



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 2 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: 1893

	Amt	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Added Sugar g
Day 1			1736.84	116.35	218.99	46.97	307.43	16.94	1939.99	23.30	0.85
Breakfast			426.17	19.08	56.23	14.40	127.74	6.07	595.09	4.68	0.00
Potato Skin	4.30	oz.	151.53	12.99	8.54	6.86	119.51	2.63	224.40	1.22	0.00
Fresh Fruit	6.00	oz.	78.91	1.19	20.07	0.28	0.00	0.08	20.37	1.47	0.00
Sour Cream	1.00	oz.	36.58	0.92	2.74	2.29	8.23	1.37	32.01	0.00	0.00
Buttermilk Biscuit	2.00	pc.	159.16	3.98	24.87	4.97	0.00	1.99	318.32	1.99	0.00
Lunch			672.38	32.60	103.43	14.48	68.28	0.73	755.63	11.41	0.85
Apple Slices	2.40	oz.	35.38	0.18	9.40	0.12	0.00	0.02	0.68	1.63	0.00
Chicken Salad	6.00	oz.	277.46	22.34	18.52	12.64	68.28	0.67	322.27	1.85	0.85
Carrots, Baby	6.00	oz.	59.53	1.09	14.02	0.22	0.00	0.04	132.68	4.93	0.00
Orange Cranberry Pita	1.50	svg.	300.00	9.00	61.50	1.50	0.00	0.00	300.00	3.00	0.00
Dinner			638.29	64.67	59.33	18.10	111.41	10.15	589.27	7.21	0.00
Greek Yogurt	5.00	oz.	99.91	12.49	12.49	0.00	6.24	0.00	49.96	0.00	0.00
Green Beans	4.00	oz.	37.42	2.03	8.55	0.24	0.00	0.05	3.40	2.95	0.00
Chicken Swiss Bake	15.00	oz.	500.96	50.15	38.29	17.86	105.16	10.09	535.91	4.26	0.00
Day 2			2118.65	137.91	240.22	74.07	401.02	12.69	2972.19	44.60	19.00
Breakfast			679.27	44.40	87.88	19.55	234.92	2.71	887.38	23.44	4.60
Baked French Toast	3.00	svg.	526.81	41.05	71.37	9.84	234.92	1.80	886.56	19.95	4.60
Peach and Blueberry Compote	5.10	oz.	59.75	1.20	14.57	0.46	0.00	0.04	0.54	2.53	0.00
Toasted Walnuts	0.50	oz.	92.70	2.16	1.94	9.24	0.00	0.87	0.28	0.95	0.00
Lunch			727.03	51.47	81.15	22.96	75.13	2.18	847.81	14.09	2.00
Pineapple and Raisin Slaw	8.00	oz.	267.73	3.92	32.84	14.60	0.00	1.11	168.52	5.22	0.00
Blackened Cod	2.00	svg.	150.42	30.76	2.37	1.36	73.14	0.27	223.25	0.85	0.00
Bun	2.00	item	260.00	8.00	42.00	7.00	0.00	0.80	420.00	8.00	2.00
Cilantro Mayo	2.26	oz.	48.87	8.79	3.94	0.00	1.99	0.00	36.05	0.02	0.00
Dinner			712.35	42.04	71.18	31.57	90.98	7.80	1236.99	7.07	12.40
BBQ Pizza	2.000	item	548.134	39.438	59.383	18.379	90.975	6.661	1126.29	2.870	12.397
Romaine	3.000	oz.	16.159	1.182	3.215	0.230	0.000	0.045	21.262	2.637	0.000
Dressing	1.500	oz.	118.011	0.312	1.612	12.684	0.000	1.054	87.168	0.632	0.000
Cherry Tomatoes	1.000	oz.	5.103	0.249	1.103	0.057	0.000	0.008	1.417	0.340	0.000
Corn	1.000	oz.	24.948	0.856	5.871	0.221	0.000	0.034	0.850	0.595	0.000
Day 3			1739.87	77.98	242.40	58.64	122.68	11.80	2332.44	32.11	38.21
Breakfast			483.99	25.74	69.67	13.10	9.35	1.09	289.11	4.91	22.56
Greek Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	0.00
Blueberry Muffin	3.00	item	364.10	10.75	54.68	13.10	1.86	1.09	229.17	4.91	22.56

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Added
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber g	Sugar g
Lunch			543.59	18.90	81.41	17.85	0.00	5.25	900.65	12.41	8.84
Red Lentil Curry Soup	14.30	oz.	287.03	11.92	49.02	4.88	0.00	1.39	844.38	9.20	0.00
Cashew Topping	0.75	oz.	113.71	3.01	5.73	9.55	0.00	2.71	3.06	0.94	0.00
Chocolate Muffin	2.29	oz.	142.84	3.97	26.66	3.41	0.00	1.16	53.21	2.27	8.84
Dinner			712.29	33.34	91.33	27.69	113.33	5.46	1142.68	14.78	6.82
Turkey Pot Roast	4.00	oz.	160.00	22.67	0.00	8.00	113.33	2.00	386.67	0.00	0.00
Roasted Vegetables	10.00	oz.	169.06	5.25	41.16	0.26	0.00	0.05	143.16	8.58	0.00
Smoked Mushrooms	4.00	oz.	83.23	1.43	8.17	5.43	0.00	0.40	512.85	0.21	6.82
Oatmeal Chocolate Chip Cookie	2.00	svg.	300.00	4.00	42.00	14.00	0.00	3.00	100.00	6.00	0.00
Day 4			1771.35	125.14	178.74	67.54	234.70	23.13	2504.97	34.82	10.82
Breakfast			463.18	49.54	36.19	13.28	147.66	6.74	1026.62	7.54	0.00
Breakfast Quiche	2.00	svg.	329.20	43.74	9.53	11.89	147.66	6.52	786.38	3.11	0.00
English Muffin	1.00	item	133.98	5.81	26.66	1.39	0.00	0.22	240.24	4.42	0.00
Lunch			580.08	42.66	55.06	22.55	87.04	12.56	654.95	7.82	1.15
Sloppy Joe	10.58	oz.	254.19	29.33	16.97	8.83	49.54	3.50	382.65	4.01	1.15
Baked Potato	1.00	item	160.89	4.33	36.59	0.23	0.00	0.06	17.30	3.81	0.00
Cheddar Cheese	1.50	oz.	165.00	9.00	1.50	13.50	37.50	9.00	255.00	0.00	0.00
Dinner			728.09	32.94	87.48	31.71	0.00	3.83	823.41	19.46	9.67
Stir Fry Vegetable	8.00	oz.	143.83	11.18	18.54	5.00	0.00	0.55	78.02	7.13	0.00
Whole Wheat Pasta	2.40	oz.	264.00	9.60	46.80	1.80	0.00	0.00	0.00	8.40	0.00
Peanut Sauce	4.20	oz.	195.45	6.99	17.62	14.35	0.00	1.64	744.11	2.15	9.67
Peanuts	0.75	oz.	124.81	5.18	4.52	10.56	0.00	1.64	1.28	1.79	0.00
Day 5			1993.75	83.14	221.82	75.79	183.26	17.76	1341.39	25.08	23.57
Breakfast			635.85	25.74	109.01	14.26	7.49	4.03	366.86	10.05	22.00
Monkey Bar	2.00	svg.	515.95	10.75	94.03	14.26	0.00	4.03	306.91	10.05	22.00
Vanilla Yogurt	6.00	oz.	119.89	14.99	14.99	0.00	7.49	0.00	59.95	0.00	0.00
Lunch			694.85	21.49	42.43	36.67	37.50	10.27	413.77	9.46	1.57
Romaine	4.00	oz.	19.28	1.40	3.73	0.34	0.00	0.04	9.07	2.38	0.00
Corn and Black Beans	6.00	oz.	199.07	8.11	11.29	0.94	0.00	0.00	59.42	6.68	0.00
Cucumber	2.00	oz.	8.51	0.37	2.06	0.06	0.00	0.02	1.13	0.28	0.00
Cherry Tomatoes	2.00	oz.	10.21	0.45		0.23	0.00	0.06	7.37	0.00	0.00
Cheddar Cheese	1.50	oz.	165.00	9.00	1.50	13.50	37.50	9.00	255.00	0.00	0.00
Tortilla Strips	1.00	oz.	141.75	2.03	20.25	6.08	0.00	0.00	81.00	0.00	0.00
Cilantro Lime Dressing	1.50	oz.	151.04	0.14	3.61	15.53	0.00	1.15	0.78	0.11	1.57
Dinner			663.06	35.91	70.38	24.86	138.27	3.47	560.76	5.58	0.00
Tomato Risotto	13.00	oz.	341.18	8.05	45.89	13.28	5.39	1.82	186.67	2.35	0.00
Shrimp Scampi	4.50	oz.	172.19	21.00	2.61	6.99	132.88	1.21	292.20	0.05	0.00
Toasted Breadcrumbs	0.75	oz.	70.75	2.14	13.44	0.36	0.00	0.00	63.84	0.38	0.00
Roasted Zucchini	9.00	oz.	78.95	4.72	8.44	4.24	0.00	0.44	18.05	2.80	0.00
Day 6			1871.56	127.26	251.12	39.62	364.42	9.44	2720.56	40.88	18.82
Breakfast			415.09	30.52	52.50	7.17	177.03	1.23	729.05	6.03	7.06
Scrambled Eggs	7.50	oz.	161.97	24.28	2.15	4.07	169.53	1.22	342.61	0.00	0.00
Pancakes	3.00	item	195.00	6.00	36.00	3.00	7.50	0.00	375.00	4.50	0.00

				Protein	Carb	Fat	Chol	Sat	Sodium	Diet	Added
	Amt	Unit	Kcal	g	g	g	mg	Fat g	mg	Fiber g	Sugar g
Apple Butter	2.66	oz.	58.12	0.24	14.34	0.11	0.00	0.00	11.44	1.53	7.06
Lunch			669.22	38.83	97.18	13.84	72.63	1.54	1337.18	15.82	11.77
Hubbard Squash Soup	9.30	oz.	105.51	3.07	14.13	5.39	0.00	0.68	310.86	2.95	0.00
Apple, Medium	1.00	item	94.64	0.47	25.13	0.31	0.00	0.05	1.82	4.37	0.00
Sliced Turkey	4.15	oz.	124.50	26.98	0.00	1.04	72.63	0.00	51.88	0.00	0.00
Cranberry Horseradish	2.00	oz.	84.58	0.31	15.91	0.10	0.00	0.01	552.63	0.51	9.77
Slider Roll	2.00	item	260.00	8.00	42.00	7.00	0.00	0.80	420.00	8.00	2.00
Dinner			787.25	57.92	101.45	18.61	114.77	6.67	654.33	19.03	0.00
Baked Penne and Cannellini Bean	10.00	oz.	401.51	20.27	71.18	6.20	9.66	1.86	304.21	11.72	0.00
Vegetable Blend	6.00	oz.	60.00	1.96	9.78	0.00	0.00	0.00	48.88	4.00	0.00
Turkey Meatballs	6.00	oz.	284.92	34.33	13.69	11.72	105.11	4.81	287.63	1.26	0.00
Marinara Sauce	3.00	oz.	40.82	1.36	6.80	0.68	0.00	0.00	13.61	2.04	0.00
Day 7			2024.39	113.19	255.42	65.06	139.88	9.76	997.77	37.17	10.63
Breakfast			690.45	37.12	108.57	16.43	9.99	1.65	87.88	14.17	10.37
Greek Yogurt	8.00	oz.	159.86	19.98	19.98	0.00	9.99	0.00	79.93	0.00	0.00
Pecan and Golden Raisin Granola	5.40	oz.	530.59	17.14	88.59	16.43	0.00	1.65	7.95	14.17	10.37
Lunch			588.81	34.62	82.15	10.26	52.01	4.17	383.13	13.60	0.00
Turkey Italian Pasta Bake	14.00	oz.	417.88	26.90	65.27	5.03	32.01	1.12	262.72	6.80	0.00
Cherry Tomato	2.00	oz.	10.21	0.45		0.23	0.00	0.06	7.37	0.00	0.00
Fresh Mozzarella Ball	1.00	oz.	70.00	5.00	1.00	5.00	20.00	3.00	45.00	0.00	0.00
Vegetable Blend	6.00	oz.	90.72	2.27	15.88	0.00	0.00	0.00	68.04	6.80	0.00
Dinner			745.14	41.46	64.70	38.37	77.88	3.94	526.76	9.41	0.27
Couscous	8.80	oz.	239.65	7.06	50.40	1.73	0.00	0.01	29.85	4.45	0.00
Moroccan Chicken	6.00	oz.	237.52	30.02	1.78	12.54	77.88	2.03	398.07	0.62	0.00
Roasted Broccoli	5.20	oz.	134.59	3.92	10.27	10.04	0.00	0.85	43.77	3.53	0.00
Chermoula Sauce	1.06	oz.	133.38	0.46	2.25	14.06	0.00	1.04	55.06	0.81	0.27