

M L L P D N O S H C S O H C S O H C S O H C S

MAY

		1	3	3	Avg Nutrients Target
		Nutrients Target Cals... 573 95% Fiber... 3.3* g Calcium326.1* mg Sugar 19.9*g 13.9%Cal Carb 77.9g 54.4%Cal T.Fat 21.1g 33.1%Cal S.Fat 7.1g 11.2%Cal	Nutrients Target Cals... 684 105% Fiber... 7.5* g Calcium542.6* mg Sugar 4.3*g 2.5%Cal Carb 78.3g 45.8%Cal T.Fat 22.0g 29.0%Cal S.Fat 10.7g 14.1%Cal	Nutrients Target Cals... 715 110% Fiber... 11.4* g Calcium476.7* mg Sugar 0.8*g 0.5%Cal Carb 93.4g 52.2%Cal T.Fat 28.9g 36.3%Cal S.Fat 5.5g 6.9%Cal	Cals... 657 101% Fiber... 7.4* g Calcium448.5* mg Sugar 8.3*g 5.1%Cal Carb 83.2g 50.6%Cal T.Fat 24.0g 32.9%Cal S.Fat 7.8g 10.7%Cal
6	7	8	9	10	Avg Nutrients Target
Nutrients Target Cals... 724 111% Fiber.. 8.7* g Calcium560.5* mg Sugar 5.3*g 2.9%Cal Carb 100.7g 55.6%Cal T.Fat 23.1g 28.7%Cal S.Fat 5.8g 7.2%Cal	Nutrients Target Cals... 741 114% Fiber.. 6.6* g Calcium499.0* mg Sugar 16.8*g 9.1%Cal Carb 98.1g 52.9%Cal T.Fat 25.9g 31.4%Cal S.Fat 6.9g 8.4%Cal	Nutrients Target Cals... 657 101% Fiber.. 5.9* g Calcium525.5* mg Sugar 21.7*g 13.2%Cal Carb 79.7g 48.5%Cal T.Fat 29.0g 39.7%Cal S.Fat 7.7g 10.5%Cal	Nutrients Target Cals... 621 100% Fiber.. 7.4* g Calcium395.1* mg Sugar 11.8*g 7.6%Cal Carb 88.6g 57.1%Cal T.Fat 14.3g 20.7%Cal S.Fat 3.2g 4.6%Cal	Nutrients Target Cals... 706 109% Fiber.. 6.6* g Calcium689.3* mg Sugar 11.0*g 6.2%Cal Carb 97.7g 55.3%Cal T.Fat 23.3g 29.7%Cal S.Fat 8.0g 10.1%Cal	Cals... 690 106% Fiber.. 7.0* g Calcium533.9* mg Sugar 13.3*g 7.7%Cal Carb 93.0g 53.9%Cal T.Fat 23.1g 30.1%Cal S.Fat 6.3g 8.3%Cal
13	14	15	16	17	Avg Nutrients Target
Nutrients Target Cals... 535 89% Fiber.. 8.1* g Calcium366.7* mg Sugar 9.1*g 6.8%Cal Carb 74.0g 55.3%Cal T.Fat 15.5g 26.0%Cal S.Fat 3.5g 5.8%Cal	Nutrients Target Cals... 918 141% Fiber.. 19.2* g Calcium563.8* mg Sugar 3.1*g 1.3%Cal Carb 139.6g 60.8%Cal T.Fat 24.6g 24.1%Cal S.Fat 7.2g 7.0%Cal	Nutrients Target Cals... 793 122% Fiber.. 15.9* g Calcium498.8* mg Sugar 34.2*g 17.3%Cal Carb 145.2g 73.3%Cal T.Fat 15.7g 17.8%Cal S.Fat 4.7g 5.4%Cal	Nutrients Target Cals... 612 100% Fiber.. 9.8* g Calcium363.8* mg Sugar 20.1*g 13.1%Cal Carb 93.3g 61.0%Cal T.Fat 15.0g 22.0%Cal S.Fat 4.8g 7.1%Cal	Nutrients Target Cals... 730 112% Fiber.. 2.5* g Calcium672.2* mg Sugar 8.2*g 4.5%Cal Carb 76.9g 42.1%Cal T.Fat 27.9g 34.4%Cal S.Fat 10.8g 13.3%Cal	Cals... 718 110% Fiber.. 11.1* g Calcium493.1* mg Sugar 14.9*g 8.3%Cal Carb 105.8g 59.0%Cal T.Fat 19.7g 24.7%Cal S.Fat 6.2g 7.8%Cal
20	21	22	23	24	Avg Nutrients Target
Nutrients Target Cals... 715 110% Fiber.. 13.0* g Calcium489.0* mg Sugar 1.7*g 0.9%Cal Carb 102.0g 57.1%Cal T.Fat 24.4g 30.7%Cal S.Fat 5.4g 6.9%Cal	Nutrients Target Cals... 598 100% Fiber.. 15.5* g Calcium574.7* mg Sugar 8.6*g 5.8%Cal Carb 90.5g 60.5%Cal T.Fat 13.8g 20.8%Cal S.Fat 5.0g 7.5%Cal	Nutrients Target Cals... 1364 210% Fiber.. 14.6* g Calcium655.3* mg Sugar 20.0*g 5.9%Cal Carb 210.2g 61.6%Cal T.Fat 47.2g 31.2%Cal S.Fat 9.7g 6.4%Cal	Nutrients Target Cals... 586 98% Fiber.. 9.6* g Calcium437.0* mg Sugar 6.3*g 4.3%Cal Carb 73.3g 50.0%Cal T.Fat 14.7g 22.6%Cal S.Fat 4.5g 7.0%Cal	Nutrients Target Cals... 608 100% Fiber.. 8.2* g Calcium465.1* mg Sugar 18.3*g 12.0%Cal Carb 80.1g 52.7%Cal T.Fat 25.8g 38.2%Cal S.Fat 6.5g 9.7%Cal	Cals... 774 119% Fiber.. 12.2* g Calcium524.2* mg Sugar 11.0*g 5.7%Cal Carb 111.2g 57.5%Cal T.Fat 25.2g 29.3%Cal S.Fat 6.2g 7.2%Cal
27	28	29	30	31	Avg Nutrients Target
	Nutrients Target Cals... 793 122% Fiber.. 5.5* g Calcium708.4* mg Sugar 12.8*g 6.5%Cal Carb 80.7g 40.7%Cal T.Fat 34.7g 39.4%Cal S.Fat 11.4g 13.0%Cal	Nutrients Target Cals... 549 92% Fiber.. 5.1* g Calcium504.9* mg Sugar 18.2*g 13.3%Cal Carb 75.9g 55.3%Cal T.Fat 14.6g 24.0%Cal S.Fat 4.8g 7.9%Cal	Nutrients Target Cals... 612 100% Fiber.. 7.8* g Calcium369.5* mg Sugar 3.0*g 2.0%Cal Carb 73.3g 47.9%Cal T.Fat 20.1g 29.6%Cal S.Fat 4.9g 7.2%Cal	Nutrients Target Cals... 601 100% Fiber.. 6.4* g Calcium685.4* mg Sugar 1.4*g 1.0%Cal Carb 84.6g 56.3%Cal T.Fat 17.6g 26.3%Cal S.Fat 5.9g 8.8%Cal	Cals... 639 100% Fiber.. 6.2* g Calcium567.1* mg Sugar 8.9*g 5.6%Cal Carb 78.6g 49.2%Cal T.Fat 21.8g 30.7%Cal S.Fat 6.8g 9.5%Cal

NUTRIENTS