

MARCH

**M
I
L
L
I
O
N
S
O
F
D
A
Y
S
O
F
T
H
E
M
O
N
T**

3	4	5	6	7	Avg Nutrients Target
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	Target Cals... 820 126% Fiber.. 13.3* g Calcium449.8* mg Sugar 20.6*g 10.0%Cal Carb 126.4g 61.7%Cal T.Fat 19.1g 21.0%Cal S.Fat 4.2g 4.6%Cal	Nutrients Target Cals... 569 95% Fiber.. 3.2* g Calcium351.4* mg Sugar 21.5*g 15.1%Cal Carb 74.0g 52.0%Cal T.Fat 22.6g 35.7%Cal S.Fat 7.6g 12.0%Cal	Nutrients Target Cals... 810 125% Fiber.. 5.2* g Calcium765.7* mg Sugar 13.7*g 6.8%Cal Carb 115.0g 56.8%Cal T.Fat 25.1g 27.9%Cal S.Fat 6.2g 6.9%Cal	Nutrients Target Cals... 578 96% Fiber.. 6.1* g Calcium679.8* mg Sugar 1.6*g 1.1%Cal Carb 81.5g 56.5%Cal T.Fat 16.5g 25.8%Cal S.Fat 5.6g 8.8%Cal	Cals... 697 107% Fiber.. 7.2* g Calcium596.3* mg Sugar 13.1*g 7.5%Cal Carb 104.3g 59.8%Cal T.Fat 19.2g 24.8%Cal S.Fat 6.2g 8.0%Cal
10	11	12	13	14	Avg Nutrients Target
Nutrients Target Cals... 453 75% Fiber.. 2.8* g Calcium692.0* mg Sugar 0.3*g 0.3%Cal Carb 59.6g 52.6%Cal T.Fat 12.5g 24.9%Cal S.Fat 7.1g 14.1%Cal	Nutrients Target Cals... 832 128% Fiber.. 6.4* g Calcium674.4* mg Sugar 1.4*g 0.7%Cal Carb 91.0g 43.7%Cal T.Fat 34.3g 37.0%Cal S.Fat 11.3g 12.2%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			Cals... 594 99% Fiber.. 3.9* g Calcium581.0* mg Sugar 6.4*g 4.3%Cal Carb 74.6g 50.2%Cal T.Fat 21.0g 31.8%Cal S.Fat 7.7g 11.7%Cal
17	18	19	20	21	Avg Nutrients Target
Nutrients Target Cals... 639 100% Fiber.. 3.7* g Calcium599.7* mg Sugar 1.1*g 0.7%Cal Carb 64.8g 40.6%Cal T.Fat 24.5g 34.6%Cal S.Fat 6.9g 9.8%Cal	Nutrients Target Cals... 612 100% Fiber.. 8.5* g Calcium513.5* mg Sugar 8.7*g 5.7%Cal Carb 98.1g 64.0%Cal T.Fat 13.4g 19.7%Cal S.Fat 4.6g 6.7%Cal	Nutrients Target Cals... 545 91% Fiber.. 3.4* g Calcium421.3* mg Sugar 7.6*g 5.6%Cal Carb 79.2g 58.1%Cal T.Fat 14.3g 23.6%Cal S.Fat 3.4g 5.6%Cal	Nutrients Target Cals... 733 113% Fiber.. 6.5* g Calcium388.6* mg Sugar 18.0*g 9.8%Cal Carb 103.1g 56.3%Cal T.Fat 23.4g 28.7%Cal S.Fat 5.6g 6.9%Cal	Nutrients Target Cals... 578 96% Fiber.. 6.1* g Calcium679.8* mg Sugar 1.6*g 1.1%Cal Carb 81.5g 56.5%Cal T.Fat 16.5g 25.8%Cal S.Fat 5.6g 8.8%Cal	Cals... 621 100% Fiber.. 5.6* g Calcium520.6* mg Sugar 7.4*g 4.8%Cal Carb 85.3g 54.9%Cal T.Fat 18.4g 26.7%Cal S.Fat 5.2g 7.6%Cal
24	25	26	27	28	Avg Nutrients Target
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... 877 135% Fiber.. 14.0* g Calcium663.0* mg Sugar 21.5*g 9.8%Cal Carb 113.6g 51.9%Cal T.Fat 29.1g 29.8%Cal S.Fat 8.5g 8.7%Cal	Nutrients Target Cals... 626 100% Fiber.. 4.7* g Calcium357.9* mg Sugar 15.9*g 10.1%Cal Carb 83.7g 53.5%Cal T.Fat 23.2g 33.3%Cal S.Fat 7.4g 10.6%Cal	Nutrients Target Cals... 717 110% Fiber.. 13.4* g Calcium460.3* mg Sugar 23.1*g 12.9%Cal Carb 106.1g 59.2%Cal T.Fat 17.7g 22.2%Cal S.Fat 5.5g 6.9%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	Cals... 695 107% Fiber.. 10.2* g Calcium400.5* mg Sugar 14.5*g 8.4%Cal Carb 93.3g 53.7%Cal T.Fat 24.3g 31.5%Cal S.Fat 6.4g 8.3%Cal
31					Avg Nutrients Target
Nutrients Target Cals... 710 109% Fiber.. 16.2* g Calcium361.9* mg Sugar 27.1*g 15.3%Cal Carb 104.6g 59.0%Cal T.Fat 21.3g 27.0%Cal S.Fat 5.2g 6.5%Cal					Cals... 710 109% Fiber.. 16.2* g Calcium361.9* mg Sugar 27.1*g 15.3%Cal Carb 104.6g 59.0%Cal T.Fat 21.3g 27.0%Cal S.Fat 5.2g 6.5%Cal

NUTRIENTS