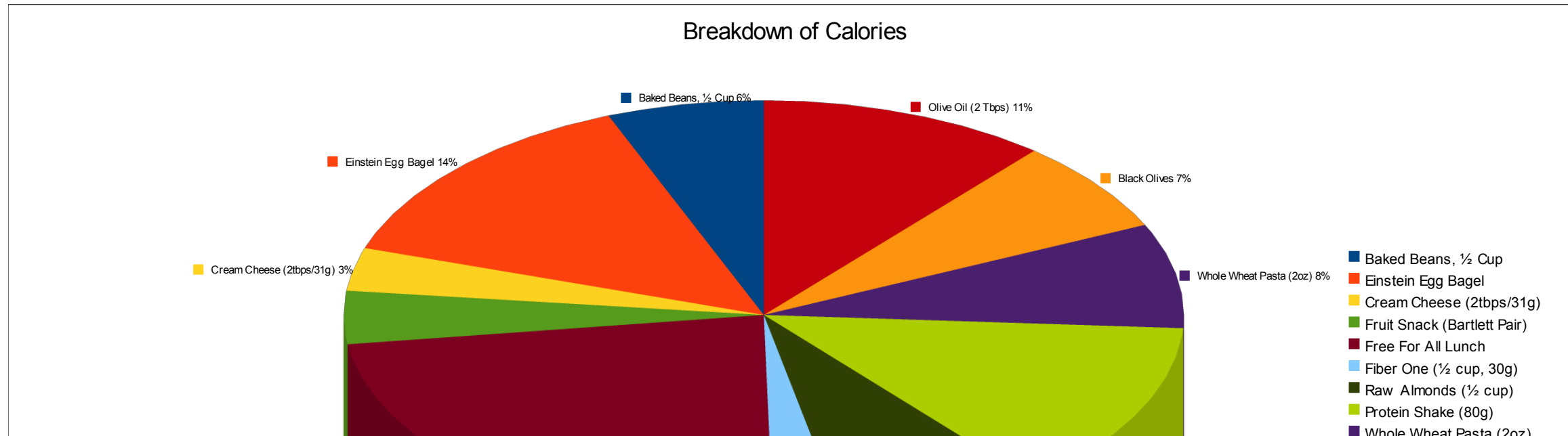
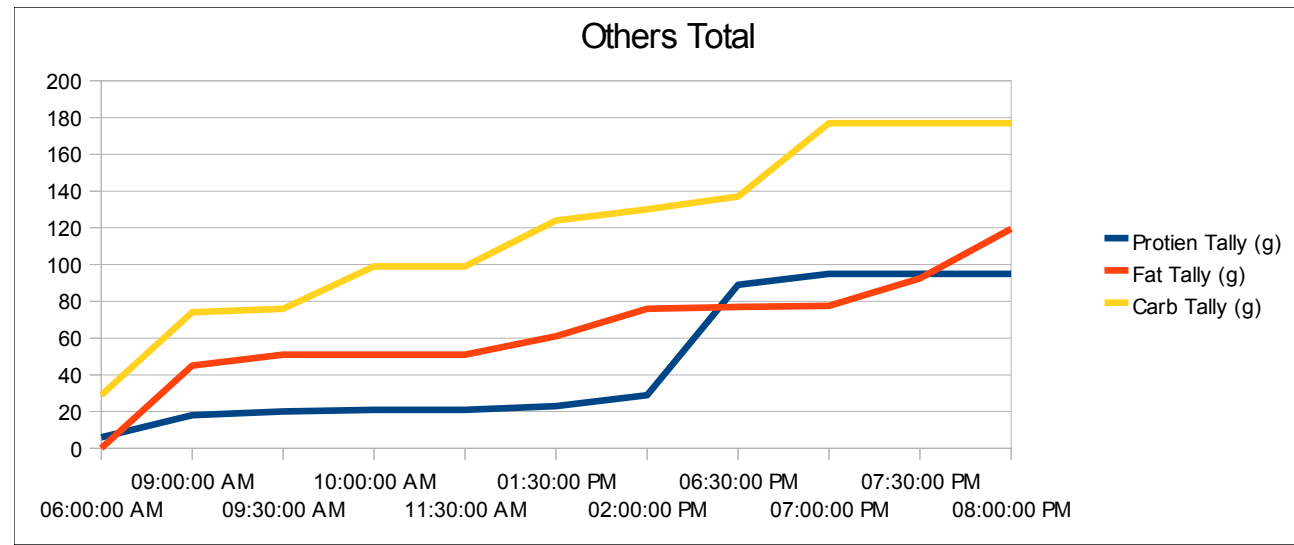
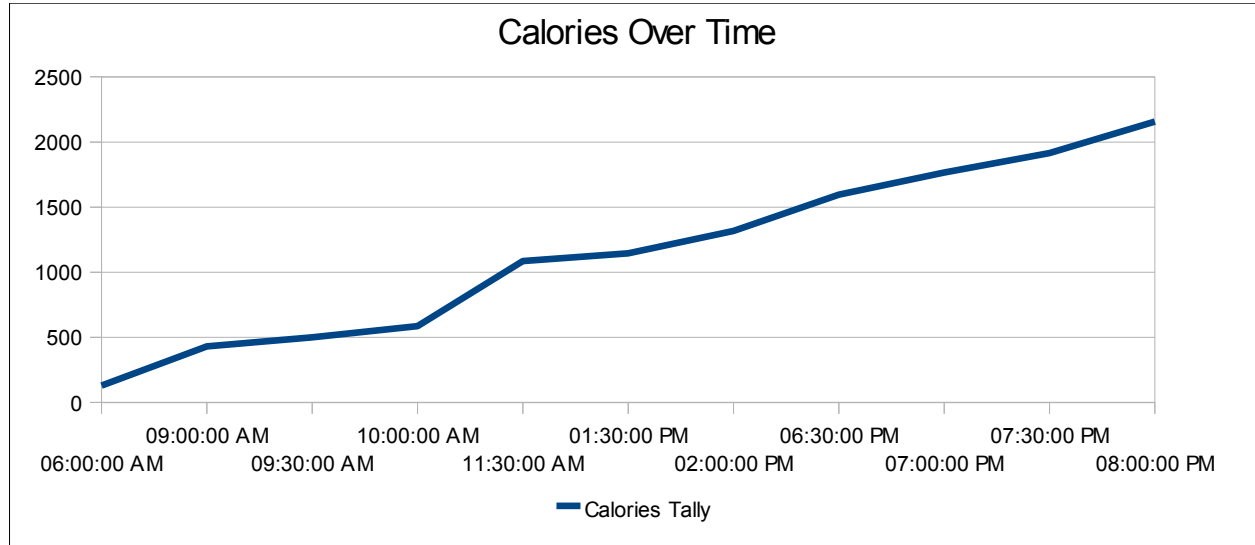
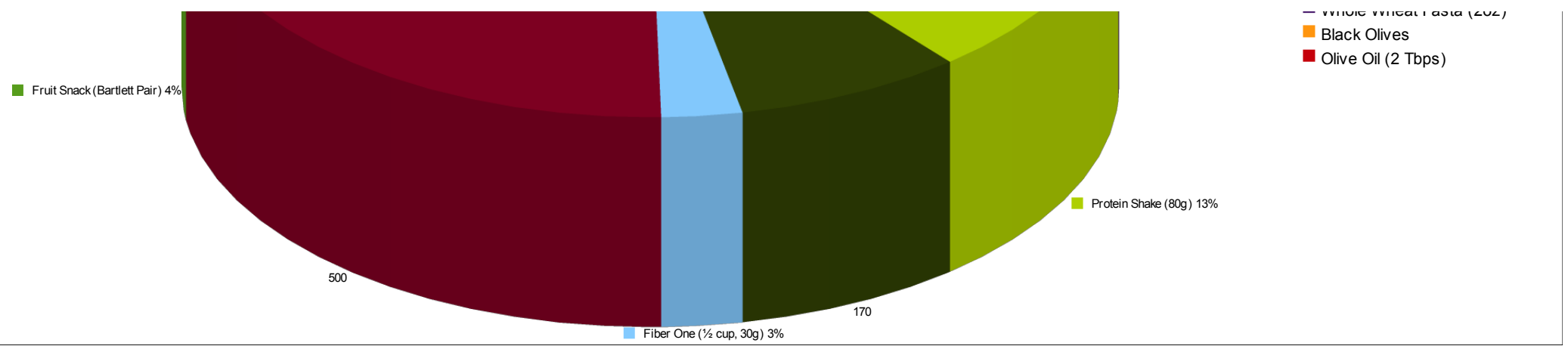


<u>Time Description</u>	<u>Calories</u>	<u>Protein (g)</u>	<u>Fat (All, G)</u>	<u>Sat. Fat (g)</u>	<u>Trans (G)</u>	<u>Carb (29g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Sodium (mg)</u>
06:00:00 AM Baked Beans, ½ Cup	130	6	0	0	0	29	5	12	550
09:00:00 AM Einstein Egg Bagel	300	12	45	5	1.5	45	2	6	490
09:30:00 AM Cream Cheese (2tbps/31g)	70	2	6	3.5	0	2	0	2	140
10:00:00 AM Fruit Snack (Bartlett Pair)	86	1	0	0	0	23	5	15	1
11:30:00 AM Free For All Lunch	500	0	0	0	0	0	0	0	0
01:30:00 PM Fiber One (½ cup, 30g)	60	2	10	0	0	25	14	0	105
02:00:00 PM Raw Almonds (½ cup)	170	6	15	1	0	6	4	1	0
06:30:00 PM Protein Shake (80g)	280	60	1	0.5	0	7	1	2	300
07:00:00 PM Whole Wheat Pasta (2oz)	170	6	0.5	0	0	40	5	1	0
07:30:00 PM Black Olives	150	0	15	0	0	0	0	0	720
08:00:00 PM Olive Oil (4 Tbps)	240	0	27	4	10	0	0	0	0
12:00:00 PM Total	2026	89	119.5	14	11.5	148	31	27	1756

<u>Time Description</u>	<u>Calories</u>	<u>Calories Tally</u>	<u>Protein (g)</u>	<u>Protien Tally (g)</u>	<u>Fat (All, G)</u>	<u>Fat Tally (g)</u>	<u>Sat. Fat (g)</u>	<u>Trans (G)</u>	<u>Carb (29g)</u>	<u>Carb Tally (g)</u>	<u>Fiber (g)</u>	<u>Sugars (g)</u>	<u>Sodium (mg)</u>
06:00:00 AM Baked Beans, ½ Cup	130	130	6	6	0	0	0	0	29	29	5	12	550
09:00:00 AM Einstein Egg Bagel	300	430	12	18	45	45	5	1.5	45	74	2	6	490
09:30:00 AM Cream Cheese (2tbps/31g)	70	500	2	20	6	51	3.5	0	2	76	0	2	140
10:00:00 AM Fruit Snack (Bartlett Pair)	86	586	1	21	0	51	0	0	23	99	5	15	1
11:30:00 AM Free For All Lunch	500	1086	0	21	0	51	0	0	0	99	0	0	0
01:30:00 PM Fiber One (½ cup, 30g)	60	1146	2	23	10	61	0	0	25	124	14	0	105
02:00:00 PM Raw Almonds (½ cup)	170	1316	6	29	15	76	1	0	6	130	4	1	0
06:30:00 PM Protein Shake (80g)	280	1596	60	89	1	77	0.5	0	7	137	1	2	300
07:00:00 PM Whole Wheat Pasta (2oz)	170	1766	6	95	0.5	77.5	0	0	40	177	5	1	0
07:30:00 PM Black Olives	150	1916	0	95	15	92.5	0	0	0	177	0	0	720
08:00:00 PM Olive Oil (2 Tbps)	240	2156	0	95	27	119.5	4	10	0	177	0	0	0
12:00:00 PM Total												27	1756





Note: Substitute Creame Cheese for Tribe Hummus if desired