

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
		Calories 619 Fat 20g Saturated Fat 5g Protein 29g Carbohydrates 86g Fiber 14g Sodium 1170mg	Calories 724 Fat 23g Saturated Fat 8g Protein 42g Carbohydrates 91g Fiber 12g Sodium 427mg	Calories 1040 Fat 41g Saturated Fat 9.5g Protein 45g Carbohydrates 126g Fiber 9.7g Sodium 600mg	Calories 656 Fat 23g Saturated Fat 8g Protein 28g Carbohydrates 89g Fiber 13.5g Sodium 978mg
	7		9		11
Calories 478 Fat 15g Saturated Fat 5g Protein 30g Carbohydrates 61g Fiber 10g Sodium 965mg					
	14		16		18
Calories 866 Fat 30g Saturated Fat 10g Protein 48g Carbohydrates 105g Fiber 9.6g Sodium 920mg		Calories 902 Fat 34.5g Saturated Fat 6g Protein 35g Carbohydrates 116g Fiber 14.6g Sodium 1119mg		Sack lunch at Park	
	21		23		25
Calories 615 Fat 17g Saturated Fat 5g Protein 44.5g Carbohydrates 77g Fiber 11.5g Sodium 431mg		Calories 797 Fat 13.5g Saturated Fat 5g Protein 47g Carbohydrates 126g Fiber 13g Sodium 750mg		Calories 843 Fat 24g Saturated Fat 9g Protein 56g Carbohydrates 102g Fiber 13.5g Sodium 1071mg	
	28		30		
Calories 693 Fat 16g Saturated Fat 8g Protein 51g Carbohydrates 92g Fiber 10.7g Sodium 925mg		Calories 657 Fat 18g Saturated Fat 7g Protein 43g Carbohydrates 81g Fiber 12g Sodium 488mg			