



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 5 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 allergens. V4.24*

**Average Daily Kcal: 1333**

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Dietary Fiber g	Sugar g
<b>Day 1</b>			<b>1301.75</b>	74.45	164.12	39.65	307.83	9.59	1772.25	25.98	23.24
<b>Breakfast</b>			<b>316.72</b>	23.59	42.44	4.93	49.34	1.13	679.82	5.17	3.88
Egg Scramble	6.00	oz.	113.85	17.52	2.03	2.42	49.34	1.05	265.49	0.35	1.31
Potatoes	4.00	oz.	119.03	2.93	22.53	1.97	0.00	0.01	279.61	2.87	1.64
Pita	0.50	item	83.84	3.14	17.89	0.55	0.00	0.07	134.72	1.95	0.92
<b>Lunch</b>			<b>490.98</b>	26.77	51.60	22.46	203.73	6.05	527.73	11.86	5.46
Lettuce	4.00	oz.	19.28	1.40	3.73	0.34	0.00	0.04	9.07	2.38	1.35
Wheat Berries	2.40	oz.	93.35	4.27	12.61	3.31	0.00	0.58	40.31	2.65	0.13
Dressing	2.00	oz.	33.52	4.57	3.26	0.17	3.20	0.10	200.96	0.15	1.87
Tomatoes	2.00	oz.	10.21	0.50	2.21	0.11	0.00	0.02	2.84	0.68	1.49
Eggs	1.00	item	77.50	6.29	0.56	5.31	186.50	1.63	62.00	0.00	0.56
Avocado	1.00	item	70.00	1.00	6.00	7.00	0.00	1.00	0.00	3.00	0.00
Cheese	0.50	oz.	57.12	3.24	0.48	4.72	14.03	2.67	92.56	0.00	0.07
Roll	1.00	svg.	130.00	5.50	22.75	1.50	0.00	0.00	120.00	3.00	0.00
<b>Dinner</b>			<b>494.05</b>	24.09	70.08	12.27	54.77	2.42	564.71	8.95	13.90
Kamut Blend	8.00	oz.	203.10	6.25	41.02	1.17	0.00	0.02	6.61	6.39	0.39
Korean Beef	4.90	oz.	184.27	15.64	11.77	8.06	54.77	2.40	463.88	0.17	9.93
Vegetables	4.00	oz.	35.81	1.19	7.16	0.00	0.00	0.00	53.72	2.39	3.58
Tortilla Strips	0.50	oz.	70.87	1.01	10.13	3.04	0.00	0.00	40.50	0.00	0.00
<b>Day 2</b>			<b>1222.56</b>	50.94	161.61	49.11	40.68	5.99	1703.64	26.22	41.61
<b>Breakfast</b>			<b>353.25</b>	9.49	53.81	14.08	1.96	1.39	78.53	8.78	20.92
Oatmeal	6.00	oz.	167.64	7.87	33.06	1.83	1.96	0.33	77.36	5.00	6.87
Topping	2.40	oz.	68.08	0.06	18.40	0.01	0.00	0.00	1.17	2.15	13.38
Pecans	0.60	oz.	117.54	1.56	2.36	12.24	0.00	1.05	0.00	1.63	0.68
<b>Lunch</b>			<b>449.76</b>	19.44	59.56	16.27	0.64	1.07	624.13	8.65	11.69
Apple	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Pasta Salad	3.00	oz.	111.56	4.01	12.54	4.80	0.64	0.54	106.34	1.09	1.78
Filling	4.80	oz.	122.82	11.25	9.62	6.35	0.00	0.51	217.11	3.93	2.85
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>419.55</b>	22.01	48.24	18.77	38.08	3.54	1000.98	8.79	9.00
Cauliflower and Pinto Beans	4.50	oz.	125.19	5.52	16.42	7.07	3.57	1.19	110.16	3.78	2.75
Chicken	3.70	oz.	109.08	11.00	3.80	5.93	27.49	0.94	130.20	0.91	0.76
Tortilla	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
Vegetables	3.30	oz.	45.17	1.23	10.18	0.41	0.00	0.07	50.64	2.03	3.48
Salsa	2.00	oz.	21.55	0.64	3.61	0.51	0.00	0.00	513.69	1.08	1.98
Cheese	0.25	oz.	28.56	1.62	0.24	2.36	7.02	1.34	46.28	0.00	0.03
<b>Day 3</b>			<b>1378.20</b>	80.46	122.78	63.28	150.14	11.67	1691.80	15.03	23.20
<b>Breakfast</b>			<b>359.24</b>	19.71	32.58	15.94	1.58	2.85	762.53	2.54	8.67

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Dietary Fiber g	Sugar g
Biscuit	2.00	pc.	159.16	3.98	24.87	4.97	0.00	1.99	318.32	1.99	3.98
Gravy	2.70	fl. oz.	84.83	3.17	5.25	5.95	0.81	0.47	109.18	0.46	2.43
Scrambled Eggs	4.00	oz.	115.25	12.57	2.46	5.01	0.78	0.39	335.03	0.10	2.26
<b>Lunch</b>			<b>579.68</b>	<b>39.37</b>	<b>62.09</b>	<b>19.37</b>	<b>69.14</b>	<b>2.08</b>	<b>648.87</b>	<b>8.83</b>	<b>10.94</b>
Potato Salad	6.24	oz.	214.09	3.38	21.10	13.44	0.00	1.09	95.93	3.42	4.17
Chicken	1.00	svg.	146.00	28.00	0.00	3.46	69.14	0.99	230.00	0.00	0.00
Skinny Bun	1.00	svg.	192.37	7.09	36.45	2.03	0.00	0.00	313.87	4.05	4.05
Marinara Sauce	2.00	oz.	27.22	0.91	4.54	0.45	0.00	0.00	9.07	1.36	2.72
<b>Dinner</b>			<b>439.29</b>	<b>21.38</b>	<b>28.12</b>	<b>27.97</b>	<b>79.42</b>	<b>6.74</b>	<b>280.39</b>	<b>3.66</b>	<b>3.60</b>
Egg Noodles	3.00	oz.	90.72	3.35	16.84	1.05	19.85	0.28	6.80	0.78	0.44
Meatballs	3.00	oz.	256.80	13.89	3.48	21.74	43.83	3.24	99.36	0.44	0.58
Sauce	2.50	oz.	61.38	2.59	1.13	4.97	15.75	3.18	163.05	0.09	0.62
Vegetable	3.00	oz.	30.31	1.54	6.66	0.21	0.00	0.04	11.04	2.35	1.95
Parsley	0.10	t.	0.09	0.01	0.02	0.00	0.00	0.00	0.14	0.01	0.00
<b>Day 4</b>			<b>1329.80</b>	<b>92.05</b>	<b>189.82</b>	<b>28.03</b>	<b>168.04</b>	<b>6.36</b>	<b>1830.39</b>	<b>36.55</b>	<b>61.02</b>
<b>Breakfast</b>			<b>347.59</b>	<b>26.01</b>	<b>58.13</b>	<b>3.44</b>	<b>7.49</b>	<b>0.02</b>	<b>169.13</b>	<b>9.78</b>	<b>26.68</b>
Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Go Lean Crunch	2.00	oz.	211.82	10.70	39.58	3.21	0.00	0.00	108.05	8.56	12.84
Raspberries	1.00	oz.	15.88	0.33	3.56	0.23	0.00	0.02	1.13	1.22	1.85
<b>Lunch</b>			<b>491.31</b>	<b>31.66</b>	<b>79.94</b>	<b>8.86</b>	<b>26.34</b>	<b>0.62</b>	<b>922.90</b>	<b>18.32</b>	<b>24.46</b>
Apple	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Tuna Salad	4.12	oz.	113.87	16.42	8.01	3.70	26.34	0.60	175.74	4.58	2.33
Vegetable Bean Soup	5.98	oz.	102.06	5.06	18.53	2.05	0.00	0.00	476.48	6.11	7.06
Bread	2.00	sl.	240.00	10.00	44.00	3.00		0.00	270.00	6.00	8.00
<b>Dinner</b>			<b>490.91</b>	<b>34.38</b>	<b>51.75</b>	<b>15.73</b>	<b>134.21</b>	<b>5.72</b>	<b>738.35</b>	<b>8.46</b>	<b>9.88</b>
Farrotto	8.10	oz.	275.25	10.70	38.65	7.52	20.87	3.68	227.66	3.85	2.31
Carrots	4.60	oz.	55.65	1.02	13.10	0.21	0.00	0.04	124.02	4.61	7.57
Turkey Pot Roast	4.00	oz.	160.00	22.67	0.00	8.00	113.33	2.00	386.67	0.00	0.00
			<b>1401.28</b>	<b>82.64</b>	<b>183.17</b>	<b>44.37</b>	<b>69.81</b>	<b>10.53</b>	<b>1583.02</b>	<b>25.26</b>	<b>88.11</b>
<b>Breakfast</b>			<b>341.12</b>	<b>23.24</b>	<b>31.19</b>	<b>13.94</b>	<b>15.44</b>	<b>4.00</b>	<b>659.78</b>	<b>5.97</b>	<b>12.74</b>
Breakfast Sandwich	1.00	svg.	232.16	21.32	19.16	7.26	13.61	2.71	589.02	4.43	4.47
Pineapple	1.00	sl.	42.00	0.45	11.02	0.10	0.00	0.01	0.84	1.18	8.27
Pesto Sauce	1.21	oz.	66.95	1.46	1.01	6.58	1.83	1.28	69.92	0.37	0.00
<b>Lunch</b>			<b>578.00</b>	<b>35.47</b>	<b>78.08</b>	<b>16.90</b>	<b>43.68</b>	<b>2.39</b>	<b>454.01</b>	<b>8.16</b>	<b>45.28</b>
Pasta Salad	7.20	oz.	285.24	21.72	40.25	6.34	28.67	0.67	55.43	5.88	15.44
Dressing	3.00	oz.	122.96	3.05	5.16	9.86	10.02	1.67	357.76	0.15	2.71
Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	7.99
Blueberries	1.00	oz.	89.87	0.71	22.68	0.71	0.00	0.06	0.85	2.13	19.14
<b>Dinner</b>			<b>482.17</b>	<b>23.94</b>	<b>73.90</b>	<b>13.52</b>	<b>10.69</b>	<b>4.14</b>	<b>469.23</b>	<b>11.13</b>	<b>30.09</b>
Goulash	11.25	oz.	244.38	16.70	35.00	5.63	0.00	0.38	277.28	7.29	7.16
Broccoli	3.00	oz.	28.92	2.40	5.65	0.32	0.00	0.10	28.07	2.21	1.45
Cheese	0.25	oz.	28.56	1.62	0.24	2.36	7.02	1.34	46.28	0.00	0.03
Trail Mix	1.81	oz.	180.31	3.22	33.01	5.22	3.68	2.32	117.61	1.62	21.45
<b>Day 6</b>			<b>1316.00</b>	<b>59.37</b>	<b>205.97</b>	<b>36.52</b>	<b>147.60</b>	<b>8.52</b>	<b>1965.28</b>	<b>23.54</b>	<b>54.75</b>

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Dietary Fiber g	Sugar g
<b>Breakfast</b>			<b>345.81</b>	10.50	57.72	10.13	29.00	4.99	647.16	7.59	23.32
Sauce	4	oz.	80.81	0.50	20.55	0.21	0.00	0.02	0.50	3.09	15.99
Waffle	3.00	pc.	195.00	6.00	34.50	5.25	9.00	0.30	540.00	4.50	6.00
Cream Cheese	1.00	item	70.00	4.00	2.67	4.67	20.00	4.67	106.65	0.00	1.33
<b>Lunch</b>			<b>550.34</b>	<b>25.50</b>	<b>88.54</b>	<b>15.45</b>	<b>1.85</b>	<b>0.85</b>	<b>822.48</b>	<b>9.92</b>	<b>14.68</b>
Black Bean Burger	1.00	svg.	160.00	14.00	19.00	6.00	0.00	0.70	430.00	5.59	1.40
Pretzel Bun	1.00	svg.	250.00	7.00	43.00	7.00	0.00	0.00	270.00	1.00	4.00
Sweet Mashed Potatoes	4.00	oz.	117.61	1.63	24.68	2.02	0.00	0.11	109.20	3.26	8.31
Sauce	1.50	oz.	22.73	2.88	1.86	0.43	1.85	0.04	13.27	0.07	0.98
<b>Dinner</b>			<b>419.86</b>	23.37	59.72	10.94	116.75	2.69	495.65	6.03	16.76
Meatloaf	6.00	oz.	221.27	18.87	19.12	7.97	114.07	2.06	356.57	1.77	2.50
Mashed Potatoes	4.30	oz.	112.91	3.23	23.76	0.86	2.68	0.47	95.77	2.36	1.62
BBQ Sauce	1.70	oz.	39.36	0.47	9.83	0.12	0.00	0.01	8.66	0.53	8.61
Red Cabbage	2.40	oz.	46.31	0.79	7.01	2.00	0.00	0.15	34.65	1.37	4.03
<b>Day 7</b>			<b>1384.71</b>	81.76	153.87	50.95	242.53	7.75	2137.64	17.44	55.02
<b>Breakfast</b>			<b>301.84</b>	25.59	32.91	5.89	154.18	1.10	552.51	4.36	12.14
Scrambled Eggs	6.60	oz.	142.53	21.36	1.89	3.58	149.18	1.08	301.50	0.00	1.92
Pancakes	2.00	item	130.00	4.00	24.00	2.00	5.00	0.00	250.00	3.00	6.00
Sauce	2.20	oz.	29.31	0.22	7.02	0.31	0.00	0.03	1.01	1.36	4.22
<b>Lunch</b>			<b>558.94</b>	21.02	56.63	29.61	23.35	5.16	901.92	7.84	25.27
Salad	2.00	oz.	13.33	1.33	2.00	0.00	0.00	0.00	63.33	1.33	1.33
Dressing	1.10	oz.	129.25	0.19	9.42	10.22	0.00	0.76	159.16	0.14	9.17
Marinara Sauce	2.00	oz.	27.22	0.91	4.54	0.45	0.00	0.00	9.07	1.36	2.72
Cranberry Topping	1.00	oz.	138.82	3.84	12.14	9.53	0.00	0.86	0.85	2.73	7.53
Pizza	1.00	svg.	250.33	14.75	28.54	9.42	23.35	3.54	669.51	2.27	4.52
<b>Dinner</b>			<b>523.93</b>	35.15	64.32	15.45	65.00	1.49	683.20	5.24	17.60
Salmon	1.00	pc.	160.00	26.75	2.00	5.00	65.00	0.75	220.00	0.00	0.00
Butternut Squash	6.67	oz.	263.13	7.24	47.63	5.70	0.00	0.39	88.43	5.06	5.08
Sauce	2.00	oz.	100.80	1.16	14.70	4.75	0.00	0.35	374.77	0.18	12.52





