



HEALTHY FOR LIFE

meals

Detailed Nutritional Analysis Week 5 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 allergens. V4.24*

Average Daily Kcal: 1606

	Amount	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 1			1720.37	93.94	210.36	58.32	268.70	12.20	2323.42	39.65	22.66
Breakfast			316.72	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
Lunch			793.32	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
Roll	2.00	svg.	260.00	11.00	45.50	3.00	0.00	0.00	240.00	6.00	0.00
Dinner			610.32	28.03	77.75	21.26	0.00	1.71	761.11	16.56	11.45
Kamut Blend	8.00	oz.	203.10	6.25	41.02	1.17	0.00	0.02	6.61	6.39	0.39
Beefless Tips	9.00	oz.	300.54	19.58	19.44	17.05	0.00	1.69	660.29	7.78	7.48
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
Day 2			1500.39	64.48	191.15	63.04	21.96	8.58	2274.93	31.96	51.82
Breakfast			353.25	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
Cranberry 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
Lunch			449.76	19.44	59.56	16.27	0.64	1.07	624.13	8.65	11.69
Apples	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
Dinner			697.37	35.55	77.78	32.69	19.36	6.12	1572.27	14.53	19.21
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
Tempeh Bacon	4.37	oz.	269.89	19.46	18.99	13.76	0.00	1.56	570.94	3.58	7.53
Vegetables	5.25	oz.	71.86	1.96	16.19	0.66	0.00	0.11	80.57	3.23	5.53
Tortilla	1.00	item	90.00	2.00	14.00	2.50	0.00	0.00	150.00	1.00	0.00
Salsa	2.00	oz.	21.55	0.64	3.61	0.51	0.00	0.00	513.69	1.08	1.98
Cheese	0.50	oz.	57.12	3.24	0.48	4.72	14.03	2.67	92.56	0.00	0.07
Day 3			1735.29	71.76	192.65	79.89	29.85	14.58	2104.34	41.05	46.71
Breakfast			359.24	19.71	32.58	15.94	1.58	2.85	762.53	2.54	8.67

	Amount	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	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
Lunch			622.21	27.36	61.28	31.38	18.14	5.06	794.35	17.73	11.46
Potato Salad	8.30	oz.	284.77	4.49	28.07	17.87	0.00	1.45	127.60	4.54	5.54
Marinara Sauce	1.75	oz.	23.81	0.79	3.97	0.40	0.00	0.00	7.94	1.19	2.38
Veggie Meatballs	2.00	pc.	100.00	11.34	6.66	4.00	0.00	0.00	260.00	8.00	2.00
Roll	1.00	item	130.00	4.00	21.00	3.50	0.00	0.40	210.00	4.00	1.00
Cheese	1.00	oz.	83.63	6.73	1.58	5.61	18.14	3.20	188.81	0.00	0.54
Dinner			753.84	24.69	98.80	32.58	10.13	6.68	547.46	20.77	26.58
Sweet Potato	1.00	item	243.81	4.54	56.70	1.42	0.00	0.00	155.92	8.51	11.34
Black Beans	6.20	oz.	302.16	13.74	21.07	19.18	0.00	3.07	161.33	7.23	1.78
Carrots	3.00	oz.	29.77	0.54	7.01	0.11	0.00	0.02	66.34	2.47	4.05
Chocolate Cherry	1.00	oz.	137.61	3.34	13.52	8.84	0.00	1.56	1.87	2.32	9.42
Cheese	0.50	oz.	40.50	2.53	0.51	3.04	10.13	2.03	162.00	0.25	0.00
Day 4			1307.47	65.85	183.28	40.47	38.42	7.45	1641.25	44.60	52.45
Breakfast			347.59	26.01	58.13	3.44	7.49	0.02	169.13	9.78	26.68
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	oz.	15.88	0.33	3.56	0.23	0.00	0.02	1.13	1.22	1.85
Lunch			368.63	11.12	41.57	21.57	0.00	1.92	688.81	14.21	9.00
Vegetable Bean Soup	6.43	oz.	109.74	5.44	19.93	2.20	0.00	0.00	512.33	6.56	7.60
Dressing	1.70	oz.	110.30	0.41	2.62	11.21	0.00	0.92	107.71	0.67	1.06
Salad Topping	3.10	oz.	71.19	3.53	12.04	1.16	0.00	0.01	47.81	2.99	0.34
Avocado	1	item	70.00	1.00	6.00	7.00	0.00	1.00	0.00	3.00	0.00
Spinach	1.00	oz.	7.40	0.74	0.99	0.00	0.00	0.00	20.95	0.99	0.00
Dinner			591.26	28.71	83.58	15.46	30.92	5.51	783.32	20.61	16.78
Farrotto	12.00	oz.	407.78	15.85	57.26	11.15	30.92	5.46	337.28	5.70	3.42
Carrots	6.90	oz.	83.48	1.53	19.65	0.31	0.00	0.06	186.04	6.92	11.35
Veggie Meatballs	2	pc.	100.00	11.34	6.66	4.00	0.00	0.00	260.00	8.00	2.00
Day 5			1631.14	80.76	206.74	61.60	49.83	12.99	1813.31	31.12	112.49
Breakfast			341.12	23.24	31.19	13.94	15.44	4.00	659.78	5.97	12.74
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	1.211	oz.	66.95	1.46	1.01	6.58	1.83	1.28	69.92	0.37	0.00
Lunch			677.33	24.86	86.30	29.54	16.68	3.35	523.91	10.53	66.44
Cherry Salad	9	oz.	364.08	10.60	47.61	17.33	0.00	1.34	65.71	8.22	36.14
Dressing	3.50	oz.	143.45	3.56	6.02	11.50	11.69	1.95	417.39	0.18	3.16
Yogurt	4.00	oz.	79.93	9.99	9.99	0.00	5.00	0.00	39.96	0.00	7.99
Blueberries	1	oz.	89.87	0.71	22.68	0.71	0.00	0.06	0.85	2.13	19.14
Dinner			612.70	32.66	89.25	18.12	17.71	5.65	629.62	14.62	33.31
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

	Amount	Unit	Kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Day 6			1632.72	65.16	232.85	63.49	33.72	10.92	2066.04	39.55	65.31
Breakfast			345.81	10.50	57.72	10.13	29.00	4.99	647.16	7.59	23.32
Sauce	4.00	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
Lunch			550.34	25.50	88.54	15.45	1.85	0.85	822.48	9.92	14.68
Black Bean Burger	1	svg.	160.00	14.00	19.00	6.00	0.00	0.70	430.00	5.59	1.40
Pretzel Bun	1	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
Dinner			736.57	29.16	86.59	37.91	2.87	5.09	596.41	22.05	27.31
Stuffed Peppers	11.00	oz.	293.24	13.97	52.78	6.52	2.87	0.48	546.89	12.53	4.86
Bell Pepper	2.00	item	61.88	2.36	14.35	0.71	0.00	0.14	9.52	5.00	10.00
Salad	2.00	oz.	297.25	11.44	15.97	23.33	0.00	3.32	5.81	3.36	10.69
Spinach	1.50	oz.	9.78	1.26	1.60	0.11	0.00	0.02	29.77	1.02	0.18
Dressing	1.00	oz.	74.43	0.13	1.90	7.24	0.00	1.13	4.42	0.14	1.58
Day 7			1719.31	84.91	202.74	67.37	223.62	16.47	2955.36	22.30	67.57
Breakfast			301.84	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
Blueberry Sauce	2.20	oz.	29.31	0.22	7.02	0.31	0.00	0.03	1.01	1.36	4.22
Lunch			809.27	35.78	85.17	39.03	46.70	8.69	1571.43	10.11	29.79
Salad	2	oz.	13.333	1.333	2	0	0	0	63.333	1.333	1.333
Dressing	1.1	oz.	129.25	0.191	9.418	10.22	0	0.758	159.163	0.144	9.167
Marinara Sauce	2	oz.	27.216	0.907	4.536	0.454	0	0	9.072	1.361	2.722
Salad Topping	1	oz.	138.82	3.841	12.135	9.527	0	0.861	0.85	2.731	7.526
Pizza	2	svg.	500.65	29.502	57.084	18.83	46.7	7.076	1339.01	4.544	9.043
Dinner			608.21	23.545	84.656	22.46	22.74	6.67	831.419	7.833	25.63
Lentil Sloppy Joe	4.134	oz.	81.151	5.228	15.255	0.44	0	0.066	210.385	2.98	2.279
Pretzel Bun	1	svg.	250	7	43	7	0	0	270	1	4
Coleslaw	3.2	oz.	38.439	3.004	7.031	0.156	0.466	0.027	90.398	1.724	3.848
Giardiniera	1.3	oz.	21.475	0.419	4.527	0.154	0	0.027	113.427	0.468	3.677
Cheese	0.75	oz.	78.245	4.977	0.238	6.387	20.41	4.064	133.526	0	0.238
Trail Mix	1	oz.	138.9	2.916	14.605	8.32	1.865	2.485	13.682	1.661	11.59