.57	29.27	#####
Breakfast			607.31	20.82	103.01	13.84	37.12	4.00	706.35	13.30	46.90
Whole Wheat Pancakes	5.00	item	325.00	10.00	60.00	5.00	12.50	0.00	625.00	7.50	15.00
Blueberry Compote	6.00	oz.	154.66	1.75	34.20	2.55	0.00	0.08	2.61	5.78	27.18
Lemon Ricotta	3.15	oz.	127.65	9.07	8.81	6.30	24.62	3.92	78.74	0.02	4.72
Lunch			777.03	51.99	84.15	25.84	107.35	5.69	643.37	8.39	16.87
Lemon Basil Farro	9.60	oz.	303.46	11.47	62.78	1.00	0.00	0.01	56.65	5.83	0.23
Roasted Chicken	6.75	oz.	224.21	33.39	2.36	8.86	87.35	1.78	397.17	0.04	2.17
Roasted Vegetables	6.30	oz.	38.81	1.98	8.13	0.48	0.00	0.12	11.30	2.33	5.42
Balsamic Vinaigrette	1.66	oz.	140.55	0.16	9.88	10.50	0.00	0.78	133.26	0.18	9.06
Fresh Mozzarella	1.00	oz.	70.00	5.00	1.00	5.00	20.00	3.00	45.00	0.00	0.00
Dinner			677.37	38.22	86.92	21.48	84.18	2.87	983.84	7.58	44.34
Grilled Salmon	1.00	svg.	180.00	31.00	1.00	5.00	80.00	1.00	340.00	0.00	0.00
Red Skin Mashed Potatoes	6.70	oz.	175.93	5.03	37.02	1.34	4.18	0.73	149.23	3.68	2.52
Steamed Dill Carrots	4.50	oz.	58.24	0.97	14.21	0.23	0.00	0.04	71.60	3.71	8.32
Honey Garlic Glaze	2.60	fl. oz.	263.19	1.22	34.69	14.92	0.00	1.10	423.02	0.20	33.50
Day 5			2019.69	140.52	242.23	58.65	130.60	9.52	1803.91	30.54	94.39
Breakfast			784.96	32.92	109.74	26.80	12.49	3.29	334.73	7.32	66.06
Greek Yogurt	10.00	oz.	199.82	24.98	24.98	0.00	12.49	0.00	99.91	0.00	19.98
Spiced Peaches	3.00	oz.	80.48	0.55	20.50	0.12	0.00	0.02	5.15	1.56	18.82
Graham Vanilla Granola	4.00	oz.	504.66	7.39	64.26	26.68	0.00	3.27	229.67	5.76	27.26
Lunch			645.01	64.35	62.71	14.50	115.74	1.98	936.35	12.32	8.18
Roasted Fish	2.00	svg.	215.57	45.09	0.00	3.82	112.28	1.31	285.18	0.00	0.00
Taco Dressing	2.50	oz.	39.31	5.58	3.81	0.14	3.47	0.00	149.10	0.56	2.08
Cuban Black Beans	6.50	oz.	163.88	7.92	22.40	4.68	0.00	0.63	172.65	6.87	1.72
Curtido Slaw	4.00	oz.	46.26	1.77	8.50	0.85	0.00	0.03	29.43	2.90	4.38
Tortilla Shells	2.00	item	180.00	4.00	28.00	5.00	0.00	0.00	300.00	2.00	0.00
Dinner			589.71	43.25	69.78	17.35	2.37	4.26	532.83	10.90	20.15
Roasted Vegetables	14.25	oz.	284.07	7.48	48.51	8.31	0.00	0.83	83.66	7.26	6.50
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	4.00	oz.	37.42	2.03	8.55	0.24	0.00	0.05	3.40	2.95	2.51
Day 6			1688.09	90.69	178.46	64.36	463.22	18.30	2902.82	25.49	66.64
Breakfast			468.00	30.91	58.97	11.01	168.59	1.82	542.62	6.17	6.78
Scrambled Eggs	7.50	oz.	161.47	24.15	2.35	4.03	168.59	1.22	340.66	0.08	2.20
Roasted Red Potatoes	12.75	oz.	306.53	6.76	56.62	6.98	0.00	0.60	201.96	6.09	4.58
Lunch			785.07	41.43	59.55	44.67	288.93	15.47	1580.57	6.03	43.49
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	4.00	oz.	19.28	1.40	3.73	0.34	0.00	0.04	9.07	2.38	1.35
Cucumber	4.00	oz.	17.01	0.74	4.12	0.13	0.00	0.04	2.27	0.57	1.89
Julinne Turkey	4.00	oz.	141.75	16.20	6.08	6.08	50.62	2.03	1235.23	0.00	2.03
Creamy Balsamic Dressing	2.90	oz.	221.23	4.77	7.04	19.07	12.26	3.93	187.52	0.14	5.31
Cherry Tomato	2.00	oz.	10.21	0.50	2.21	0.11	0.00	0.02	2.84	0.68	1.49
Cranberries	1.50	oz.	130.98	0.07	35.21	0.46	0.00	0.04	2.13	2.25	30.86
Swiss Cheese	1.50	oz.	167.12	11.47	0.61	13.18	39.55	7.75	79.52	0.00	0.00
Dinner			435.02	18.36	59.94	8.68	5.71	1.00	779.63	13.30	16.38
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 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		
Day 7			1927.20	72.77	244.54	80.06	82.41	11.96	2375.16	34.30	88.21
Breakfast			546.68	11.90	80.52	21.49	20.28	5.52	405.09	7.57	39.67
Orange	0.50	item	34.30	0.64	8.78	0.11	0.00	0.01	0.70	1.54	5.95
Strawberry Muffin	2.00	svg.	441.06	8.77	70.07	15.19	0.17	2.04	313.59	6.02	32.27
Lemon Cream Cheese	1.10	oz.	71.33	2.50	1.68	6.20	20.11	3.48	90.80	0.01	1.44
Lunch			588.91	33.94	45.08	31.65	57.13	2.63	901.88	15.17	10.19
Chicken Salad	6.00	oz.	283.33	26.16	7.13	16.50	57.13	1.51	521.14	0.59	2.03
Vegetable Salad	6.00	oz.	165.58	1.77	7.95	14.15	0.00	1.12	80.73	2.58	4.16
Whole Grain Bread	2.00	sl.	140.00	6.00	30.00	1.00	0.00	0.00	300.00	12.00	4.00
Dinner			791.61	26.93	118.93	26.93	5.00	3.81	1068.19	11.55	38.36
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

