



# HEALTHY FOR LIFE

meals

## Detailed Nutritional Analysis Week 1 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 allergen info. V4.24*

**Average Daily Kcal: 1504**

	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>1497.43</b>	81.19	199.04	45.70	173.92	10.65	2628.11	40.22	38.58
<b>Breakfast</b>			<b>331.97</b>	28.41	24.09	12.32	139.70	2.62	744.86	4.73	1.78
Spinach Ricotta Egg Bake	7.20	oz.	158.24	21.27	2.14	5.67	139.70	2.50	291.34	1.52	0.42
Olive Salsa	1.10	oz.	53.73	1.15	0.95	5.15	0.00	0.12	273.52	0.21	0.36
English Muffin	1.00	pc.	120.00	6.00	21.00	1.50	0.00	0.00	180.00	3.00	1.00
<b>Lunch</b>			<b>612.51</b>	22.50	84.76	22.86	34.23	7.60	1078.03	12.75	6.37
Spinach Artichoke Potato	1.00	svg.	359.12	14.94	50.50	12.13	34.23	6.63	760.79	7.64	4.42
Hummus	3.00	oz.	150.54	4.13	17.11	7.31	0.00	0.97	205.82	3.40	0.23
Flatbread Cracker	2.00	item	102.86	3.43	17.14	3.43	0.00	0.00	111.43	1.71	1.71
<b>Dinner</b>			<b>552.95</b>	30.28	90.20	10.52	0.00	0.43	805.21	22.75	30.44
Vegetable Blend	6.24	oz.	57.18	2.25	12.35	0.52	0.00	0.08	47.06	4.10	6.46
Veggie Meatballs	4.00	pc.	200.00	22.68	13.32	8.00	0.00	0.00	520.00	16.00	4.00
Brown Rice	7.00	oz.	203.77	4.31	41.93	1.96	0.00	0.35	8.16	2.22	0.38
Hawaiian Pineapple Sauce	3.15	oz.	92.00	1.05	22.59	0.05	0.00	0.00	229.99	0.43	19.60
<b>Day 2</b>			<b>1624.44</b>	75.53	204.09	66.02	56.70	15.06	1657.28	33.55	68.37
<b>Breakfast</b>			<b>354.83</b>	20.42	60.99	4.36	7.65	0.45	224.39	5.68	31.03
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Blueberry Granola Bar	1.00	svg.	225.02	5.31	43.42	4.33	0.15	0.44	163.88	5.09	17.75
Strawberries	1.00	oz.	9.92	0.12	2.59	0.03	0.00	0.00	0.57	0.60	1.29
<b>Lunch</b>			<b>617.32</b>	36.54	64.25	27.45	11.18	5.13	947.50	14.04	14.55
Vegetable Barley Soup	15.00	oz.	363.49	24.04	40.85	13.99	0.00	1.56	662.92	9.85	8.75
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
Oyster Cracker	1.00	item	65.10	1.38	10.73	1.77	0.00	0.44	114.90	0.45	
Pumpkin Seeds	0.80	oz.	109.21	5.68	2.80	9.33	0.00	1.63	77.07	1.24	0.25
<b>Dinner</b>			<b>652.29</b>	18.57	78.85	34.21	37.87	9.49	485.40	13.82	22.79
Couscous Blend	9.00	oz.	211.64	7.43	37.75	5.11	0.00	0.32	165.34	4.71	4.05
Vegetable Blend	6.00	oz.	60.61	3.09	13.32	0.42	0.00	0.07	22.08	4.69	3.90
Alfredo Sauce	2.50	oz.	156.40	3.01	5.13	14.24	37.87	7.54	250.28	0.02	3.18
Raspberry Cookie	1.00	pc.	140.00	2.00	20.00	7.00	0.00	1.00	45.00	3.00	11.00
Almonds, Blanched	0.50	oz.	83.63	3.03	2.65	7.45	0.00	0.56	2.69	1.40	0.66
<b>Day 3</b>			<b>1441.32</b>	47.39	198.90	57.21	44.74	9.91	2429.49	25.40	90.13
<b>Breakfast</b>			<b>352.43</b>	19.18	50.97	7.40	14.03	2.74	640.30	5.60	19.87
Red Grapes	4.00	oz.	78.25	0.82	20.53	0.18	0.00	0.06	2.27	1.02	17.55
Black Bean Filling	3.00	oz.	67.06	3.12	12.97	0.00	0.00	0.00	235.47	3.58	2.25
Omelet	1.00	svg.	60.00	10.00	3.00	0.00	0.00	0.00	160.00	0.00	0.00
Flour Tortilla	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Cheddar Cheese	0.50	oz.	57.12	3.24	0.48	4.72	14.03	2.67	92.56	0.00	0.07
<b>Lunch</b>			<b>663.45</b>	<b>15.87</b>	<b>79.49</b>	<b>34.31</b>	<b>19.68</b>	<b>6.71</b>	<b>537.81</b>	<b>8.86</b>	<b>48.55</b>
Spring Mix	3.00	oz.	20.00	2.00	3.00	0.00	0.00	0.00	95.00	2.00	2.00
Vinaigrette	2.60	oz.	230.82	0.07	24.24	15.12	0.00	1.11	130.07	0.05	23.55
Blue Cheese Spread	1.10	oz.	80.10	4.04	0.81	6.80	19.68	4.15	195.58	0.00	0.50
Nut Topping	2.85	oz.	173.93	6.11	22.44	8.11	0.00	1.40	4.89	3.16	11.95
Flatbread	2.00	item	102.86	3.43	17.14	3.43	0.00	0.00	111.43	1.71	1.71
Roasted Apple	3.00	oz.	55.74	0.23	11.86	0.84	0.00	0.05	0.84	1.94	8.84
<b>Dinner</b>			<b>425.45</b>	<b>12.33</b>	<b>68.44</b>	<b>15.50</b>	<b>11.03</b>	<b>0.46</b>	<b>1251.37</b>	<b>10.94</b>	<b>21.71</b>
Beans and Greens with Lemon	6.30	oz.	102.92	5.73	22.85	2.98	0.00	0.41	586.28	4.42	10.11
Crispy Quinoa Cake	6.00	oz.	155.95	5.67	27.53	2.30	0.00	0.01	244.19	2.89	1.37
Honey Carrots	4.40	oz.	48.67	0.79	11.66	0.16	0.00	0.03	182.24	3.56	7.39
Garlic Lemon Aioli	2.00	oz.	117.91	0.14	6.40	10.07	11.03	0.01	238.67	0.07	2.84
<b>Day 4</b>			<b>1637.21</b>	<b>41.55</b>	<b>212.77</b>	<b>60.65</b>	<b>10.27</b>	<b>10.53</b>	<b>1963.46</b>	<b>28.23</b>	<b>68.19</b>
<b>Breakfast</b>			<b>473.84</b>	<b>16.06</b>	<b>63.00</b>	<b>19.24</b>	<b>5.00</b>	<b>2.19</b>	<b>186.50</b>	<b>4.95</b>	<b>34.43</b>
Greek Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	7.99
Granola	3.20	oz.	393.91	6.07	53.00	19.24	0.00	2.19	146.53	4.95	26.44
<b>Lunch</b>			<b>579.01</b>	<b>13.29</b>	<b>82.21</b>	<b>22.36</b>	<b>0.00</b>	<b>2.30</b>	<b>765.02</b>	<b>14.06</b>	<b>17.34</b>
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Vegetables	4.40	oz.	28.55	0.99	6.74	0.23	0.00	0.05	19.64	1.69	3.63
Hummus	3.00	oz.	195.08	6.13	20.07	11.01	0.00	1.23	324.70	5.74	4.64
Tortilla Wrap	2.00	item	180.00	4.00	28.00	5.00	0.00	0.00	300.00	2.00	0.00
Sun Chips	1.00	oz.	140.00	2.00	18.00	6.00	0.00	1.00	120.00	3.00	2.00
<b>Dinner</b>			<b>584.36</b>	<b>12.20</b>	<b>67.56</b>	<b>19.06</b>	<b>5.27</b>	<b>6.04</b>	<b>1011.94</b>	<b>9.22</b>	<b>16.42</b>
Bun	1.00	item	160.00	5.00	27.00	2.00	0.00	0.00	270.00	3.68	4.00
Burger	4.00	oz.	205.13	0.82	5.00	10.35	0.00	4.74	440.22	0.56	1.02
Scalloped Potatoes	4.30	oz.	126.71	3.87	19.67	3.76	4.10	0.87	101.79	1.44	2.32
Green Beans	4.00	oz.	37.42	2.03	8.55	0.24	0.00	0.05	3.40	2.95	2.51
Sauce	2.00	oz.	55.10	0.48	7.35	2.70	1.18	0.37	196.53	0.59	6.58
<b>Day 5</b>			<b>1272.72</b>	<b>79.91</b>	<b>174.40</b>	<b>28.06</b>	<b>82.84</b>	<b>7.04</b>	<b>2408.04</b>	<b>32.33</b>	<b>42.65</b>
<b>Breakfast</b>			<b>299.26</b>	<b>25.25</b>	<b>41.29</b>	<b>4.83</b>	<b>53.70</b>	<b>1.87</b>	<b>749.71</b>	<b>4.81</b>	<b>16.56</b>
Fresh Fruit	4.00	oz.	52.61	0.79	13.38	0.19	0.00	0.05	13.58	0.98	11.91
Egg and Hashbrown Casserole	7.87	oz.	167.08	22.46	15.48	2.16	53.70	0.82	576.97	2.84	2.67
Biscuit	1.00	pc.	79.58	1.99	12.43	2.49	0.00	1.00	159.16	1.00	1.99
<b>Lunch</b>			<b>399.97</b>	<b>16.92</b>	<b>57.82</b>	<b>11.13</b>	<b>16.96</b>	<b>2.79</b>	<b>652.06</b>	<b>7.69</b>	<b>12.36</b>
Apple, Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	7.07
Black Bean Sweet Potato Filling	4.80	oz.	156.48	8.68	17.41	5.98	14.45	2.76	199.18	3.69	3.52
Flour Tortilla	2.00	item	180.00	4.00	28.00	5.00	0.00	0.00	300.00	2.00	0.00
Salsa Sour Cream	2.00	oz.	28.11	4.06	3.02	0.03	2.51	0.00	152.20	0.36	1.77
<b>Dinner</b>			<b>573.49</b>	<b>37.74</b>	<b>75.29</b>	<b>12.10</b>	<b>12.19</b>	<b>2.38</b>	<b>1006.27</b>	<b>19.83</b>	<b>13.73</b>
Spaghetti	6.20	oz.	266.09	9.68	47.17	1.81	0.00	0.00	3.22	8.47	1.21
Marinara Sauce	9.50	oz.	213.39	21.16	20.40	6.34	0.00	0.20	718.61	9.07	9.07
Vegetable Blend	3.00	oz.	34.48	2.87	5.75	0.00	0.00	0.00	28.73	2.30	3.45
Parmesan Cheese	0.50	oz.	59.53	4.03	1.97	3.95	12.19	2.18	255.71	0.00	0.01

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
<b>Day 6</b>			<b>1466.75</b>	55.67	172.33	67.41	380.49	20.07	803.95	24.86	43.09
<b>Breakfast</b>			<b>378.80</b>	21.37	53.68	11.05	7.49	1.30	158.43	7.68	24.60
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	11.99
Chocolate Granola	2.00	oz.	235.10	5.89	33.36	10.70	0.00	1.27	96.78	5.85	9.83
Raspberries	1.50	oz.	23.81	0.49	5.34	0.34	0.00	0.03	1.70	1.83	2.78
<b>Lunch</b>			<b>464.35</b>	<b>19.63</b>	<b>36.67</b>	<b>27.15</b>	<b>373.00</b>	<b>5.80</b>	<b>425.07</b>	<b>8.42</b>	<b>8.54</b>
Romaine	3.00	oz.	14.46	1.05	2.80	0.26	0.00	0.03	6.80	1.79	1.01
Red Potato	3.00	oz.	59.53	1.61	13.52	0.12	0.00	0.03	15.31	1.45	1.10
Green Beans	2.00	oz.	17.58	1.04	3.95	0.13	0.00	0.03	3.40	1.53	1.85
Italian Dressing	1.75	oz.	142.48	0.25	4.10	13.65	0.00	2.13	140.21	0.76	2.35
Hard Boiled Egg	2.00	item	155.00	12.58	1.12	10.61	373.00	3.27	124.00	0.00	1.12
Cherry Tomato	1.50	oz.	7.65	0.37	1.65	0.09	0.00	0.01	2.13	0.51	1.12
Garbanzo Bean	2.00	oz.	52.34	2.62	8.72	0.87	0.00	0.00	36.20	2.18	0.00
Black Olive	3.00	item	15.31	0.11	0.80	1.44	0.00	0.30	97.02	0.21	0.00
<b>Dinner</b>			<b>623.59</b>	14.68	81.98	29.22	0.00	12.97	220.46	8.77	9.94
Brown Rice	6.60	oz.	245.00	5.51	50.67	2.31	0.00	0.31	77.50	2.46	0.93
Sweet Potato Curry	6.60	oz.	206.14	3.49	21.89	13.23	0.00	10.23	139.22	5.28	7.17
Toasted Cashews	1.10	oz.	172.45	5.68	9.42	13.68	0.00	2.43	3.74	1.03	1.84
<b>Day 7</b>			<b>1585.29</b>	58.58	208.44	61.98	242.90	16.70	1897.76	33.54	70.15
<b>Breakfast</b>			<b>305.87</b>	7.21	60.42	6.60	9.00	0.40	543.21	7.88	25.73
Strawberry Preserve	4.32	oz.	105.04	0.96	25.59	0.98	0.00	0.10	3.21	3.13	19.73
Whole Wheat Waffles	3.00	pc.	195.00	6.00	34.50	5.25	9.00	0.30	540.00	4.50	6.00
Flaxseed	0.50	t.	5.83	0.25	0.33	0.38	0.00	0.00	0.00	0.25	0.00
<b>Lunch</b>			<b>524.63</b>	18.26	79.75	15.67	138.61	2.84	647.08	11.96	29.90
Egg Salad	4.00	oz.	152.65	6.42	9.36	9.75	137.51	1.73	281.84	1.69	1.82
Sprouted Bread	2.00	sl.	240.00	10.00	44.00	3.00		0.00	270.00	6.00	8.00
Baby Carrots	4.00	oz.	39.69	0.73	9.34	0.15	0.00	0.03	88.45	3.29	5.40
Trail Mix	0.85	oz.	92.29	1.11	17.05	2.77	1.10	1.08	6.79	0.98	14.68
<b>Dinner</b>			<b>754.80</b>	<b>33.12</b>	<b>68.27</b>	<b>39.70</b>	<b>95.29</b>	<b>13.46</b>	<b>707.46</b>	<b>13.71</b>	<b>14.53</b>
Cheese Ravioli	6.00	item	349.04	17.45	42.66	11.63	68.40	6.79	484.77	1.94	3.88
Florentine Sauce	3.00	oz.	116.62	2.42	4.69	10.20	26.89	5.37	184.24	0.34	2.09
Vegetable Blend	6.00	oz.	150.09	10.01	18.01	4.00	0.00	0.00	38.02	10.01	8.01
Toasted Walnuts	0.75	oz.	139.05	3.24	2.92	13.87	0.00	1.30	0.43	1.43	0.56





