

Day	Calories	Total Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Day 1	1,941	105	124	23	117
Day 2	2,137	137	111	25	115
Day 3	1,931	70	181	39	158
Day 4	2,048	82	230	62	136
Day 5	1,951	79	176	41	140
Day 6	2,086	102	170	33	142

#	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)	% of Daily Values			
													Vitamin A	Vitamin C	Calcium	Iron
1	Berry Nutty Oatmeal MAX	613	262	29.1	18.1	0.0	0	14	62	14	2	17	13%	13%	15%	38%
2	Fresh Herb Frittata MAX	493	380	42.2	7.4	0.1	558	226	8	3	3	22	37%	22%	17%	28%
3	St. Barth's Smoothie MAX	468	176	21.1	1.6	0.0	0	195	47	18	24	31	15%	261%	20%	48%
4	Chocolate Hulk Smoothie MAX	484	98	10.9	1.5	0.0	0	218	85	13	42	24	74%	63%	12%	33%
5	Berry Nutty Oatmeal + Hard Boiled Eggs MAX	733	251	27.3	10.0	0.0	373	631	79	17	13	47	33%	85%	21%	65%
6	Egg & Bacon Hash MAX	572	321	35.5	8.3	0.1	575	598	37	5	5	28	117%	115%	18%	27%

#	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)	% of Daily Values			
													Vitamin A	Vitamin C	Calcium	Iron
1	Grilled Chicken Cobb Salad MAX	659	391	43.4	12.7	0.1	354	755	10	3	5	57	122%	32%	20%	17%
2	Grilled Shrimp Peach Salad MAX	685	338	37.1	8.2	0.0	258	647	37	5	23	40	61%	131%	30%	36%
3	California Chop Salad MAX	799	320	36.2	5.3	0.0	131	418	55	10	8	66	549%	41%	12%	73%
4	Grilled Chicken Greek Salad MAX	797	373	41.4	10.9	0.0	135	1,305	55	18	16	58	4%	10%	14%	9%
5	Salmon Niçoise Salad MAX	629	270	30.1	5.2	0.0	307	761	35	6	4	56	297%	44%	19%	42%
6	Chicken Avocado Burger & Kale Salad MAX	869	509	58.8	10.3	0.3	183	1,335	40	16	11	55	204%	158%	32%	51%

#	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)	% of Daily Values			
													Vitamin A	Vitamin C	Calcium	Iron
1	Salmon Veggie Sauté MAX	669	291	32.3	6.0	0.0	94	363	52	6	6	43	55%	397%	9%	12%
2	Chicken Avocado Burger MAX	959	512	58.0	12.5	4.7	183	1,976	66	17	24	53	1546%	324%	20%	48%
3	Shredded Chicken Street Tacos MAX	664	110	12.4	4.3	0.0	7	1,073	79	11	4	61	104%	36%	18%	21%
4	Grilled Shrimp Skewers MAX	767	263	29.2	5.2	0.3	277	1,934	90	31	17	54	85%	700%	98%	284%
5	Spicy Summer Minestrone with Meatballs MAX	589	196	21.8	5.6	0.6	78	1,978	62	18	8	37	814%	48%	13%	70%
6	Spicy Korean BBQ MAX	645	66	7.4	1.9	0.0	0	1,661	93	12	13	59	1194%	107%	17%	33%