

# NOVEMBER

FOODS TO EAT

				1	Avg Nutrients Target Cals... 782 100% Fiber... 3.4 g Calcium 634.1 mg Sugar 16.7*g 8.5%Cal Carb 82.1g 42.0%Cal T.Fat 33.1g 38.0%Cal S.Fat 10.5g 12.1%Cal
4	5	6	7	8	Avg Nutrients Target Cals... 780 100% Fiber... 11.5* g Calcium632.6* mg Sugar 22.0*g 11.3%Cal Carb 107.8g 55.3%Cal T.Fat 23.4g 27.1%Cal S.Fat 6.6g 7.7%Cal
Nutrients Target Cals... 707 94% Fiber.. 8.7 g Calcium 365.3 mg Sugar 6.8*g 3.8%Cal Carb 92.4g 52.3%Cal T.Fat 16.1g 20.4%Cal S.Fat 4.0g 5.1%Cal	Nutrients Target Cals... 797 100% Fiber.. 19.4 g Calcium155.3 mg Sugar 22.6*g 11.3%Cal Carb 119.0g 59.7%Cal T.Fat 21.3g 24.1%Cal S.Fat 7.3g 8.3%Cal	Nutrients Target Cals... 1053 124% Fiber.. 11.2 g Calcium 751.7 mg Sugar 43.2*g 16.4%Cal Carb 134.3g 51.0%Cal T.Fat 42.2g 36.1%Cal S.Fat 7.7g 6.5%Cal	Nutrients Target Cals... 914 108% Fiber.. 12.2* g Calcium540.8* mg Sugar 35.5*g 15.5%Cal Carb 125.1g 54.7%Cal T.Fat 25.9g 25.5%Cal S.Fat 12.4g 12.2%Cal	Nutrients Target Cals... 427 57% Fiber.. 6.2* g Calcium350.0* mg Sugar 1.8*g 1.6%Cal Carb 68.4g 64.0%Cal T.Fat 11.7g 24.7%Cal S.Fat 1.8g 3.7%Cal	
11	12	13	14	15	Avg Nutrients Target Cals... 756 100% Fiber.. 10.1* g Calcium486.2* mg Sugar 27.3*g 14.5%Cal Carb 116.7g 61.8%Cal T.Fat 18.5g 22.0%Cal S.Fat 5.3g 6.3%Cal
	Nutrients Target Cals... 647 86% Fiber.. 11.0* g Calcium418.0* mg Sugar 15.9*g 9.8%Cal Carb 85.2g 52.6%Cal T.Fat 20.4g 28.4%Cal S.Fat 4.7g 6.5%Cal	Nutrients Target Cals... 836 100% Fiber.. 8.1* g Calcium400.7* mg Sugar 39.8*g 19.1%Cal Carb 132.1g 63.2%Cal T.Fat 25.2g 27.2%Cal S.Fat 7.8g 8.4%Cal	Nutrients Target Cals... 955 112% Fiber.. 14.5* g Calcium444.1* mg Sugar 51.9*g 21.7%Cal Carb 163.1g 68.3%Cal T.Fat 13.0g 12.3%Cal S.Fat 3.4g 3.2%Cal	Nutrients Target Cals... 585 78% Fiber.. 6.9* g Calcium682.1* mg Sugar 1.6*g 1.1%Cal Carb 86.6g 59.2%Cal T.Fat 15.4g 23.6%Cal S.Fat 5.2g 7.9%Cal	
18	19	20	21	22	Avg Nutrients Target Cals... 751 100% Fiber.. 9.2* g Calcium624.3* mg Sugar 10.0*g 5.3%Cal Carb 108.8g 57.9%Cal T.Fat 19.5g 23.4%Cal S.Fat 7.6g 9.1%Cal
Nutrients Target Cals... 521 69% Fiber.. 4.0* g Calcium712.0* mg Sugar 0.3*g 0.3%Cal Carb 82.8g 63.6%Cal T.Fat 10.1g 17.5%Cal S.Fat 6.7g 11.5%Cal	Nutrients Target Cals... 899 106% Fiber.. 17.1* g Calcium711.1* mg Sugar 7.9*g 3.5%Cal Carb 131.7g 58.6%Cal T.Fat 21.4g 21.4%Cal S.Fat 7.3g 7.3%Cal	Nutrients Target Cals... 929 109% Fiber.. 6.4* g Calcium628.8* mg Sugar 17.6*g 7.6%Cal Carb 143.2g 61.7%Cal T.Fat 24.7g 23.9%Cal S.Fat 9.2g 8.9%Cal	Nutrients Target Cals... 631 84% Fiber.. 13.9* g Calcium430.0* mg Sugar 7.6*g 4.8%Cal Carb 96.8g 61.4%Cal T.Fat 13.1g 18.7%Cal S.Fat 4.3g 6.1%Cal	Nutrients Target Cals... 774 100% Fiber.. 4.7* g Calcium639.8* mg Sugar 16.7*g 8.6%Cal Carb 89.2g 46.1%Cal T.Fat 28.4g 33.0%Cal S.Fat 10.4g 12.1%Cal	
25	26	27	28	29	Avg Nutrients Target Cals... 783 100% Fiber.. 12.9* g Calcium458.5* mg Sugar 2.9*g 1.5%Cal Carb 97.3g 49.7%Cal T.Fat 27.3g 31.4%Cal S.Fat 6.4g 7.3%Cal
Nutrients Target Cals... 857 101% Fiber.. 12.8* g Calcium434.9* mg Sugar 4.5*g 2.1%Cal Carb 93.6g 43.7%Cal T.Fat 30.4g 31.9%Cal S.Fat 7.3g 7.7%Cal	Nutrients Target Cals... 709 95% Fiber.. 12.9* g Calcium482.1* mg Sugar 1.3*g 0.8%Cal Carb 101.0g 56.9%Cal T.Fat 24.2g 30.7%Cal S.Fat 5.4g 6.8%Cal				

# NUTRIENTS