

JANUARY

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6	7	8	9	10	Avg Nutrients Target Cals... 577 96% Fiber.. 6.5* g Calcium469.7* mg Sugar 9.6*g 6.7%Cal Carb 81.5g 56.5%Cal T.Fat 17.3g 27.0%Cal S.Fat 6.2g 9.7%Cal
Nutrients Target Cals... 710 109% Fiber.. 8.2* g Calcium735.0* mg Sugar 8.0*g 4.5%Cal Carb 124.8g 70.3%Cal T.Fat 12.5g 15.8%Cal S.Fat 7.2g 9.1%Cal	Nutrients Target Cals... 315 53% Fiber.. 4.2* g Calcium 69.6* mg Sugar 7.7*g 9.7%Cal Carb 30.8g 39.1%Cal T.Fat 18.2g 51.9%Cal S.Fat 5.8g 16.5%Cal	Nutrients Target Cals... 578 96% Fiber.. 7.3* g Calcium519.7* mg Sugar 3.1*g 2.2%Cal Carb 82.0g 56.7%Cal T.Fat 14.6g 22.7%Cal S.Fat 4.8g 7.5%Cal	Nutrients Target Cals... 518 86% Fiber.. 10.3* g Calcium363.6* mg Sugar 20.5*g 15.8%Cal Carb 96.0g 74.2%Cal T.Fat 6.9g 12.0%Cal S.Fat 1.9g 3.2%Cal	Nutrients Target Cals... 763 117% Fiber.. 2.8* g Calcium660.8* mg Sugar 8.9*g 4.6%Cal Carb 73.9g 38.7%Cal T.Fat 34.4g 40.6%Cal S.Fat 11.3g 13.4%Cal	
13	14	15	16	17	Avg Nutrients Target Cals... 583 97% Fiber.. 8.1* g Calcium329.2* mg Sugar 14.0*g 9.6%Cal Carb 77.8g 53.4%Cal T.Fat 20.9g 32.3%Cal S.Fat 5.1g 7.8%Cal
Nutrients Target Cals... 554 92% Fiber.. 8.1* g Calcium330.8* mg Sugar 18.9*g 13.6%Cal Carb 63.2g 45.6%Cal T.Fat 22.0g 35.8%Cal S.Fat 5.3g 8.6%Cal	Nutrients Target Cals... 688 106% Fiber.. 8.2* g Calcium346.5* mg Sugar 10.4*g 6.0%Cal Carb 95.3g 55.4%Cal T.Fat 23.3g 30.4%Cal S.Fat 5.6g 7.3%Cal	Nutrients Target Cals... 497 83% Fiber.. 2.6* g Calcium376.7* mg Sugar 17.5*g 14.1%Cal Carb 73.1g 58.9%Cal T.Fat 16.2g 29.3%Cal S.Fat 4.7g 8.6%Cal	Nutrients Target Cals... 607 100% Fiber.. 10.9* g Calcium417.1* mg Sugar 21.5*g 14.2%Cal Carb 89.7g 59.1%Cal T.Fat 14.7g 21.8%Cal S.Fat 4.5g 6.7%Cal	Nutrients Target Cals... 569 95% Fiber.. 10.7* g Calcium174.9* mg Sugar 1.8*g 1.3%Cal Carb 67.7g 47.6%Cal T.Fat 28.5g 45.0%Cal S.Fat 5.2g 8.2%Cal	
20	21	22	23	24	Avg Nutrients Target Cals... 640 100% Fiber.. 7.5* g Calcium461.7* mg Sugar 13.6*g 8.5%Cal Carb 84.4g 52.7%Cal T.Fat 19.8g 27.9%Cal S.Fat 6.7g 9.4%Cal
	Nutrients Target Cals... 660 101% Fiber.. 6.0* g Calcium624.1* mg Sugar 12.3*g 7.4%Cal Carb 78.8g 47.8%Cal T.Fat 24.7g 33.7%Cal S.Fat 7.0g 9.5%Cal	Nutrients Target Cals... 494 82% Fiber.. 4.6* g Calcium 40.3* mg Sugar 16.8*g 13.6%Cal Carb 71.1g 57.5%Cal T.Fat 12.9g 23.4%Cal S.Fat 2.6g 4.8%Cal	Nutrients Target Cals... 830 128% Fiber.. 13.4* g Calcium502.8* mg Sugar 23.9*g 11.5%Cal Carb 106.0g 51.1%Cal T.Fat 25.2g 27.3%Cal S.Fat 11.6g 12.5%Cal	Nutrients Target Cals... 830 128% Fiber.. 13.4* g Calcium502.8* mg Sugar 23.9*g 11.5%Cal Carb 106.0g 51.1%Cal T.Fat 25.2g 27.3%Cal S.Fat 11.6g 12.5%Cal	
27	28	29	30	31	Avg Nutrients Target Cals... 567 95% Fiber.. 6.0* g Calcium558.8* mg Sugar 9.2*g 6.5%Cal Carb 70.6g 49.8%Cal T.Fat 21.2g 33.6%Cal S.Fat 7.1g 11.2%Cal
Nutrients Target Cals... 325 54% Fiber.. 3.5* g Calcium398.9* mg Sugar 1.8*g 2.2%Cal Carb 42.8g 52.6%Cal T.Fat 10.7g 29.7%Cal S.Fat 6.2g 17.3%Cal	Nutrients Target Cals... 560 93% Fiber.. 8.9* g Calcium939.9* mg Sugar 13.6*g 9.7%Cal Carb 79.5g 56.8%Cal T.Fat 15.8g 25.4%Cal S.Fat 5.4g 8.6%Cal	Nutrients Target Cals... 465 77% Fiber.. 3.1* g Calcium320.5* mg Sugar 5.6*g 4.8%Cal Carb 52.6g 45.3%Cal T.Fat 20.1g 39.0%Cal S.Fat 6.7g 13.1%Cal	Nutrients Target Cals... 722 111% Fiber.. 11.9* g Calcium473.9* mg Sugar 16.1*g 8.9%Cal Carb 104.3g 57.8%Cal T.Fat 24.9g 31.0%Cal S.Fat 5.6g 7.0%Cal	Nutrients Target Cals... 763 117% Fiber.. 2.8* g Calcium660.8* mg Sugar 8.9*g 4.6%Cal Carb 73.9g 38.7%Cal T.Fat 34.4g 40.6%Cal S.Fat 11.3g 13.4%Cal	

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