

APRIL

FOODS TO EAT

	1	2	3	4	Avg Nutrients Target
	Nutrients Target Cals... 448 60% Fiber.. 7.5* g Calcium375.1* mg Sugar 1.8*g 1.6%Cal Carb 75.2g 67.1%Cal T.Fat 10.8g 21.7%Cal S.Fat 2.5g 5.0%Cal	Nutrients Target Cals... 765 100% Fiber.. 7.6* g Calcium377.8* mg Sugar 31.9*g 16.7%Cal Carb 106.1g 55.5%Cal T.Fat 24.3g 28.6%Cal S.Fat 6.2g 7.3%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	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... 635 85% Fiber.. 6.2* g Calcium525.4* mg Sugar 16.1*g 10.1%Cal Carb 85.1g 53.6%Cal T.Fat 20.9g 29.6%Cal S.Fat 6.1g 8.6%Cal
7	8	9	10	11	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 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... 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... 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	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... 711 95% Fiber.. 8.0* g Calcium719.9* mg Sugar 22.6*g 12.7%Cal Carb 102.3g 57.6%Cal T.Fat 21.1g 26.7%Cal S.Fat 7.5g 9.5%Cal
14	15	16	17	18	Avg Nutrients Target
Nutrients Target Cals... 741 99% Fiber.. 7.7* g Calcium553.3* mg Sugar 13.9*g 7.5%Cal Carb 95.1g 51.3%Cal T.Fat 26.1g 31.7%Cal S.Fat 7.1g 8.6%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... 738 98% Fiber.. 10.3* g Calcium428.3* mg Sugar 18.2*g 9.9%Cal Carb 114.4g 62.0%Cal T.Fat 15.6g 19.0%Cal S.Fat 3.3g 4.1%Cal	Nutrients Target Cals... 704 94% Fiber.. 17.4* g Calcium456.0* mg Sugar 38.9*g 22.1%Cal Carb 114.9g 65.3%Cal T.Fat 13.1g 16.8%Cal S.Fat 4.3g 5.5%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... 733 98% Fiber.. 11.9* g Calcium566.2* mg Sugar 16.1*g 8.8%Cal Carb 108.5g 59.2%Cal T.Fat 18.3g 22.5%Cal S.Fat 5.4g 6.7%Cal
21	22	23	24	25	
28	29	30			Avg Nutrients Target
Nutrients Target Cals... 437 58% Fiber.. 7.0* g Calcium365.6* mg Sugar 1.6*g 1.5%Cal Carb 68.6g 62.8%Cal T.Fat 12.6g 26.0%Cal S.Fat 2.1g 4.4%Cal	Nutrients Target Cals... 991 117% Fiber.. 24.3* g Calcium736.3* mg Sugar 41.7*g 16.8%Cal Carb 137.5g 55.5%Cal T.Fat 26.2g 23.8%Cal S.Fat 9.0g 8.1%Cal	Nutrients Target Cals... 497 66% Fiber.. 6.8* g Calcium447.4* mg Sugar 13.9*g 11.2%Cal Carb 72.3g 58.3%Cal T.Fat 11.5g 20.8%Cal S.Fat 2.9g 5.3%Cal			Cals... 642 86% Fiber.. 12.7* g Calcium516.4* mg Sugar 19.1*g 11.9%Cal Carb 92.8g 57.9%Cal T.Fat 16.8g 23.5%Cal S.Fat 4.7g 6.6%Cal

NUTRIENTS