

Group \_\_\_\_\_

### Nutrition Overview for the Week

Day of Week	Meal Name	Calories	Fat (g)	Protein (g)	Sodium (mg)	Allergens
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
<b>TOTALS</b>						

	Calories	Fat (g)	Protein (g)	Sodium (mg)
<b>Averages per meal</b> (for the week)				

Calculate the % fat based on calories (use average values):

Grams of Fat	# of Calories from Fat	Total Calories	Fat Calories/ Total Calories	% Fat
	x 9 cal/g =			

- Guidelines to Meet (Ave/meal)**
- 700-900 calories
  - Fat less than 15% of total cals
  - NO TRANS FATS
  - Sodium 700 mg or less