

# Meal Planning Assignment

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NUTR 407- Medical Nutrition Therapy 1 Laboratory  
Fall Semester 2021  
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## **Part A: Introduction and ADIME**

### **Introduction**

Mr. Rubie is an obese 32-year-old chef living in San Diego. He has been at his job for about a year now and being a high-end restaurant, it is extremely stressful. He lives alone and loves to cook. Besides cooking, he lives a sedentary lifestyle and usually stays home and plays video games all day to wind down from his stressful job. He was recently diagnosed with Type II diabetes mellitus and cardiovascular disease and therefore, referred to a registered dietitian to best approach this situation. He has no symptoms out of the ordinary. Mr. Rubie eats just about anything, but always tries to get the best bang for his buck when grocery shopping. His diet consists of lots of fried foods in his deep fryer and loves to bake himself delicious sugar-packed sweets for his nightly dessert. He does not get bored of eating the same foods every day and is ready to change his habits.

## **ADIME**

**Dietitian Visit** 12/12/2021

**Met with patient:** Mr. Rubie

**Reason for referral:** Type II Diabetes Mellitus; Cardiovascular Disease

## **NUTRITION ASSESSMENT**

**Diagnoses:** Type II Diabetes Mellitus; Cardiovascular Disease

**Pertinent medical history:** Father - HTN

**Nutrition order:** Heart Healthy 2,000 kcal DM diet; Mediterranean

**Medications:** N/A

### **Labs:**

Glucose: 500mg/dL (High)

Creatinine: 1.9 mg/dL (High)

Cholesterol: 208 mg/dL (High)

HDL-C: 35 mg/dL (Low)

LDL: 140 mg/dL (High)

TG: 187 mg/dL (High)

HBA<sub>1C</sub>: 10.5% (High)

### **Physical:**

General Appearance: Obese

**Weight:** 220#/99.8kg

**Height:** 70in/177.8cm

**BMI:** 31.6kg/m<sup>2</sup> (Obese)

**IBW:** 166#/75.3kg

**%IBW:** 132% (Obese compared to ideal body weight)

**UBW:** 170#/77.1kg

**%UBW:** 129%

### **Food- and Nutrition-Related Information (24-hour recall):**

**Nutrition Needs:** Based on ideal body weight

**Calories:** 1,882 - 2635 kcal/d (25-35kcal/kg)

**Protein:** 60.24 - 75.3 gm/d (0.8-1.0gm/kg)

**Fluids:** 2,000mL/d

**Nutrition Subject Global Assessment (Well nourished, moderate or severe malnutrition)****Comments: Include 2 criteria to support your assessment**

Well-nourished (normal) due to %UBW of 129% (well-nourished >90% IBW) and no gastrointestinal symptoms.

**NUTRITION DIAGNOSIS: PES Statements**

Problem #1: Malnutrition RT poor eating habits AEB Obese BMI of 31.6kg/m<sup>2</sup>, high glucose (500 mg/dL), and high hemoglobin A1C (10.5%).

Problem #2: Excessive energy intake RT food and nutrition knowledge deficit RT 24-hour food recall, High TG 187mg/dL, high cholesterol 208mg/dL, and low HDL-C 35mg/dL.

**NUTRITION INTERVENTIONS****Goals:**

Increase HDL-C to normal levels: >50mg/dL within 3 months

Decrease TG: 40-160mg/dL within 3 months

Decrease: LDL: <130 mg/dL within 3 months

Weight loss: 5-10% BW within 6 months

**Nutrition Recommendations:**

Mediterranean-style diet

Consume about 2,000kcal/d - Minimum of 70%

Small Frequent Meals

Drink enough fluids throughout the day 2,000mL/d

**Patient Education:**

Type II Diabetes Education

Physical Activity/Health Education

**Coordination of Care:**

Physical therapist and/or personal trainer

**NUTRITION MONITORING and EVALUATION**

Follow up phone call within 2 days

Workout log - 1 week by next visit (1 week)

SMART goal(s) by next visit (1 week)

Monitor weight until next lab test (2-3 months)

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12/12/21

## **Part B: Two-Day Meal Plan**

### **Menu: General Overview**

**Table I:** Day 1: Thursday - December 09, 2021

<b>Time</b>	<b>Meal</b>
Breakfast 7:00am	<ul style="list-style-type: none"><li>▪ Quinoa Smoothie<ul style="list-style-type: none"><li>▪ Blueberries</li><li>▪ Yogurt</li><li>▪ Almonds</li><li>▪ Broccoli</li><li>▪ Quinoa</li></ul></li><li>▪ Boiled Egg</li></ul>
Lunch 12:00pm (at work)	<ul style="list-style-type: none"><li>▪ Lentil Soup with chicken</li><li>▪ Toppings<ul style="list-style-type: none"><li>○ Avocado</li><li>○ Pico</li><li>○ Lemon</li></ul></li></ul>
Dinner 7:00pm	<ul style="list-style-type: none"><li>▪ ½ Brown Rice ½ Lentils</li><li>▪ Chicken</li><li>▪ Broccoli</li></ul>
Snacks 3:00pm (at work)	<ul style="list-style-type: none"><li>▪ Overnight Grains with Blueberries</li></ul>
Fluids	<ul style="list-style-type: none"><li>▪ Water</li></ul>

**Table II:** Day 2: Sunday - December 10, 2021

<b>Time</b>	<b>Meal</b>
Breakfast 7:00am	<ul style="list-style-type: none"><li>▪ Quinoa with Greek Yogurt<ul style="list-style-type: none"><li>▪ Berries</li><li>▪ Sliced Almonds</li></ul></li><li>▪ Scrambled Eggs with sauteed broccoli</li></ul>
Lunch 12:00pm (at work)	<ul style="list-style-type: none"><li>▪ Pico</li><li>▪ Chicken</li><li>▪ Lettuce Wrap</li><li>▪ Greek Yogurt</li><li>▪ Avocado</li><li>▪ ½ Rice ½ Lentils</li></ul>
Dinner 7:00pm	<ul style="list-style-type: none"><li>▪ Lentil/Brown Rice Chicken Salad</li><li>▪ Lemon/Avocado/Yogurt Dressing</li></ul>
Snacks 3:00pm (at work)	<ul style="list-style-type: none"><li>▪ Egg Salad Lettuce Wraps</li></ul>
Fluids	<ul style="list-style-type: none"><li>▪ Water</li></ul>

## Meal Plan: Detailed

**Table III:** Day 1: Thursday - December 09, 2021

Meal	Ingredients	Exchanges
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>Quinoa Smoothie</li> <li>Boiled Egg</li> </ul>	<ul style="list-style-type: none"> <li>2/3 c. Cooked quinoa</li> <li>3/4 c. Blueberries</li> <li>2/3 c. Yogurt</li> <li>12 Almonds</li> <li>1 c. Steamed Broccoli</li> <li>1 Boiled egg</li> <li>1/3 c. Oats</li> </ul>	<ul style="list-style-type: none"> <li>2 Starch</li> <li>1 Fruit</li> <li>1 Milk</li> <li>2 Fat</li> <li>2 Vegetable</li> <li>1 meat (medium-fat)</li> <li>1 starch</li> </ul>
<b>Lunch:</b> <ul style="list-style-type: none"> <li>Lentil Soup w/ Chicken</li> </ul> <p>**All veggies except pico are cooked</p> <p>**Lentils cooked as lentil soup, so he will have enough fr the next day</p>	<ul style="list-style-type: none"> <li>1 c. Green lentils</li> <li>1/2 c. Diced Carrots</li> <li>1/2 c. Diced Celery</li> <li>1/2 c. Diced Onion</li> <li>1/4 Chicken w/bone (4 oz of meat)</li> <li>1 oz. Avocado</li> <li>Pico: <ul style="list-style-type: none"> <li>1/4 c. Tomato</li> <li>1/4 c. Onion</li> <li>1/4 c. Cilantro</li> <li>1/4 c. Lemon</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>2 Starch</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>4 meat (medium-fat)</li> <li>1 fat</li> <li>.25 Vegetable</li> <li>.25 Vegetable</li> <li>.25 Vegetable</li> <li>.25 Vegetable</li> </ul>
<b>Dinner:</b> <ul style="list-style-type: none"> <li>1/2 Brown Rice, 1/2 Lentils</li> <li>Chicken</li> <li>Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>1/4 Chicken w/bone (4oz of meat)</li> <li>1 c. Steamed Broccoli</li> <li>2/3 c. Brown Rice</li> <li>1 c. Green lentils</li> <li>1/2 c. Diced Carrots</li> <li>1/2 c. Diced Celery</li> <li>1/2 c. Diced Onion</li> </ul>	<ul style="list-style-type: none"> <li>4 meat (medium-fat)</li> <li>2 starch</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>1 Vegetable</li> </ul>
<b>Snacks:</b> <ul style="list-style-type: none"> <li>Overnight Grains</li> </ul>	<ul style="list-style-type: none"> <li>2/3 c. Quinoa</li> <li>3/4 c. Blueberries</li> <li>1/3 c. Oats</li> </ul>	<ul style="list-style-type: none"> <li>2 starch</li> <li>1 fruit</li> <li>1 starch</li> </ul>

**Table IV: Day 2: Friday - December 10, 2021**

<b>Meal</b>	<b>Ingredients</b>	<b>Exchanges</b>
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>Quinoa and Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>2/3 c. Quinoa</li> <li>1/3 c. Oats</li> <li>3/4 c. Berries</li> <li>12 Sliced Almonds</li> <li>2 Scrambled Eggs</li> <li>1 c. Sauteed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>2 starch</li> <li>1 starch</li> <li>1 fruit</li> <li>2 fat</li> <li>2 meat (medium-fat)</li> <li>2 vegetable</li> </ul>
<b>Lunch:</b> <ul style="list-style-type: none"> <li>Loaded Lettuce Wrap</li> </ul>	<ul style="list-style-type: none"> <li>1/4 Chicken w/bone (4oz of meat)</li> <li>Lettuce</li> <li>2/3 Greek Yogurt</li> <li>1 oz. Avocado</li> <li>2/3 c. Brown rice</li> <li>1 c. Green lentils</li> <li>1/2 c. Diced Carrots</li> <li>1/2 c. Diced Celery</li> <li>1/2 c. Diced Onion</li> <li>Pico: <ul style="list-style-type: none"> <li>1/4 Tomato</li> <li>1/4 Onion</li> <li>1/4 Cilantro</li> <li>1/4 Lemon</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>4 meat (medium-fat)</li> <li>(lettuce) Free-food</li> <li>1 milk</li> <li>1 fat</li> <li>2 starch</li> <li>2 starch</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>.25 Vegetable</li> <li>.25 Vegetable</li> <li>.25 Vegetable</li> <li>.25 Vegetable</li> </ul>
<b>Dinner:</b> <ul style="list-style-type: none"> <li>Loaded Salad</li> </ul>	<ul style="list-style-type: none"> <li>1 c. Green lentils</li> <li>1/2 c. Diced Carrots</li> <li>1/2 c. Diced Celery</li> <li>1/2 c. Diced Onion</li> <li>2/3 c. Brown Rice</li> <li>1/4 Chicken w/bone (4oz of meat)</li> <li>Lettuce</li> <li>1/4 c. Lemon</li> <li>1 oz. Avocado</li> </ul>	<ul style="list-style-type: none"> <li>2 starch</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>1 Vegetable</li> <li>2 starch</li> <li>4 meat (medium-fat)</li> <li>(lettuce) Free-food</li> <li>.25 Vegetable</li> <li>1 fat</li> </ul>
<b>Snacks:</b> <ul style="list-style-type: none"> <li>Lettuce Wrap</li> </ul>	<ul style="list-style-type: none"> <li>2 Boiled Eggs</li> <li>Lettuce</li> <li>1/2 c. Celery raw</li> </ul>	<ul style="list-style-type: none"> <li>1 meat (medium-fat)</li> <li>(lettuce) Free-food</li> <li>.5 vegetable</li> </ul>

## Meal Exchange

**Name:** Mr. Rubie

**Diet Rx:** Type II Diabetes Mellitus Diet

46% Kcals CHO= 952kcal  
 24% Kcals Pro = 476kcal  
 30% Kcals Fat = 639kcal

238 gm CHO  
 119 gm Pro  
 71 gm Fat

Reminders: Think well-balanced meals! Snacks are optional if you would like to include them

	B	S	L	S	D	S	Total	CHO (g)	Pro (g)	Fat (g)	Kcals
Starches	3		2	3	2		10	(15g) x4= 600	(3g) x4= 120	(1g) x9= 90	810
Fruit	1			1			2	(15g) x4= 120			120
Milk	1						1	(12g) x4= 48	(8g) x4= 32	(1,5,8g) x9= 9	89
Vegetables	2		4		3		9	(5g) x4= 184	(2g) x4= 72		256
Meats/Subs.	1		4		4		9		(7g) x4= 252	(3,5,8g) x9= 405	657
Fats	2		1				3			(5g) x9= 135	135
<b>CHO Choices</b>	5		2	4	2		13				
<b>Kcals/gm</b>								952	476	639	<b>TOTAL Kcals:</b>
<b>%Kcals</b>								46%	24%	30%	<b>2,067</b>



### **Part C: Grocery List - \$30 Budget**

Mr. Rubie enjoys cooking and grocery shopping. As mentioned earlier, he loves to save money and would rather shop at one place and save gas than go to multiple places. One of his favorite places to find deals is Food 4 Less, which is only a few blocks from his house. Mr. Rubie was given a grocery list from the registered dietitian and is excited to whip up some new recipes (*see Table V*). The groceries are for his two-day meal plan, but many of the items purchased can be used for future meals, such as carrots, celery, and eggs (*see Appendix I*). The price for all groceries totaled \$29.12 and the price for total groceries used was \$24.97.

**Table V:** Grocery list for two-day meal plan

Grocery List		
1 Bag Brown Rice	1 Bag Green Lentils	1 Bag Carrots
1 Crown Broccoli	1 Whole Chicken	1 Bunch Celery
1 Pack Eggs	2 Plain Greek Yogurt (Single)	1 Onion
1 Pack Blueberries	1 Small Avocado	2 Pack Almonds
1 Bunch Cilantro	2 Tomatoes	1 Head Lettuce
2 Limes	1 Bag Quinoa	1 Container Oats

### **Part D: Nutritional Analysis**

When looking at a nutritional analysis of Mr. Rubie's two-day food log in detail, it shows that for both days he is around the 2,000kcal per day goal. For December 9<sup>th</sup> his daily energy intake was 2144kcal (*see Appendix II*). For December 10 his daily energy intake is at 1,875kcal, which is lower than the 2,000 goal, but when looking at the ADIME, his estimated calories per day should be between 1,882 kcal and 2,635 kcal per day (*see Appendix III and ADIME*).

Looking at Day 1 in detail, we can see that Mr. Rubie has met most of his daily requirements.

When looking at each section of the analysis, we see that his macronutrients are at about proper levels with carbohydrates are at 132%, fats 32%, and protein 130%. For micronutrients, all are at optimal levels except for folate (343% high), vitamin D (10% low), and calcium (62% low).

With vitamin D being so low, we may need to adjust his meals to include more sources that are high in vitamin D, such as salmon and fortified foods. If he is unable to obtain these from foods, a supplement containing Vitamin D and calcium may be needed.

Day 2 shows that Mr. Rubie is not meeting his daily requirements for macros as compared to Day 1. When looking at his carbohydrate intake, we see that it is low (89%), with fats (75% low), and protein (128% high). Although the analysis shows that the values are low, he is still within range of the calculated kcals per macronutrient. When looking at the micronutrients, we see an almost similar pattern as Day 1. All values show an adequate daily intake, except for Vitamin D and calcium. Again, these show that some items in his diet may need to be swapped if he would like to stick to his \$30 budget or he may need to supplement.

Regarding the structure of his meal plan, the goal was to have each meal balanced with an appropriate amount of carbohydrates, fats, and protein, as well as vegetables for each big meal. A Mediterranean-type diet is recommended because of how it is low in saturated fats and sugars and more plant-based. Foods were chosen based on nutritional value with the idea of mix-and-matching complementary proteins. A whole chicken was put onto the grocery list so that Mr. Rubie would be able to use the broth in recipes or drink it on its own if he wishes

## **Part E: Conclusion/Reflection**

This project was fun! I loved how we were able to be creative with it, but still had guidelines to follow. I was able to use a lot of the information used in this course, along with information learned in Nutrition 510 for the counseling/behavior portion, Nutrition 303 for the grocery pricing, and Nutrition 406 (and this class) for the MNT portion. Figuring out a meal plan with a budget of \$30 was the most fun in my opinion. When creating my “patient,” I tried to use a mixture of my boyfriend’s personality and mine to make it a little more fun. I love grocery shopping and cooking, while he loves to find the best deals and eats anything. One thing I found difficult about this project was the meal pattern and exchange portion. It took the most time out of the other sections, but I was able to figure it out especially since we already had one for a previous assignment. Doing this project made me see how a dietitian administers a meal plan that is detailed, rather than it being what I normally see from online nutrition coaches who just tell you what to eat.

## Appendix I: Grocery List - Food 4 Less

All food from the grocery list was purchased through Food 4 Less to save time and gas.

Item	Price	Quantity	Amount	Price per Unit	Amount Used & Total
 <p>Kroger Long Grain Brown Rice</p>	\$0.79	1 Bag	16 oz.	\$0.05	16oz <b>\$0.79</b>
 <p>Simple Truth Quinoa</p>	\$3.59	1 Bag	16 oz.	\$0.22	16oz. <b>\$3.59</b>
 <p>Kroger Lentils</p>	\$1.49	1 Bag	16 oz.	\$0.09	16oz. <b>\$1.49</b>
 <p>Kroger Carrots</p>	\$1.28	1 Bag	32 oz.	\$0.04	16 oz. <b>\$0.64</b>
 <p>Celery</p>	\$0.99	1 Bunch	16 oz	\$0.06	16 oz. <b>\$0.99</b>
	\$1.65	1 Pack	12 ct.	\$0.14	5 eggs

 <p>Kroger Grade AA Eggs</p>					<b>\$0.70</b>
 <p>Kroger Non-Fat Greek Yogurt</p>	\$0.85	2 Pack	5.3 oz.	\$0.16	2 pack <b>\$0.85</b>
 <p>Blueberries</p>	\$2.50	1 Pack	16 oz	\$0.15	16oz. <b>\$2.50</b>
 <p>Avocado</p>	\$1.05	1 Avocado	7 oz.	\$0.15	3 oz. <b>\$0.45</b>
 <p>Kroger Sliced Almonds</p>	\$1.99	1 Bag	2.25 oz.	\$0.88	24 almonds (1 oz) <b>\$0.88</b>
	\$0.50	1 Bunch	2.28 oz.	\$0.22	1 bunch <b>\$0.50</b>

 <p>Cilantro</p>					
 <p>Roma Tomatoes</p>	\$0.24	2 Tomatoes	4 oz	\$0.06	2 tomatoes <b>\$0.48</b>
 <p>White Onion</p>	\$0.89	1 Onion	2 oz.	\$0.45	1 onion <b>\$0.89</b>
 <p>Iceberg Lettuce</p>	\$1.49	1 Bunch	19 oz.	\$0.08	1 bunch <b>\$1.49</b>
 <p>Limes</p>	\$0.20	2 Limes	1.5 oz.	\$0.13	2 limes <b>\$0.40</b>

 <p>Sanderson Farms Whole Chicken</p>	\$5.96	1 Chicken	4 lbs.	\$1.49	4lbs <b>\$5.96</b>
 <p>Broccoli</p>	\$0.88	1 Crown	16 oz.	\$0.06	1 crown <b>\$0.88</b>
 <p>Mon's Best Quick Oats</p>	\$1.49	1 Container	16 oz.	\$0.09	16 oz. <b>\$1.49</b>

Total	<b>\$29.12</b>
Total (Used)	<b>\$24.97</b>

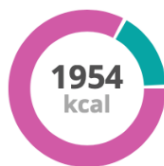
## Appendix II: Thursday - December 09, 2021

Description	Amount	Unit	Energy (kcal)
🍎 Blueberries, Fresh	0.75	cup, whole pieces	63.27
🍎 Kroger, Nonfat Yogurt, Greek, Plain	1	× 2/3 cup	100
🍎 Almonds, Raw	12	each	85.67
🍎 Egg, Whole, Cooked, Hard-Boiled	1	large	77.5
🍎 Oatmeal, Regular or Quick Cooking, Dry	0.33	cup	101.3
🍎 Quinoa, Cooked	0.66	cup	146.52
🍎 Go Green, Green Lentils, Cooked	8	oz	270.85
🍎 Broccoli, Cooked From Fresh	1	cup, chopped	54.6
🍎 Carrots, Cooked From Fresh	0.5	cup, sliced	27.3
🍎 Celery, Cooked	0.5	cup, diced	13.5
🍎 Onion, White, Yellow or Red, Raw	0.5	cup	38.83
🍎 Avocados, Raw, California	1	oz	47.34
🍎 Pico de Gallo, Fresh Red Salsa	0.5	cup	16.87
🍎 Broccoli, Cooked From Fresh	1	cup, chopped	54.6
🍎 Brown Rice, Steamed	0.66	cup	163.98
🍎 Lentils, Boiled	1	cup, whole pieces	229.68
🍎 Chicken Thigh, Skin Removed	4	oz	196.18
🍎 Chicken Wing, Skin Removed Before Eating	4	oz	208.65
🍎 Quinoa, Cooked	0.66	cup	146.52
🍎 Oats, Regular or Quick, Dry	0.33	cup	101.3

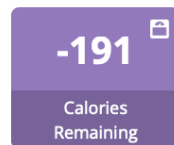
### Energy Summary ⓘ



CONSUMED

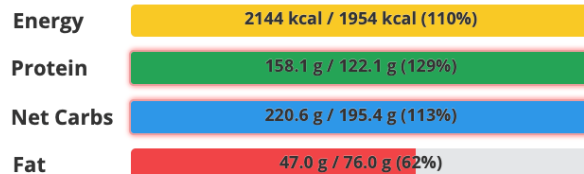


BURNED



BUDGET

### Macronutrient Targets ⓘ





General			
Energy	2144.4	kcal	110%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	1305.4	g	48%

Carbohydrates			
Carbs	290.5	g	132%
Fiber	68.9	g	276%
Starch	133.9	g	No Target
Sugars	39.3	g	No Target
Net Carbs	220.6	g	113%

Lipids			
Fat	47.0	g	62%
Monounsaturated	18.3	g	No Target
Polyunsaturated	12.3	g	No Target
Omega-3	1.1	g	101%
Omega-6	10.7	g	89%
Saturated	9.4	g	n/a
Trans-Fats	0.3	g	n/a
Cholesterol	426.7	mg	No Target

Protein			
Protein	158.1	g	130%
Cystine	1.7	g	183%
Histidine	3.3	g	240%
Isoleucine	4.9	g	261%
Leucine	8.7	g	207%
Lysine	8.7	g	229%
Methionine	2.6	g	278%
Phenylalanine	5.1	g	311%
Threonine	4.6	g	233%
Tryptophan	1.4	g	276%
Tyrosine	3.6	g	217%
Valine	5.5	g	232%

Vitamins			
B1 (Thiamine)	1.7	mg	151%
B2 (Riboflavin)	2.2	mg	198%
B3 (Niacin)	30.5	mg	218%
B5 (Pantothenic Acid)	8.0	mg	160%
B6 (Pyridoxine)	2.9	mg	226%
B12 (Cobalamin)	2.7	µg	111%
Folate	1372.5	µg	343%
Vitamin A	19510.2	IU	836%
Vitamin C	254.4	mg	339%
Vitamin D	60.5	IU	10%
Vitamin E	15.7	mg	105%
Vitamin K	522.4	µg	580%

Minerals			
Calcium	619.2	mg	62%
Copper	2.1	mg	233%
Iron	28.3	mg	157%
Magnesium	648.7	mg	209%
Manganese	8.7	mg	483%
Phosphorus	2388.5	mg	341%
Potassium	4994.7	mg	192%
Selenium	124.7	µg	227%
Sodium	1440.0	mg	96%
Zinc	19.3	mg	241%



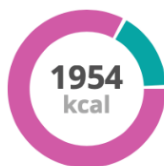
### Appendix III: Friday - December 10, 2021

Description	Amount	Unit	Energy (kcal)
🍏 Quinoa, Cooked	0.66	cup	146.52
🍏 Oats, Regular or Quick, Dry	0.33	cup	101.3
🍏 Blueberry, Raw	0.33	cup, whole pieces	27.84
🍏 Almonds, Raw	12	each	85.67
🍏 Eggs, Cooked	2	large	155
🍏 Broccoli, Cooked From Fresh	1	cup, chopped	54.6
🍏 Chicken Breast, Skinless	4	oz	196.18
🍏 Kroger, Nonfat Yogurt, Greek, Plain	1	× 2/3 cup	100
🍏 Avocados, Raw, California	1	oz	47.34
🍏 Brown Rice, Steamed	0.66	cup	163.98
🍏 Carrots, Cooked From Fresh	0.5	cup, sliced	27.3
🍏 Celery, Cooked	0.5	cup, diced	13.5
🍏 Onion, White, Yellow or Red, Raw	0.5	cup	38.83
🍏 Pico de Gallo, Fresh Red Salsa	1	cup	33.73
🍏 Go Green, Green Lentils, Cooked	8	oz	270.85
🍏 Chicken Breast, Skinless	4	oz	196.18
🍏 Avocados, Raw, California	1	oz	47.34
🍏 Eggs, Cooked	2	large	155
🍏 Celery, Cooked	0.5	cup, diced	13.5

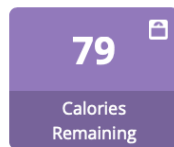
#### Energy Summary ⓘ



**CONSUMED**

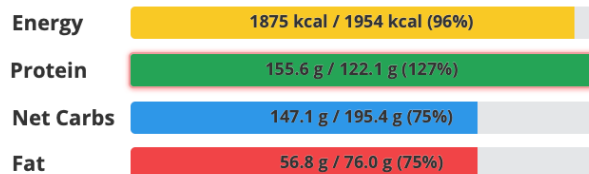


**BURNED**



**BUDGET**

#### Macronutrient Targets ⓘ



General			
Energy	1874.7 kcal	96%	
Alcohol	0.0 g	No Target	
Caffeine	0.0 mg	No Target	
Water	1172.8 g	43%	

Carbohydrates			
Carbs	197.2 g	89%	
Fiber	48.6 g	194%	
Starch	70.4 g	No Target	
Sugars	34.6 g	No Target	
Net Carbs	147.1 g	75%	

Lipids			
Fat	56.8 g	75%	
Monounsaturated	23.7 g	No Target	
Polyunsaturated	11.0 g	No Target	
Omega-3	0.8 g	74%	
Omega-6	9.6 g	80%	
Saturated	12.6 g	n/a	
Trans-Fats	0.2 g	n/a	
Cholesterol	948.8 mg	No Target	

Protein			
Protein	155.6 g	128%	
Cystine	1.9 g	201%	
Histidine	3.4 g	242%	
Isoleucine	6.0 g	316%	
Leucine	9.0 g	215%	
Lysine	9.0 g	236%	
Methionine	3.1 g	330%	
Phenylalanine	5.3 g	319%	
Threonine	5.1 g	254%	
Tryptophan	1.4 g	287%	
Tyrosine	4.0 g	243%	
Valine	6.2 g	258%	

Vitamins			
B1 (Thiamine)	1.1 mg	104%	
B2 (Riboflavin)	2.2 mg	202%	
B3 (Niacin)	39.5 mg	282%	
B5 (Pantothenic Acid)	8.7 mg	173%	
B6 (Pyridoxine)	3.0 mg	233%	
B12 (Cobalamin)	3.0 µg	125%	
Folate	904.9 µg	226%	
Vitamin A	18686.7 IU	801%	
Vitamin C	172.4 mg	230%	
Vitamin D	185.3 IU	31%	
Vitamin E	14.0 mg	93%	
Vitamin K	328.5 µg	365%	

Minerals			
Calcium	601.0 mg	60%	
Copper	1.2 mg	132%	
Iron	19.8 mg	110%	
Magnesium	472.4 mg	152%	
Manganese	5.7 mg	318%	
Phosphorus	2007.9 mg	287%	
Potassium	4251.5 mg	164%	
Selenium	147.6 µg	268%	
Sodium	2002.1 mg	133%	
Zinc	13.4 mg	167%	

