

Color Key	
	Good Source or Healthy Amounts
	Poor Source or Unhealthy Amounts

Breakfast														
Servings	Food Description	Calories	Fat	Sat Fat	Carbs	Fiber	Sugars	Protein	Cholesterol	Sodium	Calcium	Iron	Vitamin A	Vitamin C
2 cups	Cereal ~ Honey Bunches of Oats w/ Almonds <small>Milk not included</small>	347	6.7	0.0	66.7	5.3	16.0	8.0	0	453	0	21.6	2000	0.0
4 oz	Milk - Organic Fat-Free Ultra Pasteurized	45	0.0	0.0	6.0	0.0	6.0	4.5	2	60	150	0.0	250	1.2
16 fl oz	Water ~ Tap	0	0.0	0.0	0.0	0.0	0.0	0.0	0	9	13	0.0	0	0.0
1 scoop	SYNTHA-6 Protein	200	6.0	2.0	15.0	5.0	2.0	22.0	55	220	90	-	-	-
1 softgel	Evening Primrose Oil	5	0.5	0.0	0.0	-	-	0.0	-	-	-	-	-	-
1 softgel	Fish Oil	10	1.0	0.5	0.0	-	-	0.0	10	-	-	-	-	-
1 softgel	Flaxseed Oil - Organic	15	1.0	0.0	0.0	-	-	0.0	-	-	-	-	-	-
3 tablets	Super Collagen + C Type I and III	11	0.0	0.0	0.0	-	-	0.0	-	15	-	-	-	30.0
1 medium	Tangerines Raw	50	0.5	0.0	15.0	3.0	12.0	1.0	0	0	40	0.0	0	30.0
Totals Percentage of Calories †		683	15.7 20%	2.5 3%	102.7 59%	13.3 ††	36.0 ††	35.5 20%	67 ††	757 ††	293 ††	21.6 ††	2250 ††	61.2 ††
Snack #1														
Servings	Food Description	Calories	Fat	Sat Fat	Carbs	Fiber	Sugars	Protein	Cholesterol	Sodium	Calcium	Iron	Vitamin A	Vitamin C
33.8 fl oz	Water ~ Bottled	0	0.0	0.0	0.0	0.0	0.0	0.0	0	0	0	0.0	0	0.0
1 scoop	SYNTHA-6 Protein	200	6.0	2.0	15.0	5.0	2.0	22.0	55	220	90	-	-	-
1 piece	Gum	5	0.0	0.0	1.0	0.0	0.0	0.0	0	0	-	-	-	-

2 tbsp	Butter ~ Natural ~ Super Chunk	180	17.0	3.5	6.0	2.0	3.0	7.0	0	125	0	0.7	0	0.0
1/4 cup	Granola - Low Fat	92	1.0	0.4	19.2	1.7	6.7	1.7	0	54	8	0.8	312	0.0
6 oz	Yogurt - Light & Fit	80	0.0	0.0	16.0	0.0	11.0	5.0	5	75	150	0.0	400	0.0
0.3 tbsp	Soy Sauce Made From Hydrolyzed Vegetable Protein	2	0.0	0.0	0.4	0.0	0.1	0.1	0	307	0	0.1	0	0.0
3 pieces	Sushi - California Rolls	160	7.0	1.0	23.0	2.0	4.0	4.0	10	930	40	0.4	100	0.0
Totals Percentage of Calories †		763	26.0 28%	5.0 5%	128.2 62%	16.3 ††	63.9 ††	20.7 10%	15 ††	1580 ††	308 ††	2.7 ††	1383 ††	43.7 ††

Dinner

Servings	Food Description	Calories	Fat	satFat	Carbs	Fiber	Sugars	Protein	Cholesterol	Sodium	Calcium	Iron	Vitamin A	Vitamin C
1 softgel	Evening Primrose Oil	5	0.5	0.0	0.0	-	-	0.0	-	-	-	-	-	-
1 softgel	Fish Oil	10	1.0	0.5	0.0	-	-	0.0	10	-	-	-	-	-
1 softgel	Flaxseed Oil - Organic	15	1.0	0.0	0.0	-	-	0.0	-	-	-	-	-	-
2 thighs	Chicken ~ Thigh ~ Meat Only Raw	164	5.4	1.4	0.0	0.0	0.0	27.1	115	119	14	1.4	90	0.0
1/4 tsp	Sea Salt	0	0.0	0.0	0.0	0.0	0.0	0.0	0	564	0	-	0	0.0
1/2 tsp	Pepper ~ Black	2	0.0	0.0	0.7	0.3	0.0	0.1	0	0	5	0.3	3	0.2
1/8 cup	Cranberry Sauce ~ Jellied	50	0.0	0.0	13.0	0.5	8.5	0.0	0	18	0	0.0	0	0.0
2/3 cup	Niblets Corn & Butter Sauce From frozen	110	1.5	0.5	22.0	2.0	5.0	3.0	5	340	0	0.0	0	3.6
1 cup	Spinach Raw	6	0.1	0.0	1.1	0.7	0.1	0.9	0	24	30	0.8	2813	8.4
1/8 cup	Pecans	86	8.9	0.8	1.7	1.2	0.5	1.1	0	0	9	0.3	7	0.1
0.04 cup	Craisins ~ Original	16	0.0	0.0	4.0	0.4	3.2	0.0	0	0	0	0.0	0	0.6
2 tbsp	Balsamic Vinaigrette - Light	25	1.0	0.0	4.0	0.0	3.0	0.0	0	290	0	0.0	0	0.0
1 oz	Feta - Fat Free	35	0.0	0.0	1.0	0.0	0.0	7.0	5	260	100	0.0	200	0.0

1.5 servings	Maria's Savory Whole Grain Turkey Stuffing - 10 1/2 cup servings	187	7.0	1.5	27.8	3.6	3.6	5.8	5	374	32	1.7	203	2.9
Totals		711	26.4	4.7	75.3	8.7	23.9	45.0	140	1989	190	4.5	3316	15.8
Percentage of Calories †			33%	6%	42%	††	††	25%	††	††	††	††	††	††

Snack #3

Servings	Food Description	Calories	Fat	Sat Fat	Carbs	Fiber	Sugars	Protein	Cholesterol	Sodium	Calcium	Iron	Vitamin A	Vitamin C
3 tablets	Super Collagen + C Type I and III	11	0.0	0.0	0.0	-	-	0.0	-	15	-	-	-	30.0
Totals		11	0.0	0.0	0.0	0.0	0.0	0.0	0	15	0	0.0	0	30.0
Percentage of Calories †			0%	0%	0%	††	††	0%	††		††	††	††	

Daily Totals

	Calories	Fat	Sat Fat	Carbs	Fiber	Sugars	Protein	Cholesterol	Sodium	Calcium	Iron	Vitamin A	Vitamin C
Totals	2956	98.6	20.3	387	57	130.3	154.2	322	6221	1195	35.9	7549	155.5
Percentage of Calories †		29%	6%	51%	††	††	20%	††	††	††	††	††	††

† Typical Percentages: Fat 20-35%, Carbohydrates 45-65%, Protein 10-35%, and Saturated Fats less than 9%
†† Incomplete data