

nutrisystem | mindset makeover

Questions? Call 1.877.338.8446

Nutrisystem[®] MEAL-PLAN

Friday, September 09, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Chip Scone	1 Pastry	150.0
<input checked="" type="checkbox"/> Yogurt, nonfat	14 oz	140.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		341.7

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fettuccini Alfredo	1 Container	200.0
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		273.1

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> BBQ Sauce over Beef, Beans and Rice	1 Package	270.0
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<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"/> Peanuts	10 large	45.4
Total		380.8

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

Total **140.0**

TOTAL CALORIES	1225.1
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Saturday, September 10, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Double Chocolate Muffin	1 Muffin	190.0
<input checked="" type="checkbox"/> Yogurt, nonfat	14 oz	140.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		381.7

LUNCH	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"/> 6`` Oven-Roasted Chicken Breast Sub (Subway)	1 sub	330.0
<input checked="" type="checkbox"/> 6`` Oven-Roasted Chicken Breast Sub (Subway)	1 sub	330.0
Total		660.0

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

DINNER	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	26 almond	180.3
<input checked="" type="checkbox"/> French Fries, Criss Cut (Carl`s Jr.)	1 serving	410.0
<input checked="" type="checkbox"/> Vanilla Shake (Carl`s Jr.)	21 fl oz	470.0
<input checked="" type="checkbox"/> Six Dollar Burger (Carl`s Jr.)	1 sandwich	1000.0

<input checked="" type="checkbox"/> Chicken Strip Basket, 4 Piece (Dairy Queen/Brazier)	1 pieces	230.0
Total		2290.3

DESSERT	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Dessert Entrée		
<input checked="" type="checkbox"/> Chocolate Fudge Bar	1 Bar	150.0
<input checked="" type="checkbox"/> Chocolate Fudge Bar	1 Bar	150.0
<input checked="" type="checkbox"/> Chocolate Fudge Bar	1 Bar	150.0
<input checked="" type="checkbox"/> Chocolate Fudge Bar	1 Bar	150.0
Total		600.0

TOTAL CALORIES	3932.0
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Sunday, September 11, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cranberry Orange Pastry	1 Package	150.0
<input checked="" type="checkbox"/> Yogurt, nonfat	8 oz	80.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		281.7

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Steak and Cheese Melt	1 Piece	260.0
<input checked="" type="checkbox"/> Carrots, cooked	0.5 cup	19.7
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input checked="" type="checkbox"/> Yogurt, nonfat	8 oz	80.0
Total		376.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Italian Herb Flatbread Pizza	1 Package	270.0
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1

<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		366.7

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Caramel Swirl Sundae	1 container	110.0
Total		110.0

TOTAL CALORIES	1224.7
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Monday, September 12, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
<input checked="" type="checkbox"/> Yogurt, nonfat	8 oz	80.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
<input checked="" type="checkbox"/> Bread, multigrain	1 slice	65.0
Total		276.7

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Fajita Melt	1 Piece	240.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		329.5

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Yogurt, nonfat	8 oz	80.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		140.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Flame Broiled Beef Patty - Cooked	1 Beef Patty	90.0
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0

<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato	1 medium	25.8
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
<input checked="" type="checkbox"/> Bread, multigrain	1 slice	65.0
Total		246.2

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

TOTAL CALORIES	1112.4
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Tuesday, September 13, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	1 Piece	160.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		249.5

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Hearty Minestrone Soup	1 Container	170.0
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		243.1

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Cheese Puffs	1 Bag	150.0
Total		269.0

DINNER	QTY/Unit	Calorie
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<input checked="" type="checkbox"/> Asian - Style Beef	1 Package	300.0
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<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"/> Almonds	6 almond	41.6
Total		407.0

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

TOTAL CALORIES	1448.6
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Wednesday, September 14, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Pancakes	2 Pancakes	180.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		276.7

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Roasted Vegetable Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	0.5 cup	18.9
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	0.5 cup	18.9
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
Total		272.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		96.7

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy	1 Entree	220.0

<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input checked="" type="checkbox"/> Grapes	30 grape	120.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		385.4

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fudge Brownie	1 Package	170.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0
Total		310.0

TOTAL CALORIES	1341.6
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Thursday, September 15, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Pancakes	2 Pancakes	180.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Grapefruit	0.5 fruit	51.7
Total		276.7

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
Total		245.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		105.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Swedish Meatballs and Pasta in Sauce	1 Package	240.0

<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input checked="" type="checkbox"/> with 2 tbsp. fat free dressing, if desired	0	20.0
<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		321.6

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Buffalo Wing Pretzel Bits	1 Package	120.0
<input checked="" type="checkbox"/> Zesty Herb Snack Mix	1 Package	120.0
Total		240.0

TOTAL CALORIES	1189.1
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Friday, September 16, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	1 Piece	160.0
<input checked="" type="checkbox"/> Ham, low-fat	1 oz	30.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		250.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Three Cheese Pasta with Chicken	1 Container	200.0
<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce, green or red leaf	1 cup	5.4
<input checked="" type="checkbox"/> Ham, low-fat	1 oz	30.0
Total		240.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ham, low-fat	1 oz	30.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		90.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Penne Pasta & Chicken in Alfredo Sauce (Made With Breast Meat)	1 Container	220.0

<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		295.4

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> BBQ Soy Chips	2 Package	240.0
<input checked="" type="checkbox"/> Cheese Puffs	1 Bag	150.0
Total		390.0

TOTAL CALORIES	1266.2
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Saturday, September 17, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Double Chocolate Muffin	1 Muffin	190.0
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		250.0

LUNCH	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"/> Low carb six dollar burger no cheese	1 burger	390.0
Total		390.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		60.0

DINNER	QTY/Unit	Calorie

<input checked="" type="checkbox"/> Thick Crust Pizza	1 Package	250.0
<input checked="" type="checkbox"/> Artichoke	1 whole	60.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Artichoke	1 whole	60.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		475.4

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheese Puffs	2 Bag	300.0
Total		300.0

TOTAL CALORIES	1475.4
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Sunday, September 18, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Ham, low-fat	1 oz	30.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		300.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Toasted Ham and Cheese	1 Piece	230.0
<input checked="" type="checkbox"/> Bell Peppers, red or green, raw	1 cup	18.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomato	1 medium	25.8
<input checked="" type="checkbox"/> Ham, low-fat	1 oz	30.0
Total		303.8

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ham, low-fat	1 oz	30.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		90.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Sweet & Sour Chicken	1 Package	260.0

<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	2 cup	20.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Cucumber	1 cucumber	45.2
<input checked="" type="checkbox"/> Onions (red, white) (raw)	1 cup	64.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		434.6

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

TOTAL CALORIES	1408.4
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Monday, September 19, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Bread, multigrain	0.8 oz	53.2
Total		222.7

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Toasted Ham and Cheese	1 Piece	230.0
<input checked="" type="checkbox"/> Tomato	1 medium	25.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		295.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Macaroni & Cheese	1 Package	200.0

<input checked="" type="checkbox"/> Onions (red, white) (raw)	1 cup	64.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Onions (red, white) (raw)	1 cup	64.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		383.4

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheese Puffs	2 Bag	300.0
<input checked="" type="checkbox"/> Chocolate Rainbow Delights	1 Package	140.0
Total		440.0

TOTAL CALORIES	1430.9
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Tuesday, September 20, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cranberry Orange Pastry	1 Package	150.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		239.5

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Steak and Cheese Melt	1 Piece	260.0
<input checked="" type="checkbox"/> Tomato	1 medium	25.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		325.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Glazed Chicken Tenders	1 Package	260.0

<input checked="" type="checkbox"/> Bell Peppers, red or green, raw	1 medium	30.9
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Onions (red, white) (raw)	1 cup	64.0
<input checked="" type="checkbox"/> Cabbage, raw	1 cup	25.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		425.3

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Coconut Almond Bar	1 Bar	160.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0
Total		440.0

TOTAL CALORIES	1519.6
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Wednesday, September 21, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		299.5

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Red Beans and Rice with Chicken Sausage	1 container	180.0
<input checked="" type="checkbox"/> Tomato	1 medium	25.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Lettuce (Iceberg, Romaine)	2 cup	20.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		255.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie

<input checked="" type="checkbox"/> Asian - Style Beef	1 Package	300.0
<input checked="" type="checkbox"/> Tomato	1 medium	25.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	1.5 cup	56.8
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		488.0

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

TOTAL CALORIES	1282.3
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Thursday, September 22, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	1 Piece	160.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		249.5

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Hearty Minestrone Soup	1 Container	170.0
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	0.5 cup	18.9
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Brussel Sprouts, cooked	0.5 cup	18.9
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		237.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Beef and Noodles in Teryaki Sauce	1 Package	210.0

<input type="checkbox"/> Vegetable		
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input type="checkbox"/> Vegetable		
<input checked="" type="checkbox"/> Grapes	30 grape	120.0
<input checked="" type="checkbox"/> Olives, black or green	5 large	52.5
Total		382.5

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

TOTAL CALORIES	1238.8
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Friday, September 23, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Chip Scone	1 Pastry	150.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		239.5

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		279.5

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Beef and Noodles in Teryaki Sauce	1 Package	210.0
<input checked="" type="checkbox"/> Broccoli, cooked	1.5 cup	65.5

<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Zucchini, cooked	1.5 cup	62.1
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Almonds	6 almond	41.6
Total		439.2

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fudge Brownie	1 Package	170.0
<input checked="" type="checkbox"/> Buffalo Wing Pretzel Bits	4 Package	480.0
Total		650.0

TOTAL CALORIES	1697.7
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Saturday, September 24, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cranberry Orange Pastry	1 Package	150.0
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
Total		150.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Steak and Cheese Melt	1 Piece	260.0
<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		
Total		260.0

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

DINNER	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 checked="" type="checkbox"/> Broccoli, cooked	2.5 cup	109.2
<input type="checkbox"/> Vegetable or Fruit		
<input type="checkbox"/> Fat		
<input checked="" type="checkbox"/> Chicken Breast	6 oz	280.7
<input checked="" type="checkbox"/> Jack in the box fajita pita	1 item	326.0
Total		715.9

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

TOTAL CALORIES	1125.9
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Sunday, September 25, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cinnamon Bun	1 Piece	160.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Watermelon cubed (limit-high GI)	1.3 Cup	58.0
Total		263.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Fajita Melt	1 Piece	240.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
Total		345.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		89.5

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Salisbury Steak with Macaroni and Cheese	1 package	290.0

<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		455.4

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Zesty Herb Snack Mix	1 Package	120.0
<input checked="" type="checkbox"/> popcorn chips	6 oz	780.0
<input checked="" type="checkbox"/> peanut butter and jelly sandwich	1 sandwich	400.0
Total		1300.0

TOTAL CALORIES	2452.9
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Monday, September 26, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Apple Strudel Bar	1 Bar	160.0
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
Total		160.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Peanut Butter Lunch Bar	1 Bar	220.0
<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		
Total		220.0

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

DINNER	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"/> SUB WAY tray of steak	2 tray	220.0
<input checked="" type="checkbox"/> subway double steak salad	1 salad	270.0
Total		490.0

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

TOTAL CALORIES	1030
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Tuesday, September 27, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Southern-Style Biscuits & Gravy	1 Package	160.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		249.5

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Fajita Melt	1 Piece	240.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
Total		329.5

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Breast	1 oz	29.5
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0

Total	369.5
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DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy	1 Entree	220.0
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Carrots, cooked	0.5 cup	19.7
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Peanuts	10 large	45.4
Total		362.2

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Fudge Bar	1 Bar	150.0
Total		150.0

TOTAL CALORIES	1460.7
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Wednesday, September 28, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Southern-Style Biscuits & Gravy	1 Package	160.0
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		293.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chicken Fajita Melt	1 Piece	240.0
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
Total		356.6

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		133.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Sweet & Sour Chicken	1 Package	260.0
<input checked="" type="checkbox"/> Carrots, cooked	0.5 cup	19.7
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, cooked	0.5 cup	21.8
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Almonds	6 almond	41.6
Total		403.1

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Orange Creme Bar	1 Bar	90.0
Total		90.0

TOTAL CALORIES	1275.7
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Thursday, September 29, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Southern-Style Biscuits & Gravy	1 Package	160.0
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		293.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
Total		323.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Luncheon Meat, low fat	1 oz	50.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		110.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Homestyle Beef with Mashed Potatoes and Gravy	1 Entree	220.0
<input checked="" type="checkbox"/> Green Beans, cooked	0.5 cup	21.9
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Green Beans, cooked	0.5 cup	21.9
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Almonds	6 almond	41.6
Total		365.4

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Orange Creme Bar	1 Bar	90.0
Total		90.0

TOTAL CALORIES	1181.4
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Friday, September 30, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Maple Flavored Breakfast Patty	1 Package	80.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input checked="" type="checkbox"/> Bread, multigrain	1 slice	65.0
Total		295.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Meatball Parmesan Melt	1 piece	230.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
Total		335.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		105.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Ravioli Formaggio	1 Package	270.0
<input checked="" type="checkbox"/> Green Beans, cooked	0.5 cup	21.9
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Green Beans, cooked	0.5 cup	21.9
<input checked="" type="checkbox"/> Green Beans, cooked	0.5 cup	21.9
<input checked="" type="checkbox"/> Almonds	6 almond	41.6
Total		377.3

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Caramel Swirl Sundae	1 container	110.0
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0
<input checked="" type="checkbox"/> Honey Mustard Pretzel Bits	1 Package	140.0
Total		463.0

TOTAL CALORIES	1575.3
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Saturday, October 01, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cheesy HomeStyle Potatoes (vegetarian recipe)	1 Container	200.0
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
Total		200.0

LUNCH	QTY/Unit	Calorie
<input type="checkbox"/> Nutrisystem® Lunch Entrée		
<input checked="" type="checkbox"/> Tomatoes, Cherry	2 cup	60.0
<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"/> Beef, lean, trimmed	3 oz	107.2
<input checked="" type="checkbox"/> Chicken Breast	4 oz	187.1
Total		354.3

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Cantaloupe, (cubed)	2 Cup	108.0
<input checked="" type="checkbox"/> Chicken mc nuggets	10 Pieces	470.0
Total		578.0

DINNER	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"/> Lettuce (Iceberg, Romaine)	1 cup	10.0
<input checked="" type="checkbox"/> Almonds	6 almond	41.6
<input checked="" type="checkbox"/> Potato Salad	0.8 cup	268.1
<input checked="" type="checkbox"/> Pork Ribs (Lloyds)	8 ribs	1013.3
<input checked="" type="checkbox"/> Garlic Bread	1 Serving	121.0
<input checked="" type="checkbox"/> Blue Cheese Salad Dressing	3 tbsp	226.8
Total		1680.8

DESSERT	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Chocolate Caramel Dessert Bar	1 Bar	160.0
<input checked="" type="checkbox"/> Vanilla Ice Cream Cone, Reduced Fat (McDonald`s)	1.5 serving	225.0
Total		385.0

TOTAL CALORIES	3198.1
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Sunday, October 02, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Cranberry Orange Pastry	1 Package	150.0
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		283.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Fettuccini Alfredo	1 Container	200.0

<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	1 cup	30.0
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
Total		333.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Turkey Pepperoni	17 rounds	73.0
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		133.0

DINNER	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"/> Peanuts	1 cup	827.8
<input checked="" type="checkbox"/> Twizzlers Cherry Bits Candy (Hershey`s)	4 oz	135.2
<input checked="" type="checkbox"/> Pork Ribs (Lloyds)	4 ribs	506.7
<input checked="" type="checkbox"/> Jumbo Jack W/Cheese (Jack in The Box)	1 sandwich	695.0
<input checked="" type="checkbox"/> Jumbo Jack W/Cheese (Jack in The Box)	1 sandwich	695.0
Total		2859.7

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

TOTAL CALORIES	3608.7
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Monday, October 03, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Apple Strudel Scone	1 Package	160.0
<input type="checkbox"/> Dairy or Protein		
<input type="checkbox"/> Fruit		
Total		160.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Margherita Pizza	1 Pizza	190.0
<input checked="" type="checkbox"/> Tomatoes, Cherry	2 cup	60.0
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Tomatoes, Cherry	2 cup	60.0
<input type="checkbox"/> Dairy or Protein		
Total		310.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		60.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Rotini with Meatballs and Tomato Sauce	1 Package	250.0
<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"/> subway double steak salad	1 salad	270.0
Total		520.0

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

TOTAL CALORIES	1050
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Tuesday, October 04, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		270.0

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Red Beans and Rice with Chicken Sausage	1 container	180.0
<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		
Total		180.0

AFTERNOON SNACK	QTY/Unit	Calorie
<input type="checkbox"/> Dairy or Protein		
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
Total		60.0

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Penne Pasta & Chicken in Alfredo Sauce (Made With Breast Meat)	1 Container	220.0
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input checked="" type="checkbox"/> Grapes	15 grape	60.0
<input type="checkbox"/> Fat		
Total		314.2

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

TOTAL CALORIES	1004.2
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Wednesday, October 05, 2011

BREAKFAST	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Breakfast Burrito	1 Piece	210.0
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Tangerines	2 small	58.3
Total		313.3

LUNCH	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Hearty Minestrone Soup	1 Container	170.0
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Cauliflower, cooked	0.5 cup	17.1
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
Total		249.2

AFTERNOON SNACK	QTY/Unit	Calorie
<input checked="" type="checkbox"/> Soy Hot Dogs (i.e. Veggie Dogs), reduced or low sodium	1 link	45.0
<input checked="" type="checkbox"/> Tangerines	2 small	58.3
Total		103.3

DINNER	QTY/Unit	Calorie
<input checked="" type="checkbox"/> BBQ Sauce over Beef, Beans and Rice	1 Package	270.0
<input checked="" type="checkbox"/> Broccoli, raw	1 cup	29.9
<input type="checkbox"/> with 2 tbsp. fat free dressing, if desired		
<input checked="" type="checkbox"/> Broccoli, raw	1 cup	29.9
<input checked="" type="checkbox"/> Tangerines	2 small	58.3
<input type="checkbox"/> Fat		
Total		388.1

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

TOTAL CALORIES	1173.9
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