

Nutrisystem® MEAL-PLAN

Thursday, December 01, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Double Chocolate Muffin	1 Muffin	190.0
Total		190.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Peanut Butter & Jelly Bar	1 Bar	210.0
<input checked="" type="checkbox"/> Artichoke	1 whole	60.0
<input checked="" type="checkbox"/> Artichoke	1 whole	60.0
<input checked="" type="checkbox"/> Bell Peppers, red or green, raw	2 medium	61.9
<input checked="" type="checkbox"/> Tomato	1 cup	37.8
Total		429.7

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
Total		225.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy	1 Entree	220.0
<input checked="" type="checkbox"/> Asparagus, cooked	2 cup	53.6
Total		273.6

DESSERT	QTY/Unit	Calorie

<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Walnut Chocolate Chip Cookies	1 Package	180.0
Total		180.0
TOTAL CALORIES		1298.3

Friday, December 02, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Orange	1 medium	61.6
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
Total		351.6

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Steak and Cheese Melt	1 Piece	260.0
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
Total		310.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Orange	1 medium	61.6
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
Total		106.6

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Orange	1 medium	61.6

<input checked="" type="checkbox"/> Sweet & Sour Chicken	1 Package	260.0
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
Total		815.2

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Walnut Chocolate Chip Cookies	1 Package	180.0
<input checked="" type="checkbox"/> Orange Creme Bar	1 Bar	90.0
<input checked="" type="checkbox"/> Peppermint Cookie Patty	1 Piece	150.0
Total		420.0

TOTAL CALORIES	2003.4
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Saturday, December 03, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Apple Strudel Scone	1 Package	160.0
<input checked="" type="checkbox"/> Orange	1 medium	61.6
Total		221.6

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Cheesy HomeStyle Potatoes	1 Container	200.0
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
<input checked="" type="checkbox"/> Celery	2 cup	28.3
Total		253.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Orange	1 medium	61.6
<input checked="" type="checkbox"/> SUBWAY FOOT LONG Ham	0.5 each	285.0
Total		346.6

total 240.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Orange	1 medium	61.6
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
<input checked="" type="checkbox"/> Baby Back Pork Ribs (Lloyds)	9 ribs	1050.0
<input checked="" type="checkbox"/> Cole Slaw	2 Serving	324.0
<input checked="" type="checkbox"/> Garlic Parmesan Toast (Burger King)	1 serving	70.0
Total		1530.6

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
Total		

TOTAL CALORIES	2352.1
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Sunday, December 04, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Southern-Style Biscuits & Gravy	1 Package	160.0
<input checked="" type="checkbox"/> Vegetarian Burger	2 oz	70.0
Total		230.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Tomatoes, Grape	1 cup	50.0
<input checked="" type="checkbox"/> Tomatoes, Grape	1 cup	50.0
<input checked="" type="checkbox"/> Three Cheese Pasta with Chicken	1 Container	200.0
Total		300.0

AFTERNOON SNACK	QTY/Unit	Calorie

<input type="checkbox"/> SmartCarb		
	Total	

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Artichoke	2 whole	120.0
<input checked="" type="checkbox"/> Bell Peppers, red or green, raw	2 medium	61.9
<input checked="" type="checkbox"/> Flame Broiled Beef Patty - Cooked	1 Beef Patty	90.0
<input checked="" type="checkbox"/> Tomatoes, Grape	1 cup	50.0
	Total	321.9

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Fudge Brownie	1 Package	170.0
	Total	170.0

TOTAL CALORIES	1021.9
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Monday, December 05, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Southern-Style Biscuits & Gravy	1 Package	160.0
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
	Total	240.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
	Total	

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Fettuccini Alfredo	1 Container	200.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
	Total	260.0

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AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Grilled Chicken Breast	1 Patty	100.0
Total		100.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> subway foot long vegie	460 foot long sandwich	460.0
Total		460.0

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Blueberry Lemon Dessert Bar	1 Bar	160.0
Total		160.0

TOTAL CALORIES	1220
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Tuesday, December 06, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Orange	1 medium	61.6
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
Total		351.6

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Three Cheese Pasta with Chicken	1 Container	200.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
Total		260.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Orange	1 medium	61.6
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
Total		286.6

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Cheese Ravioli with Basil Tomato Sauce	1 Package	250.0
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
Total		315.4

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Blueberry Lemon Dessert Bar	1 Bar	160.0
Total		160.0

TOTAL CALORIES	1373.6
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Wednesday, December 07, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Vegetarian Burger	2 oz	70.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		331.7

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0

<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Fettuccini Alfredo	1 Container	200.0
Total		260.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
Total		450.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Flame Broiled Beef Patty - Cooked	1 Beef Patty	90.0
<input checked="" type="checkbox"/> Grilled Chicken Breast	1 Patty	100.0
Total		220.0

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Coconut Almond Bar	1 Bar	160.0
Total		160.0

TOTAL CALORIES	1421.7
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Thursday, December 08, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		341.7

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
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<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Milk Chocolatey Delight Bar	1 Bar	140.0
<input checked="" type="checkbox"/> Raisins	1 oz	83.7
<input checked="" type="checkbox"/> Peanut Butter & Jelly Bar	1 Bar	210.0
	Total	506.7

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
	Total	73.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Hot Cinnamon Apples (Boston Market)	1 serving	250.0
<input checked="" type="checkbox"/> Baby Back Pork Ribs (Lloyds)	13 ribs	1516.7
<input checked="" type="checkbox"/> LOADED BAKED POTATO	1.3 ITEM	500.0
<input checked="" type="checkbox"/> Chicken Tenders (Burger King) ,4 Piece	8 pieces	340.0
<input checked="" type="checkbox"/> French Fries	1 large	578.0
	Total	3184.7

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
	Total	

TOTAL CALORIES	4106.1
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Friday, December 09, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
<input checked="" type="checkbox"/> Apple Strudel Scone	1 Package	160.0
	Total	284.7

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
<input checked="" type="checkbox"/> Cheese Tortellini	1 Container	170.0
<input checked="" type="checkbox"/> Asparagus, cooked	1 cup	26.8
Total		294.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
Total		73.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Radishes	1.5 cup	27.8
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	1 cup	37.8
<input checked="" type="checkbox"/> Broccoli, cooked	1 cup	43.7
<input checked="" type="checkbox"/> Almond Biscotti	3 Package	390.0
<input checked="" type="checkbox"/> micro pop corn	1 bag	225.0
<input checked="" type="checkbox"/> Fudge Swirl Sundae	2 Sundae	200.0
Total		924.3

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Golden Pound Cake	1 Cake	160.0
<input checked="" type="checkbox"/> Chocolate Rainbow Delights	1 Package	140.0
<input checked="" type="checkbox"/> Milk Chocolatey Delight Bar	1 Bar	140.0
<input checked="" type="checkbox"/> Milk Chocolatey Delight Bar	1 Bar	140.0
Total		580.0

TOTAL CALORIES	2156.8
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Saturday, December 10, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Strawberries	1.3 cup whole	59.9
<input checked="" type="checkbox"/> Apple Strudel Scone	1 Package	160.0
Total		219.9

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Hearty Minestrone Soup	1 Container	170.0
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	2.5 cup	94.6
<input checked="" type="checkbox"/> Tomato, canned	2.5 cup	109.9
Total		374.5

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Strawberries	4.3 cup whole	203.5
Total		203.5

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Butter	10 pat	358.5
<input checked="" type="checkbox"/> French Or Vienna Bread, Toasted ,Include Sourdough	10 slice (medium)	1758.2
<input checked="" type="checkbox"/> Baked Potato with Skin	1 potato	160.9
<input checked="" type="checkbox"/> Blue Cheese Salad Dressing	4 tbsp	302.4
<input checked="" type="checkbox"/> Rib Eye Steak	12 oz	663.4
<input checked="" type="checkbox"/> Tall Hot Chocolate w/Nonfat Milk w/O Whipped Cream (Starbucks)	22 oz	348.3
<input checked="" type="checkbox"/> Chocolate Cupcake, Snack ,Creme-filled W/Frosting	1 cupcake	188.0
Total		3779.7

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Chocolate Fudge Bar	1 Bar	150.0

Total 150.0

TOTAL CALORIES	4727.6
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Sunday, December 11, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Apple Strudel Scone	1 Package	160.0
Total		160.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Chicken Tenders (Burger King) ,4 Piece	10.5 pieces	446.3
<input checked="" type="checkbox"/> Whopper (Burger King)	1 burger	700.0
<input checked="" type="checkbox"/> French Fries, Small (Burger King)	1.8 serving	402.5
Total		1548.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
Total		

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Celery	1 cup	14.1
Total		14.1

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
Total		

TOTAL CALORIES	1722.9
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Monday, December 12, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Chocolate Chip Scone	1 Pastry	150.0
Total		150.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
<input checked="" type="checkbox"/> Broccoli, raw	1 cup	29.9
Total		244.9

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
Total		

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> subway foot long vegie	460 foot long sandwich	460.0
Total		460.0

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
Total		

TOTAL CALORIES	854.9
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Tuesday, December 13, 2011

BREAKFAST	QTY/Unit	Calorie

<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		
<input checked="" type="checkbox"/> Chocolate Chip Scone	1 Pastry	150.0
Total		150.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
<input checked="" type="checkbox"/> Snap Peas, Sugar (raw)	1 cup	41.0
Total		256.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Beef, lean, trimmed	2 oz	71.4
Total		71.4

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Lasagna with Meat Sauce	1 Package	260.0
<input checked="" type="checkbox"/> MYO	2 cup	480.0
Total		740.0

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
Total		

TOTAL CALORIES	1217.4
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Wednesday, December 14, 2011

BREAKFAST	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Breakfast Entrée		
<input type="checkbox"/> Protein Drink		

<input checked="" type="checkbox"/> Chocolate Chip Scone	1 Pastry	150.0
Total		150.0

MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> PowerFuel		
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Celery	2 cup	28.3
<input checked="" type="checkbox"/> Carrots, raw	1 cup	25.0
Total		243.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Walnut Chocolate Chip Cookies	1 Package	180.0
Total		180.0

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> subway foot long vegie	460 foot long sandwich	460.0
Total		460.0

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
Total		

TOTAL CALORIES	1033.3
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Thursday, December 15, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Blueberry Muffin	1 Muffin	170.0
<input type="checkbox"/> Protein Drink		
Total		380.0

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MORNING SNACK	QTY/Unit	Calorie
<input type="checkbox"/> PowerFuel		
Total		

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Almonds	16 Tbsp.	832.3
Total		1042.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> SmartCarb		
Total		

DINNER	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> SmartCarb		
<input checked="" type="checkbox"/> Coleslaw (KFC)	2 serving	380.0
<input checked="" type="checkbox"/> Chicken, Breast, Original-Recipe (KFC) ,w/o Skin Or Breeding	1 breast	140.0
Total		520.0

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
Total		

TOTAL CALORIES		1942.3
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