

Day	Calories	Total Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Day 1	1,614	88.0	103	26	107
Day 2	1,570	74.3	133	30	104
Day 3	1,448	44.8	158	29	108
Day 4	1,526	63.5	146	31	107
Day 5	1,521	63.4	144	32	101
Day 6	1,592	75.3	166	27	80

														% of Daily Values			
#	Breakfast	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)		Vitamin A	Vitamin C	Calcium	Iron
1	Berry Nutty Oatmeal	578	286	16.7	6.7	0.0	0	508	77	17	11	35		11%	85%	17%	57%
2	Fresh Herb Frittata	249	132	14.7	4.8	0.1	558	226	8	3	3	22		37%	22%	17%	28%
3	St. Barth's Smoothie	318	15	1.7	0.1	0.0	0	16	60	10	11	15		15%	1195%	9%	30%
4	Chocolate Hulk Smoothie	409	219	12.3	1.2	0.0	0	188	60	10	29	23		123%	43%	30%	27%
5	Berry Nutty Oatmeal	578	286	16.7	6.7	0.0	0	508	77	17	11	35		11%	85%	17%	57%
6	Egg & Bacon Hash	373	191	21.1	5.7	0.1	388	437	26	3	5	21		106%	113%	13%	19%

														% of Daily Values			
#	Lunch	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)		Vitamin A	Vitamin C	Calcium	Iron
1	Grilled Chicken Cobb Salad	592	376	41.8	12.4	0.1	313	717	10	3	5	44		122%	32%	20%	17%
2	Grilled Shrimp Peach Salad	502	239	27.5	7.0	0.0	227	647	28	7	18	40		121%	108%	19%	31%
3	California Chop Salad	653	289	32.8	4.2	0.3	87	377	45	9	7	48		548%	41%	11%	57%
4	Grilled Chicken Greek Salad	515	152	17.4	4.4	0.2	130	1,257	42	12	10	48		89%	25%	16%	23%
5	Salmon Niçoise Salad	526	229	25.5	4.5	0.0	267	729	35	6	4	42		296%	44%	18%	38%
6	Veggie Burger & Kale Salad	565	367	42.2	3.6	0.1	0	1,347	40	12	10	13		332%	203%	28%	50%

														% of Daily Values			
#	Dinner	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)		Vitamin A	Vitamin C	Calcium	Iron
1	Salmon Veggie Sauté	444	266	29.5	4.8	0.0	62	103	16	6	5	28		54%	393%	9%	11%
2	Chicken Avocado Burger	819	289	32.1	6.8	0.8	139	1,299	97	20	29	42		96%	355%	26%	36%
3	Shredded Chicken Street Tacos	477	93	10.3	4.0	0.0	10	941	53	10	3	45		106%	36%	20%	18%
4	Grilled Shrimp Skewers	602	303	33.8	4.9	0.0	214	1,410	44	9	11	36		509%	67%	16%	31%
5	Spicy Summer Minestrone with Meatballs	417	191	21.2	5.5	0.6	78	1,856	32	9	7	24		813%	45%	11%	37%
6	Spicy Korean BBQ	654	108	12.0	2.3	0.0	0	1,983	100	12	18	46		1194%	107%	17%	33%