



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 4 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 allergen V4.24*

**Average Daily Kcal: 1874**

	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>1799.74</b>	94.32	162.51	85.16	230.34	17.95	2673.61	27.73	39.70
<b>Breakfast</b>			<b>544.83</b>	44.35	43.07	16.06	45.56	8.18	989.21	7.49	8.33
Omelette	2.00	svg.	120.00	20.00	6.00	0.00	0.00	0.00	320.00	0.00	0.00
Vegetables	5.20	oz.	119.06	7.40	9.83	6.92	0.00	0.58	214.14	3.81	3.73
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	1.50	oz.	167.06	10.63	1.52	7.59	45.56	7.59	273.37		
<b>Lunch</b>			<b>574.67</b>	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
Antipasto 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
<b>Dinner</b>			<b>680.25</b>	31.91	60.58	36.70	164.31	3.46	967.54	11.79	5.23
Paella	9.00	oz.	262.62	6.56	43.61	6.77	0.00	0.59	184.76	4.49	2.35
Vegetables	9.00	oz.	321.81	4.36	16.22	28.85	0.00	2.72	302.14	6.97	2.82
Shrimp	4.50	oz.	95.81	20.99	0.76	1.08	164.31	0.15	480.64	0.32	0.06
<b>Day 2</b>			<b>1935.69</b>	122.48	231.02	60.72	269.62	8.88	2018.47	27.09	73.02
<b>Breakfast</b>			<b>538.40</b>	26.79	86.00	11.59	7.49	1.20	383.99	10.61	35.80
Granola Bar	2.00	svg.	418.51	11.80	71.01	11.59	0.00	1.20	324.04	10.61	23.81
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
<b>Lunch</b>			<b>630.85</b>	34.38	49.34	32.88	120.04	3.50	602.74	7.29	8.07
Chicken Taco Meat	6.50	oz.	245.26	27.36	7.29	11.43	105.07	0.28	221.79	0.82	1.00
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
Dressing	1.33	oz.	125.25	0.22	5.38	12.50	0.00	0.93	10.60	1.62	2.87
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
<b>Dinner</b>			<b>766.44</b>	61.31	95.69	16.25	142.08	4.19	1031.74	9.19	29.16
Spinach Rice	8.60	oz.	250.85	5.41	51.37	2.45	0.00	0.43	12.23	2.77	0.47
Vegetables	8.70	oz.	80.15	3.91	15.98	0.59	0.00	0.07	190.86	6.11	6.37
Lime Sauce	3.20	oz.	103.24	1.76	26.34	0.09	0.00	0.01	618.53	0.32	22.33
Chicken Strips	6.00	oz.	332.19	50.23	2.00	13.13	142.08	3.68	210.12		0.00
<b>Day 3</b>			<b>1556.28</b>	111.36	198.25	36.12	355.29	6.69	2316.53	36.44	43.84
<b>Breakfast</b>			<b>444.40</b>	44.35	39.36	9.71	326.45	2.36	703.90	6.00	15.80
Scrambled Eggs	12.00	oz.	255.74	37.73	1.06	7.79	326.45	2.34	522.82	0.12	0.85
Raspberry Jam	2.00	oz.	68.66	0.62	17.30	0.41	0.00	0.02	1.08	2.89	13.95
English Muffin	1.00	pc.	120.00	6.00	21.00	1.50	0.00	0.00	180.00	3.00	1.00

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>Lunch</b>			<b>628.95</b>	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
Chicpea 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
<b>Dinner</b>			<b>482.93</b>	39.05	75.42	5.14	23.88	1.68	514.64	12.52	16.00
Fettuccine Noodles	6.00	oz.	214.75	7.52	44.02	1.07	0.00	0.00	3.28	2.15	2.15
Beef Bolognese	10.20	oz.	210.71	26.74	21.82	4.06	23.88	1.68	463.47	6.54	8.11
Vegetables	5.00	oz.	57.47	4.79	9.58	0.00	0.00	0.00	47.89	3.83	5.75
<b>Day 4</b>			<b>2027.37</b>	84.27	254.25	75.27	106.54	11.53	2290.11	44.21	86.26
<b>Breakfast</b>			<b>696.60</b>	22.05	90.59	29.63	6.54	3.74	309.23	8.58	43.37
Pumpkin Yogurt	8.00	oz.	141.48	13.92	19.90	0.28	6.54	0.14	56.60	2.24	13.39
Granola	4.40	oz.	555.13	8.13	70.69	29.35	0.00	3.59	252.63	6.34	29.98
<b>Lunch</b>			<b>748.98</b>	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
<b>Dinner</b>			<b>581.79</b>	41.92	64.66	17.78	100.00	3.67	949.81	9.51	32.30
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	1.80	oz.	83.30	0.59	20.55	0.02	0.00	0.00	232.56	0.04	19.96
Thai Salad	6.40	oz.	110.66	7.43	13.52	4.54	0.00	0.49	35.30	5.34	6.08
Cucumber Topping	2.00	oz.	27.83	0.89	3.59	1.21	0.00	0.18	1.95	0.44	2.26
<b>Day 5</b>			<b>1779.27</b>	77.08	275.19	42.58	119.36	13.47	2993.58	27.86	88.89
<b>Breakfast</b>			<b>485.46</b>	21.96	84.18	7.89	38.31	1.48	398.02	5.46	42.72
Banana Muffin	3.00	item	340.05	6.62	62.83	7.72	30.81	1.44	337.65	4.78	24.92
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Mango	1.50	oz.	25.52	0.35	6.37	0.16	0.00	0.04	0.43	0.68	5.81
<b>Lunch</b>			<b>718.93</b>	31.85	128.74	9.82	5.38	1.76	1422.52	12.85	27.61
Black Bean Soup	16.45	oz.	209.69	18.42	35.00	1.33	0.00	0.06	508.87	10.33	5.69
Cornbread	6.00	oz.	451.84	11.76	86.43	6.33	1.27	1.02	646.87	1.25	21.35
Guacomle	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
<b>Dinner</b>			<b>574.89</b>	23.27	62.27	24.87	75.67	10.23	1173.04	9.54	18.57
Stuffed Shells	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
<b>Day 6</b>			<b>2067.03</b>	84.10	237.26	93.30	148.27	14.86	2000.41	38.28	51.49
<b>Breakfast</b>			<b>751.48</b>	14.58	94.07	37.81	12.50	2.88	659.01	18.88	34.58
Apple Topping	8.00	oz.	113.04	0.42	27.79	0.16	0.00	0.08	34.01	7.02	17.78
Pancakes	5.00	item	325.00	10.00	60.00	5.00	12.50	0.00	625.00	7.50	15.00
Pecans	1.60	oz.	313.43	4.16	6.29	32.65	0.00	2.80	0.00	4.35	1.80

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>Lunch</b>			<b>689.48</b>	20.12	71.91	38.00	21.41	5.05	741.29	10.94	6.01
Lemon Herb Vinaigrette	2.50	fl. oz.	185.64	0.27	3.90	19.56	0.00	1.45	1.79	0.19	1.97
Mediterranean Salad	9.00	oz.	282.70	11.74	35.20	11.08	16.41	3.08	281.00	5.95	0.78
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	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
<b>Dinner</b>			<b>626.07</b>	49.41	71.28	17.50	114.36	6.93	600.11	8.46	10.89
Rice	12.00	oz.	259.05	6.31	54.00	2.34	0.00	0.19	76.17	3.81	0.72
Alfredo Chicken	1.00	svg.	180.00	36.00	0.00	4.00	85.00	1.00	270.00	0.00	0.00
Vegetables	6.00	oz.	48.05	2.66	10.20	0.50	0.00	0.09	32.32	4.64	4.55
Alfredo Sauce	3.00	oz.	138.97	4.44	7.09	10.66	29.36	5.65	221.63	0.01	5.63
<b>Day 7</b>			<b>1944.39</b>	108.82	233.25	70.24	355.66	17.84	2691.13	31.68	48.29
<b>Breakfast</b>			<b>597.61</b>	21.69	75.51	26.98	203.02	5.99	848.37	14.66	15.10
Bagel	1.00	item	245.00	10.00	47.91	1.50	0.00	0.00	430.22	4.02	6.00
Topping	3.30	oz.	55.13	2.92	4.17	3.30	13.02	1.97	172.24	1.16	2.03
Egg Patty	2.00	svg.	120.00	6.00	2.00	8.00	190.00	2.00	220.00	0.00	0.00
Avocado	2.00	item	140.00	2.00	12.00	14.00	0.00	2.00	0.00	6.00	0.00
Spinach	0.75	oz.	2.10	0.60	0.03	0.06	0.00	0.00	25.23	1.84	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
<b>Lunch</b>			<b>713.07</b>	52.09	72.31	25.53	81.71	8.64	976.44	11.46	12.71
English Muffin	2.00	pc.	240.00	12.00	42.00	3.00	0.00	0.00	360.00	6.00	2.00
Tuna Melt	7.40	oz.	304.27	32.04	7.16	16.46	70.53	6.56	450.12	0.48	4.20
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
<b>Dinner</b>			<b>633.71</b>	35.04	85.43	17.73	70.93	3.21	866.32	5.56	20.48
Rice	9.20	oz.	244.35	5.06	51.61	1.81	0.00	0.36	8.70	2.34	0.62
Chicken	5.30	oz.	168.23	27.56	2.95	5.29	70.93	1.32	298.30	0.50	0.13
Vegetables	4.00	oz.	27.71	1.28	6.05	0.27	0.00	0.06	36.25	1.93	3.43
Sauce	3.00	oz.	193.42	1.14	24.82	10.37	0.00	1.48	523.08	0.80	16.30





