

JANUARY

FOODS TO EAT IN JANUARY

		1	2	3	
6	7	8	9	10	Avg Nutrients Target
Nutrients Target Cals... 699 93% Fiber.. 8.1* g Calcium735.5* mg Sugar 13.1*g 7.5%Cal Carb 119.2g 68.1%Cal T.Fat 16.1g 20.7%Cal S.Fat 7.1g 9.1%Cal	Nutrients Target Cals... 858 101% Fiber.. 19.4* g Calcium564.2* mg Sugar 37.3*g 17.4%Cal Carb 143.7g 67.0%Cal T.Fat 22.1g 23.2%Cal S.Fat 6.8g 7.1%Cal	Nutrients Target Cals... 765 100% Fiber.. 9.7* g Calcium429.5* mg Sugar 1.6*g 0.9%Cal Carb 103.6g 54.2%Cal T.Fat 24.2g 28.5%Cal S.Fat 7.8g 9.2%Cal	Nutrients Target Cals... 599 80% Fiber.. 12.3* g Calcium362.5* mg Sugar 20.6*g 13.8%Cal Carb 115.2g 76.9%Cal T.Fat 7.1g 10.7%Cal S.Fat 1.9g 2.8%Cal	Nutrients Target Cals... 782 100% Fiber.. 3.4* g Calcium634.1* 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	Cals... 741 99% Fiber.. 10.6* g Calcium545.2* mg Sugar 17.9*g 9.6%Cal Carb 112.7g 60.9%Cal T.Fat 20.5g 24.9%Cal S.Fat 6.8g 8.3%Cal
13	14	15	16	17	Avg Nutrients Target
Nutrients Target Cals... 650 87% Fiber.. 14.7* g Calcium481.5* mg Sugar 21.5*g 13.2%Cal Carb 101.2g 62.3%Cal T.Fat 17.7g 24.5%Cal S.Fat 3.4g 4.8%Cal	Nutrients Target Cals... 691 92% Fiber.. 10.5* g Calcium366.5* mg Sugar 19.0*g 11.0%Cal Carb 107.8g 62.4%Cal T.Fat 16.2g 21.1%Cal S.Fat 4.0g 5.3%Cal	Nutrients Target Cals... 831 100% Fiber.. 6.8* g Calcium428.5* mg Sugar 38.5*g 18.5%Cal Carb 129.5g 62.3%Cal T.Fat 25.5g 27.6%Cal S.Fat 7.8g 8.5%Cal	Nutrients Target Cals... 674 90% Fiber.. 13.9* g Calcium422.6* mg Sugar 37.9*g 22.5%Cal Carb 109.9g 65.2%Cal T.Fat 13.2g 17.6%Cal S.Fat 4.3g 5.7%Cal	Nutrients Target Cals... 718 96% Fiber.. 11.6* g Calcium476.5* mg Sugar 1.3*g 0.7%Cal Carb 93.8g 52.3%Cal T.Fat 28.9g 36.2%Cal S.Fat 5.5g 6.9%Cal	Cals... 713 95% Fiber.. 11.5* g Calcium435.1* mg Sugar 23.7*g 13.3%Cal Carb 108.5g 60.9%Cal T.Fat 20.3g 25.6%Cal S.Fat 5.0g 6.3%Cal
20	21	22	23	24	Avg Nutrients Target
	Nutrients Target Cals... 653 87% Fiber.. 6.0* g Calcium637.4* mg Sugar 11.9*g 7.3%Cal Carb 77.5g 47.5%Cal T.Fat 24.1g 33.2%Cal S.Fat 7.0g 9.6%Cal	Nutrients Target Cals... 819 100% Fiber.. 11.2* g Calcium388.4* mg Sugar 36.4*g 17.8%Cal Carb 137.1g 66.9%Cal T.Fat 15.5g 17.0%Cal S.Fat 3.3g 3.6%Cal	Nutrients Target Cals... 810 100% Fiber.. 17.0* g Calcium619.2* mg Sugar 6.8*g 3.3%Cal Carb 116.5g 57.5%Cal T.Fat 23.1g 25.7%Cal S.Fat 11.4g 12.6%Cal	Nutrients Target Cals... 621 83% Fiber.. 6.2* g Calcium669.7* mg Sugar 34.9*g 22.5%Cal Carb 98.1g 63.2%Cal T.Fat 15.4g 22.4%Cal S.Fat 5.2g 7.5%Cal	Cals... 726 97% Fiber.. 10.1* g Calcium578.7* mg Sugar 22.5*g 12.4%Cal Carb 107.3g 59.1%Cal T.Fat 19.5g 24.2%Cal S.Fat 6.7g 8.3%Cal
27	28	29	30	31	Avg Nutrients Target
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... 797 100% Fiber.. 19.4* g Calcium1155.3 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... 722 96% Fiber.. 7.6* g Calcium385.3* mg Sugar 1.6*g 0.9%Cal Carb 93.0g 51.6%Cal T.Fat 24.2g 30.2%Cal S.Fat 6.2g 7.7%Cal	Nutrients Target Cals... 745 99% Fiber.. 12.1* g Calcium469.7* mg Sugar 34.6*g 18.6%Cal Carb 112.5g 60.4%Cal T.Fat 24.3g 29.4%Cal S.Fat 5.4g 6.5%Cal	Nutrients Target Cals... 782 100% Fiber.. 3.4* g Calcium634.1* 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	Cals... 713 95% Fiber.. 9.3* g Calcium671.3* mg Sugar 15.2*g 8.5%Cal Carb 97.9g 54.9%Cal T.Fat 22.6g 28.5%Cal S.Fat 7.2g 9.1%Cal

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