

# Nutrisystem® MEAL-PLAN

**Friday, June 17, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Double Chocolate Muffin	<b>1 Muffin</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<b>Total</b>		<b>373.4</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Meatball Parmesan Melt	<b>1 piece</b>	<b>230.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<b>Total</b>		<b>361.4</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<input checked="" type="checkbox"/> Blueberries	<b>0.8 cup</b>	<b>62.0</b>
<b>Total</b>		<b>135.0</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Blueberries	<b>0.8 cup</b>	<b>62.0</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>172.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fudge Brownie	<b>1 Package</b>	<b>170.0</b>
<b>Total</b>		<b>170.0</b>

**Saturday, June 18, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cranberry Orange Pastry	<b>1 Package</b>	<b>150.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<b>Total</b>		<b>333.4</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Peanut Butter & Jelly Bar	<b>0.3 Bar</b>	<b>69.9</b>
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	<b>2 cup</b>	<b>20.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato	<b>0.1 medium</b>	<b>3.2</b>
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Carrots, raw	<b>0.5 cup</b>	<b>12.5</b>
<input checked="" type="checkbox"/> Pork, lean, trimmed	<b>2 oz</b>	<b>106.0</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<input checked="" type="checkbox"/> Avocado	<b>0.1 fruit</b>	<b>40.0</b>
<input checked="" type="checkbox"/> Avocado	<b>0.1 fruit</b>	<b>40.0</b>
<b>Total</b>		<b>344.1</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
<b>Total</b>		

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Asiago steak dinner under 550 menu	<b>1 meal as served</b>	<b>380.0</b>
<b>Total</b>		<b>439.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Cake	<b>1 Cake</b>	<b>160.0</b>
<b>Total</b>		<b>160.0</b>
<b>TOTAL CALORIES</b>		<b>1277.4</b>

**Sunday, June 19, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Pancakes	<b>2 Pancakes</b>	<b>180.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>319.9</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> subway foot long vegie	<b>460 foot long sandwich</b>	<b>460.0</b>
<b>Total</b>		<b>460.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>139.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Penne Pasta & Chicken in Alfredo Sauce (Made With Breast Meat)	<b>1 Container</b>	<b>220.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>403.6</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Peppermint Cookie Patty	<b>1 Piece</b>	<b>150.0</b>
<b>Total</b>		<b>150.0</b>

<b>TOTAL CALORIES</b>	<b>1473.4</b>
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**Monday, June 20, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	<b>1 Piece</b>	<b>160.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Blueberries	<b>0.8 cup</b>	<b>62.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
	<b>Total</b>	<b>361.9</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Red Beans and Rice with Chicken Sausage	<b>1 container</b>	<b>180.0</b>
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	<b>2 cup</b>	<b>20.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato, canned	<b>1 cup</b>	<b>44.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<input checked="" type="checkbox"/> Corn, yellow or white	<b>0.5 cup</b>	<b>66.0</b>
	<b>Total</b>	<b>457.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Blueberries	<b>0.8 cup</b>	<b>62.0</b>
	<b>Total</b>	<b>142.0</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Vegetable or Fruit		
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Asiago steak dinner under 550 menu	<b>1 meal as served</b>	<b>380.0</b>
	<b>Total</b>	<b>380.0</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ice Cream Sandwich	<b>1 Sandwich</b>	<b>130.0</b>

Total **130.0**

<b>TOTAL CALORIES</b>	<b>1470.9</b>
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**Tuesday, June 21, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	<b>1 Piece</b>	<b>160.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Fruit Cocktail (canned, packed in water)	<b>0.5 Cup</b>	<b>38.0</b>
<input checked="" type="checkbox"/> Fruit Cocktail (canned, packed in water)	<b>0.5 Cup</b>	<b>38.0</b>
<b>Total</b>		<b>316.0</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Black Bean Tortilla Soup	<b>1 Container</b>	<b>210.0</b>
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	<b>1.5 cup</b>	<b>15.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato, canned	<b>0.5 cup</b>	<b>22.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<input checked="" type="checkbox"/> Corn, yellow or white	<b>0.5 cup</b>	<b>66.0</b>
<b>Total</b>		<b>440.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Apple	<b>1 small</b>	<b>55.1</b>
<b>Total</b>		<b>115.1</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Asian - Style Beef	<b>1 Package</b>	<b>300.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1.5 cup</b>	<b>65.5</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1.5 cup</b>	<b>65.5</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>532.5</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Nutrichocolates	<b>1 Package</b>	<b>150.0</b>
<b>Total</b>		<b>150.0</b>

<b>TOTAL CALORIES</b>	<b>1553.6</b>
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**Wednesday, June 22, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	<b>1 Piece</b>	<b>160.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Raspberries	<b>1 cup</b>	<b>64.0</b>
<input checked="" type="checkbox"/> Raspberries	<b>1 cup</b>	<b>64.0</b>
<b>Total</b>		<b>368.0</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Red Beans and Rice with Chicken Sausage	<b>1 container</b>	<b>180.0</b>
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	<b>2.5 cup</b>	<b>25.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato, canned	<b>0.5 cup</b>	<b>22.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<input checked="" type="checkbox"/> Corn, yellow or white	<b>0.5 cup</b>	<b>66.0</b>
<b>Total</b>		<b>420.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>180.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Glazed Chicken Tenders	<b>1 Package</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Asparagus, cooked	<b>1.5 cup</b>	<b>40.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Asparagus, cooked	<b>1.5 cup</b>	<b>40.2</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>441.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Cake	<b>1 Cake</b>	<b>160.0</b>

Total **160.0**

<b>TOTAL CALORIES</b>	<b>1570.6</b>
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**Thursday, June 23, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Pancakes	<b>2 Pancakes</b>	<b>180.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>379.8</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Steak and Cheese Melt	<b>1 Piece</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<b>Total</b>		<b>436.8</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>120.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Meatloaf & Tomato Sauce with Mashed Potatoes	<b>1 Entree</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>389.2</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fudge Brownie	<b>1 Package</b>	<b>170.0</b>
<b>Total</b>		<b>170.0</b>

<b>TOTAL CALORIES</b>	<b>1496.5</b>
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**Friday, June 24, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Pancakes	<b>2 Pancakes</b>	<b>180.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>379.8</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Steak and Cheese Melt	<b>1 Piece</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>2 cup</b>	<b>117.0</b>
<b>Total</b>		<b>495.4</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>120.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Italian Herb Flatbread Pizza	<b>1 Package</b>	<b>270.0</b>
<input checked="" type="checkbox"/> Mushrooms, canned or cooked	<b>0.5 cup</b>	<b>22.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Onions (red, white) (cooked)	<b>0.5 cup</b>	<b>46.0</b>
<input checked="" type="checkbox"/> Squash, Yellow summer	<b>1 cup</b>	<b>18.0</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>408.5</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fudge Brownie	<b>1 Package</b>	<b>170.0</b>
<b>Total</b>		<b>170.0</b>

<b>TOTAL CALORIES</b>	<b>1574.4</b>
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**Saturday, June 25, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Double Chocolate Muffin	<b>1 Muffin</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>392.4</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Toasted Ham and Cheese	<b>1 Piece</b>	<b>230.0</b>
<input checked="" type="checkbox"/> Carrots, raw	<b>1 cup</b>	<b>25.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Carrots, raw	<b>1 cup</b>	<b>25.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<b>Total</b>		<b>340.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>121.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ravioli Formaggio	<b>1 Package</b>	<b>270.0</b>
<input checked="" type="checkbox"/> Tomato, canned	<b>1.5 cup</b>	<b>66.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Mushrooms, canned or cooked	<b>0.5 cup</b>	<b>22.0</b>
<input checked="" type="checkbox"/> Mushrooms, canned or cooked	<b>0.5 cup</b>	<b>22.0</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<input checked="" type="checkbox"/> Pasta, cooked al dente	<b>0.5 cup</b>	<b>98.7</b>
<input checked="" type="checkbox"/> Pasta, cooked al dente	<b>0.5 cup</b>	<b>98.7</b>
<b>Total</b>		<b>629.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Cake	<b>1 Cake</b>	<b>160.0</b>
<b>Total</b>		<b>160.0</b>

<b>TOTAL CALORIES</b>	<b>1643.5</b>
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Sunday, June 26, 2011

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	<b>1 Package</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<input checked="" type="checkbox"/> Roll, whole-wheat or rye	<b>1 medium</b>	<b>95.8</b>
<b>Total</b>		<b>378.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Quesadilla	<b>1 piece</b>	<b>220.0</b>
<input checked="" type="checkbox"/> Artichoke	<b>1 whole</b>	<b>60.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Artichoke	<b>1 whole</b>	<b>60.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<b>Total</b>		<b>400.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>119.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>188.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> BBQ Soy Chips	<b>1 Package</b>	<b>120.0</b>
<b>Total</b>		<b>120.0</b>

<b>TOTAL CALORIES</b>		<b>1207.0</b>
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**Monday, June 27, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Apple Strudel Scone	<b>1 Package</b>	<b>160.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>2.5 cup whole</b>	<b>119.7</b>
<b>Total</b>		<b>339.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Fajita Melt	<b>1 Piece</b>	<b>240.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<b>Total</b>		<b>387.4</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<input checked="" type="checkbox"/> Zesty Herb Snack Mix	<b>1 Package</b>	<b>120.0</b>
<b>Total</b>		<b>241.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Vegetable or Fruit		
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Asiago steak dinner under 550 menu	<b>1 meal as served</b>	<b>380.0</b>
<b>Total</b>		<b>380.0</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheese Puffs	<b>1 Bag</b>	<b>150.0</b>
<b>Total</b>		<b>150.0</b>

<b>TOTAL CALORIES</b>		<b>1498.3</b>
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**Tuesday, June 28, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	<b>1 Piece</b>	<b>210.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>2 medium</b>	<b>121.4</b>
<b>Total</b>		<b>391.4</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Fajita Melt	<b>1 Piece</b>	<b>240.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1.5 cup</b>	<b>65.5</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<b>Total</b>		<b>521.3</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>120.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Vegetable or Fruit		
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Chef lee - Broccoli beef	<b>1 plate</b>	<b>330.0</b>
<b>Total</b>		<b>330.0</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Golden Pound Cake	<b>1 Cake</b>	<b>160.0</b>
<b>Total</b>		<b>160.0</b>

<b>TOTAL CALORIES</b>	<b>1523.4</b>
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**Wednesday, June 29, 2011**

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<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cranberry Orange Pastry	<b>1 Package</b>	<b>150.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>2.5 cup whole</b>	<b>119.7</b>
<b>Total</b>		<b>349.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>1 cup</b>	<b>43.7</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<b>Total</b>		<b>281.4</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>120.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Stroganoff Sauce with Beef & Noodles	<b>1 Package</b>	<b>240.0</b>
<input checked="" type="checkbox"/> Asparagus, cooked	<b>0.5 cup</b>	<b>13.4</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Asparagus, cooked	<b>0.5 cup</b>	<b>13.4</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>368.3</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fudge Brownie	<b>1 Package</b>	<b>170.0</b>
<b>Total</b>		<b>170.0</b>

<b>TOTAL CALORIES</b>	<b>1290.1</b>
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Thursday, June 30, 2011

<b>BREAKFAST</b>	QTY/Unit	Calorie

<input checked="" type="checkbox"/> Ham and Cheese Omelet	<b>1 Omelet</b>	<b>90.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>2.5 cup whole</b>	<b>119.7</b>
<b>Total</b>		<b>289.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<input checked="" type="checkbox"/> Beans, black, cooked	<b>0.3 cup</b>	<b>67.0</b>
<b>Total</b>		<b>237.6</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>120.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Vegetable or Fruit		
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<input checked="" type="checkbox"/> CHILI - Margarita grilled chicken w broccoli	<b>1 meal</b>	<b>340.0</b>
<b>Total</b>		<b>381.6</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolatey Nougat Bar with Peanuts and Caramel	<b>1 Bar</b>	<b>160.0</b>
<b>Total</b>		<b>160.0</b>

<b>TOTAL CALORIES</b>	<b>1189.6</b>
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**Friday, July 01, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ham and Cheese Omelet	<b>1 Omelet</b>	<b>90.0</b>

<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>210.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Toasted Ham and Cheese	<b>1 Piece</b>	<b>230.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<b>Total</b>		<b>333.6</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>119.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Pepperoni Pizza	<b>1 pizza</b>	<b>210.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>380.8</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ice Cream Sandwich	<b>1 Sandwich</b>	<b>130.0</b>
<b>Total</b>		<b>130.0</b>

<b>TOTAL CALORIES</b>	<b>1175.0</b>
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**Saturday, July 02, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Golden French Toast	<b>1 Piece</b>	<b>110.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>250.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Roasted Vegetable Pizza	<b>1 Pizza</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Beets, cooked	<b>0.5 cup</b>	<b>29.2</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<b>Total</b>		<b>328.4</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>139.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Thick Crust Pizza	<b>1 Package</b>	<b>250.0</b>
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>2 cup</b>	<b>60.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Carrots, raw	<b>1 cup</b>	<b>25.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>447.4</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Carrot Cake	<b>1 Cake</b>	<b>160.0</b>
<b>Total</b>		<b>160.0</b>

<b>TOTAL CALORIES</b>	<b>1326.4</b>
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**Sunday, July 03, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Golden French Toast	<b>1 Piece</b>	<b>110.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>250.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	<b>1 Pizza</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Bell Peppers, red or green, raw	<b>2.5 medium</b>	<b>77.4</b>

<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
	<b>Total</b>	<b>376.4</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
	<b>Total</b>	<b>141.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Vegetable or Fruit		
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> OUTBACK classic roasted filet wedge	<b>1 meal as is</b>	<b>562.0</b>
	<b>Total</b>	<b>562.0</b>

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

<b>TOTAL CALORIES</b>	<b>1330.3</b>
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**Monday, July 04, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Double Chocolate Muffin	<b>1 Muffin</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
	<b>Total</b>	<b>331.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Dairy or Protein		

<input checked="" type="checkbox"/> MiMi's - Blue cheese and walnut salad -full	<b>1 salad</b>	<b>484.0</b>
<b>Total</b>		<b>484.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
<b>Total</b>		

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Vegetable or Fruit		
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Olive garden - Venetian Apricot Chicken	<b>1 meal</b>	<b>400.0</b>
<input checked="" type="checkbox"/> Olive garden - Salad w/ dressing	<b>1 salad</b>	<b>350.0</b>
<b>Total</b>		<b>750.0</b>

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

<b>TOTAL CALORIES</b>	<b>1565.2</b>
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**Tuesday, July 05, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	<b>1 Piece</b>	<b>210.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>351.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Hot Dog	<b>1 Hot Dog</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Carrots, raw	<b>1 cup</b>	<b>25.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>

<input checked="" type="checkbox"/> Bread, whole-wheat	<b>1 slice</b>	<b>68.9</b>
<b>Total</b>		<b>275.7</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>139.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy	<b>1 Entree</b>	<b>220.0</b>
<input checked="" type="checkbox"/> Asparagus, cooked	<b>0.5 cup</b>	<b>13.4</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Asparagus, cooked	<b>0.5 cup</b>	<b>13.4</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>359.2</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Golden Pound Cake	<b>1 Cake</b>	<b>160.0</b>
<b>Total</b>		<b>160.0</b>

<b>TOTAL CALORIES</b>	<b>1286.0</b>
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**Wednesday, July 06, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Garden Vegetable Omelet	<b>1 Omlet</b>	<b>100.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>241.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Pasta with Beef	<b>1 Container</b>	<b>170.0</b>
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>1 cup</b>	<b>30.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>1 cup</b>	<b>30.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<b>Total</b>		<b>310.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
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<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>139.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Alfredo	<b>1 Package</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>405.1</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	<b>1 Package</b>	<b>140.0</b>
<b>Total</b>		<b>140.0</b>

<b>TOTAL CALORIES</b>	<b>1236.2</b>
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**Thursday, July 07, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Southern-Style Biscuits & Gravy	<b>1 Package</b>	<b>160.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>301.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheesy HomeStyle Potatoes	<b>1 Container</b>	<b>200.0</b>
<input checked="" type="checkbox"/> Snap Peas, Sugar (raw)	<b>1 cup</b>	<b>41.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Snap Peas, Sugar (raw)	<b>1 cup</b>	<b>41.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<b>Total</b>		<b>362.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<b>Total</b>		<b>139.9</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken with Dumplings	<b>1 Package</b>	<b>240.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Carrots, cooked	<b>0.5 cup</b>	<b>19.7</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>393.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	<b>1 Package</b>	<b>140.0</b>
<b>Total</b>		<b>140.0</b>

<b>TOTAL CALORIES</b>	<b>1337.0</b>
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**Friday, July 08, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Chip Scone	<b>1 Pastry</b>	<b>150.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>290.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	<b>1 Pizza</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<b>Total</b>		<b>328.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Nectarine	<b>1 medium</b>	<b>60.7</b>
<b>Total</b>		<b>140.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Spinach and cheese stuffed shells	<b>1 package</b>	<b>270.0</b>
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>

<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
	<b>Total</b>	<b>409.5</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	<b>2 Package</b>	<b>280.0</b>
	<b>Total</b>	<b>280.0</b>

<b>TOTAL CALORIES</b>	<b>1448.9</b>
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**Saturday, July 09, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	<b>1 Piece</b>	<b>210.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Strawberries	<b>1.3 cup whole</b>	<b>59.9</b>
	<b>Total</b>	<b>349.9</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> MiMi's - Blue cheese and walnut salad -full	<b>1 salad</b>	<b>484.0</b>
	<b>Total</b>	<b>484.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
	<b>Total</b>	

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Thick Crust Pizza	<b>1 Package</b>	<b>250.0</b>
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>
<input checked="" type="checkbox"/> Tomato Sauce	<b>0.5 cup</b>	<b>29.0</b>

<input type="checkbox"/> Fat		
<b>Total</b>		<b>337.0</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Pretzels	<b>1 Package</b>	<b>120.0</b>
<b>Total</b>		<b>120.0</b>

<b>TOTAL CALORIES</b>	<b>1290.9</b>
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**Sunday, July 10, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ham and Cheese Omelet	<b>1 Omelet</b>	<b>90.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Apple	<b>1 small</b>	<b>55.1</b>
<b>Total</b>		<b>225.1</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Meatball Parmesan Melt	<b>1 piece</b>	<b>230.0</b>
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>1 cup</b>	<b>30.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>1 cup</b>	<b>30.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<b>Total</b>		<b>370.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>141.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Wedged Potatoes with Sliced Beef Steak	<b>1 Package</b>	<b>180.0</b>
<input checked="" type="checkbox"/> Mushrooms, canned or cooked	<b>1 cup</b>	<b>44.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Mushrooms, canned or cooked	<b>1 cup</b>	<b>44.0</b>
<input checked="" type="checkbox"/> Mushrooms, canned or cooked	<b>0.5 cup</b>	<b>22.0</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>342.5</b>

<b>DESSERT</b>	QTY/Unit	Calorie
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<input checked="" type="checkbox"/> Nacho Crisps	<b>1 Package</b>	<b>110.0</b>
<b>Total</b>		<b>110.0</b>

<b>TOTAL CALORIES</b>	<b>1188.8</b>
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Monday, July 11, 2011

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Garden Vegetable Omelet	<b>1 Omelet</b>	<b>100.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>241.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Steak and Cheese Melt	<b>1 Piece</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>1 cup</b>	<b>30.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>1 cup</b>	<b>30.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<b>Total</b>		<b>400.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<b>Total</b>		<b>131.7</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dinner Entrée		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Asparagus, cooked	<b>0.5 cup</b>	<b>13.4</b>
<input checked="" type="checkbox"/> Tomatoes, Cherry	<b>0.3 cup</b>	<b>10.0</b>
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Chicken Breast	<b>5.3 oz</b>	<b>245.6</b>
<input checked="" type="checkbox"/> Olive Garden - Minestrone	<b>1 bowl</b>	<b>100.0</b>
<b>Total</b>		<b>390.8</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Zesty Herb Snack Mix	<b>1 Package</b>	<b>120.0</b>

Total 120.0

TOTAL CALORIES 1283.7

Tuesday, July 12, 2011

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Blueberry Muffin	<b>1 Muffin</b>	<b>170.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>311.2</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Noodles with Chicken and Vegetables	<b>1 Container</b>	<b>140.0</b>
<input checked="" type="checkbox"/> Snap Peas, Sugar (raw)	<b>1 cup</b>	<b>41.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Snap Peas, Sugar (raw)	<b>1 cup</b>	<b>41.0</b>
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<b>Total</b>		<b>295.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>134.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Salisbury Steak with Macaroni and Cheese	<b>1 package</b>	<b>290.0</b>
<input checked="" type="checkbox"/> Asparagus, cooked	<b>1 cup</b>	<b>26.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Asparagus, cooked	<b>1 cup</b>	<b>26.8</b>
<input checked="" type="checkbox"/> Asparagus, cooked	<b>1 cup</b>	<b>26.8</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>412.0</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheese Puffs	<b>1 Bag</b>	<b>150.0</b>
<b>Total</b>		<b>150.0</b>

TOTAL CALORIES 1302.4

**Wednesday, July 13, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Golden French Toast	<b>1 Piece</b>	<b>110.0</b>
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<b>Total</b>		<b>234.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Hearty Minestrone Soup	<b>1 Container</b>	<b>170.0</b>
<input checked="" type="checkbox"/> Carrots, raw	<b>1 cup</b>	<b>25.0</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Carrots, raw	<b>1 cup</b>	<b>25.0</b>
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<b>Total</b>		<b>293.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Egg	<b>1 large</b>	<b>73.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>134.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Sweet & Sour Chicken	<b>1 Package</b>	<b>260.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> Olives, black or green	<b>5 large</b>	<b>52.5</b>
<b>Total</b>		<b>377.9</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheese Puffs	<b>1 Bag</b>	<b>150.0</b>
<b>Total</b>		<b>150.0</b>

<b>TOTAL CALORIES</b>		<b>1189.8</b>
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**Thursday, July 14, 2011**

<b>BREAKFAST</b>	QTY/Unit	Calorie
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<input checked="" type="checkbox"/> Breakfast Burrito	<b>1 Piece</b>	<b>210.0</b>
<input checked="" type="checkbox"/> Yogurt, nonfat	<b>8 oz</b>	<b>80.0</b>
<input checked="" type="checkbox"/> Grapefruit	<b>0.5 fruit</b>	<b>51.7</b>
<b>Total</b>		<b>341.7</b>

<b>LUNCH</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	<b>1 Pizza</b>	<b>190.0</b>
<input checked="" type="checkbox"/> Cabbage, raw	<b>1 cup</b>	<b>25.0</b>
<input checked="" type="checkbox"/> with 2 tbsp. fat free dressing, if desired	<b>0</b>	<b>20.0</b>
<input checked="" type="checkbox"/> Cabbage, raw	<b>1 cup</b>	<b>25.0</b>
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<b>Total</b>		<b>320.0</b>

<b>AFTERNOON SNACK</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> String Cheese, lowfat	<b>1 piece</b>	<b>60.0</b>
<input checked="" type="checkbox"/> Plums	<b>2 fruit</b>	<b>61.2</b>
<b>Total</b>		<b>121.2</b>

<b>DINNER</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy	<b>1 Entree</b>	<b>220.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> with 2 tbsp. fat free dressing, if desired	<b>0</b>	<b>20.0</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> Broccoli, cooked	<b>0.5 cup</b>	<b>21.8</b>
<input checked="" type="checkbox"/> Almonds	<b>6 almond</b>	<b>41.6</b>
<b>Total</b>		<b>347.0</b>

<b>DESSERT</b>	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Creamy Fudge Bar	<b>1 Bar</b>	<b>110.0</b>
<b>Total</b>		<b>110.0</b>

<b>TOTAL CALORIES</b>		<b>1239.9</b>
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