



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 5 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: 1992**

	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>2249.31</b>	126.97	295.40	62.10	398.13	15.20	3100.03	43.27	35.98
<b>Breakfast</b>			<b>628.70</b>	46.44	84.80	9.76	96.62	2.21	1348.58	10.32	7.70
Zuchinni Egg Scramble	11.75	oz.	222.95	34.31	3.97	4.73	96.62	2.06	519.92	0.68	2.57
Roasted Potatoes	8.00	oz.	238.06	5.86	45.06	3.93	0.00	0.02	559.22	5.74	3.29
Pita	1.00	item	167.68	6.27	35.77	1.09	0.00	0.13	269.44	3.90	1.84
<b>Lunch</b>			<b>793.32</b>	42.32	90.17	32.13	219.36	9.37	882.49	17.93	7.34
Lettuce	4.00	oz.	19.28	1.40	3.73	0.34	0.00	0.04	9.07	2.38	1.35
Wheat Berries	4.80	oz.	186.70	8.54	25.22	6.62	0.00	1.17	80.61	5.30	0.25
Ranch Dressing	3.00	oz.	50.28	6.86	4.90	0.26	4.79	0.15	301.43	0.23	2.80
Tomatoes	3.00	oz.	15.31	0.75	3.31	0.17	0.00	0.02	4.25	1.02	2.24
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	1.00	oz.	114.25	6.48	0.96	9.44	28.07	5.35	185.12	0.00	0.14
Dinner Roll	2.00	svg.	260.00	11.00	45.50	3.00	0.00	0.00	240.00	6.00	0.00
<b>Dinner</b>			<b>827.29</b>	38.20	120.44	20.21	82.15	3.63	868.96	15.02	20.95
Kamut Blend	14.00	oz.	355.43	10.93	71.79	2.05	0.00	0.03	11.57	11.18	0.67
Beef	7.35	oz.	276.40	23.46	17.65	12.09	82.15	3.61	695.83	0.26	14.90
Vegetable Blend	6.00	oz.	53.72	1.79	10.74	0.00	0.00	0.00	80.57	3.58	5.37
Tortilla Strips	1.00	oz.	141.75	2.03	20.25	6.08	0.00	0.00	81.00	0.00	0.00
<b>Day 2</b>			<b>1945.27</b>	80.35	247.92	82.93	60.74	10.44	2591.81	41.10	66.93
<b>Breakfast</b>			<b>622.68</b>	15.05	91.09	27.24	2.94	2.61	118.38	15.07	38.41
Oatmeal	9.00	oz.	251.46	11.81	49.59	2.74	2.94	0.50	116.04	7.50	10.30
Cranberry Topping	4.80	oz.	136.16	0.12	36.79	0.02	0.00	0.01	2.34	4.30	26.76
Pecans	1.20	oz.	235.07	3.12	4.72	24.48	0.00	2.10	0.00	3.27	1.35
<b>Lunch</b>			<b>748.55</b>	34.36	93.72	28.60	1.28	2.01	1052.35	13.85	15.72
Apple	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Pasta Salad	6.00	oz.	223.12	8.02	25.08	9.61	1.28	1.07	212.67	2.17	3.55
Filling	8.60	oz.	220.05	20.16	17.24	11.37	0.00	0.92	389.00	7.04	5.10
Tortilla	3.00	item	270.00	6.00	42.00	7.50	0.00	0.00	450.00	3.00	0.00
<b>Dinner</b>			<b>574.03</b>	30.95	63.11	27.09	56.51	5.82	1421.08	12.18	12.80
Cauliflower and pinto beans	6.72	oz.	186.95	8.24	24.52	10.55	5.32	1.78	164.51	5.64	4.10
Chicken	5.00	oz.	147.41	14.86	5.13	8.01	37.15	1.27	175.95	1.23	1.03
Tortilla	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
Veggies	4.40	oz.	60.23	1.64	13.57	0.55	0.00	0.10	67.52	2.70	4.63
Salsa	3.00	oz.	32.32	0.96	5.41	0.76	0.00	0.00	770.54	1.62	2.98
Cheese	0.50	oz.	57.12	3.24	0.48	4.72	14.03	2.67	92.56	0.00	0.07
<b>Day 3</b>			<b>2079.27</b>	139.75	175.96	90.25	258.30	16.83	2765.09	21.33	33.14
<b>Breakfast</b>			<b>502.76</b>	33.33	36.79	22.93	2.63	3.40	1133.96	2.79	11.74

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet 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	3.60	fl. oz.	113.11	4.22	6.99	7.94	1.08	0.63	145.58	0.61	3.24
Scrambled Eggs	8.00	oz.	230.49	25.13	4.93	10.02	1.55	0.78	670.07	0.19	4.52
<b>Lunch</b>			<b>931.66</b>	<b>74.91</b>	<b>100.80</b>	<b>25.08</b>	<b>138.27</b>	<b>3.07</b>	<b>1197.27</b>	<b>13.56</b>	<b>16.35</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	2.00	svg.	292.00	56.00	0.00	6.91	138.27	1.98	460.00	0.00	0.00
Skinny Bun	2.00	svg.	384.74	14.18	72.90	4.05	0.00	0.00	627.74	8.10	8.10
Marinara Sauce	3.00	oz.	40.82	1.36	6.80	0.68	0.00	0.00	13.61	2.04	4.08
<b>Dinner</b>			<b>644.85</b>	<b>31.50</b>	<b>38.37</b>	<b>42.24</b>	<b>117.40</b>	<b>10.37</b>	<b>433.86</b>	<b>4.98</b>	<b>5.06</b>
Egg Noodles	4.00	oz.	120.96	4.46	22.45	1.40	26.46	0.37	9.07	1.04	0.59
Meatballs	4.50	oz.	385.19	20.83	5.22	32.61	65.74	4.86	149.04	0.66	0.88
Sauce	4.00	oz.	98.20	4.14	1.81	7.96	25.20	5.09	260.88	0.15	0.99
Vegetable	4.00	oz.	40.41	2.06	8.88	0.28	0.00	0.05	14.72	3.13	2.60
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>1947.92</b>	<b>132.78</b>	<b>284.12</b>	<b>40.10</b>	<b>223.85</b>	<b>9.08</b>	<b>2573.41</b>	<b>57.48</b>	<b>94.28</b>
<b>Breakfast</b>			<b>635.23</b>	<b>44.53</b>	<b>108.76</b>	<b>6.88</b>	<b>11.24</b>	<b>0.04</b>	<b>308.29</b>	<b>19.56</b>	<b>47.37</b>
Vanilla Yogurt	9.00	oz.	179.84	22.48	22.48	0.00	11.24	0.00	89.92	0.00	17.98
Go Lean Crunch	4.00	oz.	423.64	21.40	79.17	6.42	0.00	0.00	216.10	17.12	25.68
Raspberries	2.00	oz.	31.75	0.65	7.12	0.46	0.00	0.04	2.27	2.44	3.71
<b>Lunch</b>			<b>586.81</b>	<b>41.78</b>	<b>90.94</b>	<b>11.48</b>	<b>39.51</b>	<b>0.92</b>	<b>1190.85</b>	<b>22.91</b>	<b>28.30</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	6.18	oz.	170.80	24.63	12.01	5.54	39.51	0.90	263.61	6.87	3.50
Vegetable Bean Soup	8.24	oz.	140.63	6.97	25.54	2.82	0.00	0.00	656.55	8.41	9.73
Bread	2.00	sl.	240.00	10.00	44.00	3.00		0.00	270.00	6.00	8.00
<b>Dinner</b>			<b>725.88</b>	<b>46.48</b>	<b>84.42</b>	<b>21.75</b>	<b>173.10</b>	<b>8.12</b>	<b>1074.28</b>	<b>15.01</b>	<b>18.62</b>
Farrotto	12.20	oz.	414.58	16.11	58.22	11.33	31.44	5.55	342.90	5.79	3.48
Carrots	9.20	oz.	111.30	2.04	26.20	0.41	0.00	0.07	248.05	9.22	15.14
Turkey	5.00	oz.	200.00	28.33	0.00	10.00	141.67	2.50	483.33	0.00	0.00
<b>Day 5</b>			<b>1961.49</b>	<b>125.06</b>	<b>234.59</b>	<b>65.90</b>	<b>103.57</b>	<b>16.45</b>	<b>2494.56</b>	<b>35.03</b>	<b>104.10</b>
<b>Breakfast</b>			<b>639.03</b>	<b>45.99</b>	<b>51.34</b>	<b>27.66</b>	<b>30.84</b>	<b>7.96</b>	<b>1317.47</b>	<b>10.76</b>	<b>17.21</b>
Sandwich	2.00	svg.	464.33	42.64	38.32	14.52	27.22	5.42	1178.04	8.85	8.94
Pineapple	1.00	sl.	42.00	0.45	11.02	0.10	0.00	0.01	0.84	1.18	8.27
Pesto Sauce	2.40	oz.	132.70	2.90	2.01	13.04	3.62	2.54	138.59	0.73	0.00
<b>Lunch</b>			<b>709.76</b>	<b>46.41</b>	<b>94.00</b>	<b>20.13</b>	<b>55.02</b>	<b>2.84</b>	<b>547.47</b>	<b>9.66</b>	<b>53.58</b>
Pasta Salad	9.00	oz.	356.55	27.15	50.32	7.93	35.84	0.83	69.29	7.35	19.30
Dressing	3.50	oz.	143.45	3.56	6.02	11.50	11.69	1.95	417.39	0.18	3.16
Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
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>612.70</b>	<b>32.66</b>	<b>89.25</b>	<b>18.12</b>	<b>17.71</b>	<b>5.65</b>	<b>629.62</b>	<b>14.62</b>	<b>33.31</b>
Goulash	15.50	oz.	336.71	23.01	48.23	7.76	0.00	0.52	382.03	10.05	9.87
Broccoli	4.00	oz.	38.56	3.20	7.53	0.42	0.00	0.13	37.42	2.95	1.93
Cheese	0.50	oz.	57.12	3.24	0.48	4.72	14.03	2.67	92.56	0.00	0.07
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>1744.38</b>	<b>71.28</b>	<b>279.72</b>	<b>48.14</b>	<b>174.97</b>	<b>13.82</b>	<b>2608.70</b>	<b>32.56</b>	<b>77.60</b>
<b>Breakfast</b>			<b>566.02</b>	<b>18.62</b>	<b>88.52</b>	<b>18.35</b>	<b>55.00</b>	<b>9.86</b>	<b>1113.94</b>	<b>11.36</b>	<b>32.65</b>

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Sauce	5	oz.	101.02	0.62	25.69	0.26	0.00	0.03	0.63	3.86	19.99
Waffle	5.00	pc.	325.00	10.00	57.50	8.75	15.00	0.50	900.00	7.50	10.00
Cream Cheese	2.00	item	140.00	8.00	5.33	9.33	40.00	9.33	213.31	0.00	2.67
<b>Lunch</b>			<b>667.94</b>	<b>27.13</b>	<b>113.22</b>	<b>17.46</b>	<b>1.85</b>	<b>0.96</b>	<b>931.68</b>	<b>13.18</b>	<b>22.98</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	8.00	oz.	235.21	3.26	49.36	4.03	0.00	0.22	218.41	6.52	16.61
Cucumber Sauce	1.50	oz.	22.73	2.88	1.86	0.43	1.850	0.036	13.27	0.07	0.98
<b>Dinner</b>			<b>510.43</b>	<b>25.52</b>	<b>77.98</b>	<b>12.33</b>	<b>118.13</b>	<b>3.00</b>	<b>563.08</b>	<b>8.02</b>	<b>21.96</b>
Meatloaf	6.00	oz.	221.27	18.87	19.12	7.97	114.07	2.06	356.57	1.77	2.50
Mashed Potatoes	6.50	oz.	170.68	4.88	35.91	1.30	4.05	0.70	144.77	3.57	2.45
BBQ Sauce	2.20	oz.	50.93	0.61	12.72	0.15	0.00	0.02	11.20	0.69	11.14
Red Cabbage	3.50	oz.	67.54	1.16	10.23	2.91	0.00	0.22	50.54	2.00	5.87
<b>Day 7</b>			<b>2015.85</b>	<b>113.74</b>	<b>237.29</b>	<b>70.84</b>	<b>340.71</b>	<b>12.37</b>	<b>3497.71</b>	<b>24.59</b>	<b>80.63</b>
<b>Breakfast</b>			<b>450.60</b>	<b>38.06</b>	<b>49.34</b>	<b>8.77</b>	<b>229.02</b>	<b>1.64</b>	<b>824.20</b>	<b>6.54</b>	<b>18.19</b>
Scrambled Eggs	9.80	oz.	211.64	31.72	2.81	5.31	221.52	1.60	447.68	0.00	2.86
Pancakes	3.00	item	195.00	6.00	36.00	3.00	7.50	0.00	375.00	4.50	9.00
Blueberry Sauce	3.30	oz.	43.97	0.33	10.53	0.46	0.00	0.04	1.52	2.04	6.33
<b>Lunch</b>			<b>809.27</b>	<b>35.78</b>	<b>85.17</b>	<b>39.03</b>	<b>46.70</b>	<b>8.69</b>	<b>1571.43</b>	<b>10.11</b>	<b>29.79</b>
Salad	2.00	oz.	13.33	1.33	2.00	0.00	0.00	0.00	63.33	1.33	1.33
Vinaigrette	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	2.00	svg.	500.65	29.50	57.08	18.83	46.70	7.08	1339.01	4.54	9.04
<b>Dinner</b>			<b>755.98</b>	<b>39.91</b>	<b>102.77</b>	<b>23.04</b>	<b>65.00</b>	<b>2.04</b>	<b>1102.08</b>	<b>7.95</b>	<b>32.66</b>
Salmon	1.00	pc.	160.00	26.75	2.00	5.00	65.00	0.75	220.00	0.00	0.00
Butternut Squash	10.00	oz.	394.38	10.85	71.38	8.55	0.00	0.58	132.54	7.58	7.61
Sauce	4.00	oz.	201.60	2.32	29.39	9.49	0.00	0.71	749.55	0.36	25.04