

# OCTOBER

FOODS - NOVEMBER

	1	2	3	4	Avg Nutrients Target
Nutrients Target Cals... 572 76% Fiber.. 6.7* g Calcium786.2* mg Sugar 13.2*g 9.2%Cal Carb 82.4g 57.6%Cal T.Fat 12.2g 19.2%Cal S.Fat 7.3g 11.5%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... 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... 570 76% Fiber.. 10.5* g Calcium435.6* mg Sugar 7.6*g 5.3%Cal Carb 71.8g 50.4%Cal T.Fat 13.1g 20.7%Cal S.Fat 4.3g 6.8%Cal	Nutrients Target Cals... 547 73% Fiber.. 6.1* g Calcium714.5* mg Sugar 13.9*g 10.2%Cal Carb 77.0g 56.3%Cal T.Fat 15.5g 25.5%Cal S.Fat 5.2g 8.5%Cal	Cals... 646 86% Fiber.. 9.1* g Calcium501.3* mg Sugar 14.4*g 8.9%Cal Carb 88.6g 54.9%Cal T.Fat 19.3g 26.9%Cal S.Fat 5.3g 7.3%Cal
7	8	9	10	11	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... 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... 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... 876 103% Fiber.. 15.1* g Calcium620.5* mg Sugar 34.9*g 15.9%Cal Carb 115.1g 52.6%Cal T.Fat 38.9g 40.0%Cal S.Fat 11.5g 11.8%Cal		Cals... 780 100% Fiber.. 12.8* g Calcium621.3* mg Sugar 17.9*g 9.2%Cal Carb 112.8g 57.8%Cal T.Fat 24.2g 27.9%Cal S.Fat 7.6g 8.8%Cal
14	15	16	17	19	Avg Nutrients Target
	Nutrients Target Cals... 732 98% Fiber.. 11.3* g Calcium480.8* mg Sugar 3.0*g 1.6%Cal Carb 99.1g 54.1%Cal T.Fat 29.2g 35.9%Cal S.Fat 5.5g 6.8%Cal	Nutrients Target Cals... 777 100% Fiber.. 6.1* g Calcium444.4* mg Sugar 6.6*g 3.4%Cal Carb 95.6g 49.2%Cal T.Fat 25.2g 29.1%Cal S.Fat 7.8g 9.1%Cal	Nutrients Target Cals... 649 87% Fiber.. 9.2* g Calcium638.9* mg Sugar 39.8*g 24.5%Cal Carb 104.0g 64.1%Cal T.Fat 13.5g 18.8%Cal S.Fat 6.4g 8.9%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	Cals... 733 98% Fiber.. 7.8* g Calcium551.0* mg Sugar 16.5*g 9.0%Cal Carb 97.0g 52.9%Cal T.Fat 24.1g 29.6%Cal S.Fat 7.5g 9.3%Cal
21	22	23	24	25	Avg Nutrients Target
Nutrients Target Cals... 572 76% Fiber.. 6.7* g Calcium786.2* mg Sugar 13.2*g 9.2%Cal Carb 82.4g 57.6%Cal T.Fat 12.2g 19.2%Cal S.Fat 7.3g 11.5%Cal	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... 1053 124% Fiber.. 11.2* g Calcium751.7* 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... 770 100% Fiber.. 14.1* g Calcium414.8* mg Sugar 37.9*g 19.7%Cal Carb 116.0g 60.2%Cal T.Fat 22.7g 26.5%Cal S.Fat 5.3g 6.2%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	Cals... 727 97% Fiber.. 9.0* g Calcium654.4* mg Sugar 21.6*g 11.9%Cal Carb 99.3g 54.7%Cal T.Fat 23.3g 28.9%Cal S.Fat 6.5g 8.0%Cal
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... 904 106% Fiber.. 10.4* g Calcium692.5* mg Sugar 16.1*g 7.1%Cal Carb 120.3g 53.2%Cal T.Fat 29.2g 29.1%Cal S.Fat 8.8g 8.7%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... 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		Cals... 785 100% Fiber.. 11.7* g Calcium600.9* mg Sugar 14.5*g 7.4%Cal Carb 110.1g 56.1%Cal T.Fat 23.0g 26.3%Cal S.Fat 7.4g 8.5%Cal

# NUTRIENTS