

Original 3day menu

Sydney Hunter

19 year old male
6' 185 pounds
~~Sedentary~~ moderately active

Spreadsheet: Sydney Hunter | All Days

Spreadsheet

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fib (g)	Fat (g)	Carb (g)
- Sydney Hunter							
- Day 1 (11/1/2013)			1942.79	80.96	15.68	61.00	271.10
- Breakfast			429.92	10.88	0.74	15.14	62.48
Pancakes, chocolate chip	2	Ounce-w...	165.11	3.74	0.62	8.41	19.63
Syrup, maple	1	Tablespoon	52.00	0.01	0	0.01	13.41
Strawberries, fresh, med, 1 1/4"	0.5	Each	1.92	0.04	0.12	0.02	0.46
Egg, scrambled	1	Each	90.89	6.09	0	6.70	0.98
Juice, orange, no pulp	1	Cup	120.00	1.00	0	0	28.00
- Lunch			575.08	21.16	5.63	9.40	106.53
Soup, tomato, cond, cnd	1	Cup	105.08	2.16	1.63	0.65	22.53
Bread, whole grain, 100%	2	Slice	200.00	10.00	4.00	2.00	38.00
Lunchmeat, Deli Thin, ham, smkd w/water add	0.5	Serving	30.00	4.00	0	0.75	1.00
Cheese, cheddar, med, thin slice	1	Thin Slice	80.00	5.00	0	6.00	0
Soda, Barq's, root beer	1	Can	160.00	0	0	0	45.00
- Dinner			702.04	40.57	5.31	32.37	61.01
Pasta, spaghetti, enrich, ckd	1	Cup	221.20	8.12	2.52	1.30	43.20
Chicken, breast, grilled	4	Ounce-w...	165.58	29.10	0	5.02	0
Sauce, pasta, alfredo, creamy	0.35	Cup	112.00	1.40	0	9.80	4.20
Salad Dressing, vinaigrette, balsamic	2	Tablespoon	158.00	0	0	16.00	4.00
Lettuce, romaine, fresh, shred	1	Cup	7.99	0.58	0.99	0.14	1.55
Tomatoes, diced	0.25	Cup	15.00	0.50	0.38	0	3.00

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fib (g)	Fat (g)	Carb (g)
Carrot, fresh, chpd	0.25 Cup		13.12	0.30	0.90	0.08	3.07
Cucumber, w/skin, fresh, slices	0.25 Cup		3.90	0.17	0.13	0.03	0.94
Onion, green, chpd, fresh	1 Tablespoon		1.25	0	0	0	0.25
Asparagus, fresh, spears	1 Each		4.00	0.40	0.40	0	0.80
Water, tap	2 Cup		0	0	0	0	0
-[-] Evening Snack			235.75	8.35	4.00	4.09	41.09
Pretzels, hard, chocolate coated	1 Each		50.38	0.82	--	1.84	7.80
Apple, gala	1 Each		80.00	0	4.00	0	22.00
Yogurt, vanilla, lowfat	6 Ounce-w...		105.37	7.53	0	2.26	11.29
Water, tap	2 Cup		0	0	0	0	0
-[-] Day 2 (11/2/2013)			2810.58	121.43	27.09	126.12	297.31
-[-] Breakfast			1032.89	58.33	4.42	50.13	93.08
Bacon	1 Ounce-w...		141.75	8.10	0	12.15	2.02
Syrup, maple *	2 Teaspoon		34.67	0.01	0	0.01	8.94
Milk, 1%, w/add vit A & D	1.5 Cup		165.00	13.50	0	3.75	19.50
Oranges, all types, fresh, lrg, 3 1/16"	1 Each		86.48	1.73	4.42	0.22	21.62
French Toast*	2 Slice		605.00	35.00	0	34.00	41.00
-[-] Lunch			357.68	13.10	3.68	12.99	47.23
Lettuce, romaine, fresh, shred	1.5 Cup		11.99	0.87	1.48	0.21	2.32
Salad Dressing, thousand island	2 Teaspoon		40.00	0	0	3.33	1.67
Pizza, pepperoni, original, round, 14"	1 Slice		245.70	12.23	1.53	9.45	27.91
Grapes, fresh	0.5 Cup		60.00	0	0.67	0	15.33
Water, tap	2 Cup		0	0	0	0	0

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fib (g)	Fat (g)	Carb (g)
-[-] Dinner			1060.00	42.00	11.00	55.00	97.00
Salad, taco, chicken	1	Each	810.00	40.00	9.00	44.00	64.00
Chips, tortilla	1	Order	190.00	2.00	2.00	11.00	21.00
Salsa, papaya mango, fire roasted	0.5	Cup	60.00	0	0	0	12.00
Water, tap	2	Cup	0	0	0	0	0
-[-] Evening Snack			360.00	8.00	8.00	8.00	60.00
Smoothie, berry blend, w/yogurt, fzn mix	2	Cup	360.00	8.00	8.00	8.00	60.00
-[-] Day 3 (11/4/2013)			2997.52	123.09	35.81	100.60	410.86
-[-] Breakfast			940.03	33.70	6.11	50.19	92.35
Breakfast Burrito, sausage egg & cheese	1	Each	800.00	33.00	5.00	50.00	57.00
Peaches, fresh, sliced	0.5	Cup	30.03	0.70	1.11	0.19	7.35
Juice, apple	1	Cup	110.00	0	0	0	28.00
-[-] Lunch			317.71	30.26	3.57	6.43	35.24
French Fries, sweet potato, fzn	1	Each	9.44	0.11	0.11	0.33	1.78
Tortilla	1	Each	86.67	2.33	1.67	2.67	13.33
Lettuce, romaine, fresh, shred	0.24	Cup	1.92	0.14	0.24	0.03	0.37
Tomatoes, diced	0.25	Cup	15.00	0.50	0.38	0	3.00
Lunchmeat, turkey breast, Deli Fresh, oven rstd, shaved, svg	6	Ounce-w...	166.76	26.68	--	3.34	6.67
Fruit Cocktail, cnd, w/water	0.5	Cup	37.92	0.50	1.18	0.06	10.08
Water, tap	2	Cup	0	0	0	0	0
-[-] Dinner			1503.91	48.48	16.59	32.46	257.63

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Quantity	Measure	Cals (kcal)	Prot (g)	Fib (g)	Fat (g)	Carb (g)
Bread, soup bowl, sourdough	1	Each	390.00	14.00	3.00	1.00	80.00
Soup, white bean, savory, w/rstd ham, Select, cnd	1	Cup	169.05	8.99	7.11	1.49	29.99
Bread, whole grain, 100%	2	Slice	200.00	10.00	4.00	2.00	38.00
Cheese, cheddar, med, thin slice	2	Slice	160.00	10.00	0	12.00	0
Vegetables, mixed, fzn	0.5	Cup	44.78	1.49	1.49	0	8.96
Soda, Barq's, root beer	1	Cup	106.67	0	0	0	30.00
Cobbler, peach	1	Serving	283.42	0.99	0.99	6.96	55.69
Ice Cream, vanilla	0.5	Cup	150.00	3.00	0	9.00	15.00
Evening Snack			235.87	10.65	9.53	11.52	25.65
Carrot, baby, fresh	0.5	Cup	26.67	0.67	1.33	0	6.00
Celery, stalk, fresh, med	1	Each	10.00	0.50	1.00	0	2.50
Hummus	0.5	Cup	199.20	9.48	7.20	11.52	17.15
Water, tap	1.5	Cup	0	0	0	0	0
Average			2583.63	108.49	26.20	95.91	326.43
% Recommendation			76.93	161.61	55.71	91.79	70.69
Item Name	Vit A-IU (IU)	Folate (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)
Sydney Hunter							
Day 1 (11/1/2013)	11599.07	322.41	1.17	1.01	8.70	0.46	108.49
Breakfast	586.95	83.40	0.19	0.51	0.49	0.46	75.53
Pancakes, chocolate chip	233.65	--	--	--	--	--	0
Syrup, maple	0	0	0.01	0.25	0.02	0	0
Strawberries, fresh, med, 1 1/4"	0.72	1.44	0.00	0.00	0.02	0	3.53
Egg, scrambled	352.58	21.96	0.02	0.23	0.05	0.46	0

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Folate (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)
Juice, orange, no pulp	0	60.00	0.15	0.03	0.40	--	72.00
<input checked="" type="checkbox"/> Lunch	778.04	64.00	0.52	0.22	5.27	--	7.10
Soup, tomato, cond, cnd	478.04	--	0.06	0.02	1.27	--	7.10
Bread, whole grain, 100%	0	64.00	0.46	0.20	4.00	--	0
Lunchmeat, Deli Thin, ham, smkd, w/water add	0	--	--	--	--	--	0
Cheese, cheddar, med, thin slice	300.00	--	--	--	--	--	0
Soda, Barq's, root beer	0	--	--	--	--	--	0
<input checked="" type="checkbox"/> Dinner	9831.92	174.02	0.45	0.25	2.85	0	16.80
Pasta, spaghetti, enrich, ckd	0	102.20	0.38	0.19	2.36	0	0
Chicken, breast, grilled	--	--	--	--	--	--	--
Sauce, pasta, alfredo, creamy	140.00	--	--	--	--	--	0
Salad Dressing, vinaigrette, balsamic	0	--	--	--	--	--	0
Lettuce, romaine, fresh, shred	4093.70	63.92	0.03	0.03	0.15	0	1.88
Tomatoes, diced	100.00	--	--	--	--	--	7.50
Carrot, fresh, chpd	5345.92	6.08	0.02	0.02	0.31	0	1.89
Cucumber, w/skin, fresh, slices	27.30	1.82	0.01	0.01	0.03	0	0.73
Onion, green, chpd, fresh	25.00	--	--	--	--	--	3.00
Asparagus, fresh, spears	100.00	--	--	--	--	0	1.80
Water, tap	0	0	0	0	0	0	0
<input checked="" type="checkbox"/> Evening Snack	402.16	0.99	0.01	0.02	0.09	0	9.06

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Folate (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)
Pretzels, hard, chocolate coated	1.10	0.99	0.01	0.02	0.09	0	0.05
Apple, gala	100.00	--	--	--	--	--	7.20
Yogurt, vanilla, lowfat	301.06	--	--	--	--	--	1.81
Water, tap	0	0	0	0	0	0	0
-[-] Day 2 (11/2/2013)	13102.45	151.08	0.52	0.57	4.11	0.47	250.91
-[-] Breakfast	2914.00	55.20	0.17	0.24	0.53	0	100.29
Bacon	0	--	--	--	--	--	0
Syrup, maple	0	0	0.01	0.17	0.01	0	0
Milk, 1%, w/add vit A & D	750.00	--	--	--	--	--	1.80
Oranges, all types, fresh, lrg, 3 1/16"	414.00	55.20	0.16	0.07	0.52	0	97.89
French Toast	1750.00	--	--	--	--	--	0.60
-[-] Lunch	6438.45	95.88	0.35	0.33	3.58	0.47	3.62
Lettuce, romaine, fresh, shred	6140.55	95.88	0.05	0.05	0.22	0	2.82
Salad Dressing, thousand island	0	--	--	--	--	--	0
Pizza, pepperoni, original, round, 14"	297.90	--	0.30	0.28	3.36	0.47	0
Grapes, fresh	0	--	--	--	--	0	0.80
Water, tap	0	0	0	0	0	0	0
-[-] Dinner	3350.00	0	0	0	0	0	63.00
Salad, taco, chicken	1750.00	--	--	--	--	--	15.00
Chips, tortilla	--	--	--	--	--	--	--
Salsa, papaya mango, fire roasted	1600.00	--	--	--	--	--	48.00
Water, tap	0	0	0	0	0	0	0
-[-] Evening Snack	400.00	--	--	--	--	--	84.00
Smoothie, berry blend, w/yogurt, fzn mix	400.00	--	--	--	--	--	84.00

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Folate (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)
Day 3 (11/4/2013)	16012.24	185.58	0.72	0.32	5.78	0	101.83
Breakfast	1001.02	3.08	0.02	0.02	0.62	0	65.08
Breakfast Burrito, sausage egg & cheese	750.00	--	--	--	--	--	0
Peaches, fresh, sliced	251.02	3.08	0.02	0.02	0.62	0	5.08
Juice, apple	0	--	--	--	--	--	60.00
Lunch	2823.18	18.90	0.03	0.02	0.47	0	11.44
French Fries, sweet potato, fzn	1444.44	--	--	--	--	--	1.00
Tortilla	--	--	--	--	--	--	--
Lettuce, romaine, fresh, shred	982.49	15.34	0.01	0.01	0.04	0	0.45
Tomatoes, diced	100.00	--	--	--	--	--	7.50
Lunchmeat, turkey breast, Deli Fresh, oven rstd, shaved, svg	0	--	--	--	--	--	0
Fruit Cocktail, cnd, w/water	296.25	3.56	0.02	0.01	0.43	0	2.49
Water, tap	0	0	0	0	0	0	0
Dinner	3768.70	64.00	0.46	0.20	4.00	--	16.81
Bread, soup bowl, sourdough	0	--	--	--	--	--	12.00
Soup, white bean, savory, w/rstd ham, Select, cnd	1749.30	--	--	--	--	--	1.23
Bread, whole grain, 100%	0	64.00	0.46	0.20	4.00	--	0
Cheese, cheddar, med, thin slice	600.00	--	--	--	--	--	0
Vegetables, mixed, fzn	1119.40	--	--	--	--	--	3.58
Soda, Barq's, root beer	0	--	--	--	--	--	0
Cobbler, peach	--	--	--	--	--	--	--
Ice Cream, vanilla	300.00	--	--	--	--	--	0

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Vit A-IU (IU)	Folate (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B12 (mcg)	Vit C (mg)
[-] Evening Snack	8419.33	99.60	0.22	0.08	0.70	0	8.50
[-] Carrot, baby, fresh	8333.33	--	--	--	--	--	4.00
[-] Celery, stalk, fresh, med	50.00	--	--	--	--	--	4.50
[-] Hummus	36.00	99.60	0.22	0.08	0.70	0	0
[-] Water, tap	0	0	0	0	0	0	0
Average	13571.25	219.69	0.80	0.63	6.20	0.31	153.74
% Recommendation		54.92	67.03	48.70	38.74	12.94	170.82
Item Name	Calc (mg)	Iron (mg)	Zinc (mg)				
[-] Sydney Hunter							
[-] Day 1 (11/1/2013)	946.08	9.60	2.35				
[-] Breakfast	221.81	1.97	0.94				
[-] Pancakes, chocolate chip	140.19	1.12	--				
[-] Syrup, maple	20.40	0.02	0.29				
[-] Strawberries, fresh, med, 1 1/4"	0.96	0.02	0.01				
[-] Egg, scrambled	40.26	0.80	0.63				
[-] Juice, orange, no pulp	20.00	0	--				
[-] Lunch	289.24	3.93	0.27				
[-] Soup, tomato, cond, cnd	19.24	0.87	0.27				
[-] Bread, whole grain, 100%	120.00	2.88	--				
[-] Lunchmeat, Deli Thin, ham, smkd, w/water add	0	0.18	--				
[-] Cheese, cheddar, med, thin slice	150.00	0	--				
[-] Soda, Barq's, root beer	0	0	--				
[-] Dinner	149.25	3.12	1.00				

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
Pasta, spaghetti, enrich, ckd	9.80	1.79	0.71
Chicken, breast, grilled	--	--	--
Sauce, pasta, alfredo, creamy	56.00	0	--
Salad Dressing, vinaigrette, balsamic	5.00	0.09	--
Lettuce, romaine, fresh, shred	15.51	0.46	0.11
Tomatoes, diced	30.00	0.36	--
Carrot, fresh, chpd	10.56	0.10	0.08
Cucumber, w/skin, fresh, slices	4.16	0.07	0.05
Onion, green, chpd, fresh	0	0.18	--
Asparagus, fresh, spears	4.00	0.07	--
Water, tap	14.22	0	0.05
[-] Evening Snack	285.78	0.58	0.15
Pretzels, hard, chocolate coated	8.14	0.22	0.10
Apple, gala	0	0.36	--
Yogurt, vanilla, lowfat	263.42	0	--
Water, tap	14.22	0	0.05
[-] Day 2 (11/2/2013)	2091.24	14.33	2.08
[-] Breakfast	707.20	4.70	0.32
Bacon	0	0	--
Syrup, maple	13.60	0.01	0.20
Milk, 1%, w/add vit A & D	450.00	0	--
Oranges, all types, fresh, lrg, 3 1/16"	73.60	0.18	0.13

Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
└─ French Toast	170.00	4.50	--
└─ Lunch	239.82	2.79	1.70
└─ Lettuce, romaine, fresh, shred	23.27	0.68	0.16
└─ Salad Dressing, thousand island	0	0	--
└─ Pizza, pepperoni, original, round, 14"	189.00	2.11	1.49
└─ Grapes, fresh	13.33	0	--
└─ Water, tap	14.22	0	0.05
└─ Dinner	544.22	5.40	0.05
└─ Salad, taco, chicken	450.00	5.40	--
└─ Chips, tortilla	--	--	--
└─ Salsa, papaya mango, fire roasted	80.00	0	--
└─ Water, tap	14.22	0	0.05
└─ Evening Snack	600.00	1.44	--
└─ Smoothie, berry blend, w/yogurt, fzn mix	600.00	1.44	--
└─ Day 3 (11/4/2013)	1194.03	20.14	2.54
└─ Breakfast	454.62	5.59	0.13
└─ Breakfast Burrito, sausage egg & cheese	450.00	5.40	--
└─ Peaches, fresh, sliced	4.62	0.19	0.13
└─ Juice, apple	0	0	--
└─ Lunch	56.09	2.01	0.18
└─ French Fries, sweet potato, fzn	2.22	0.04	--
└─ Tortilla	--	--	--

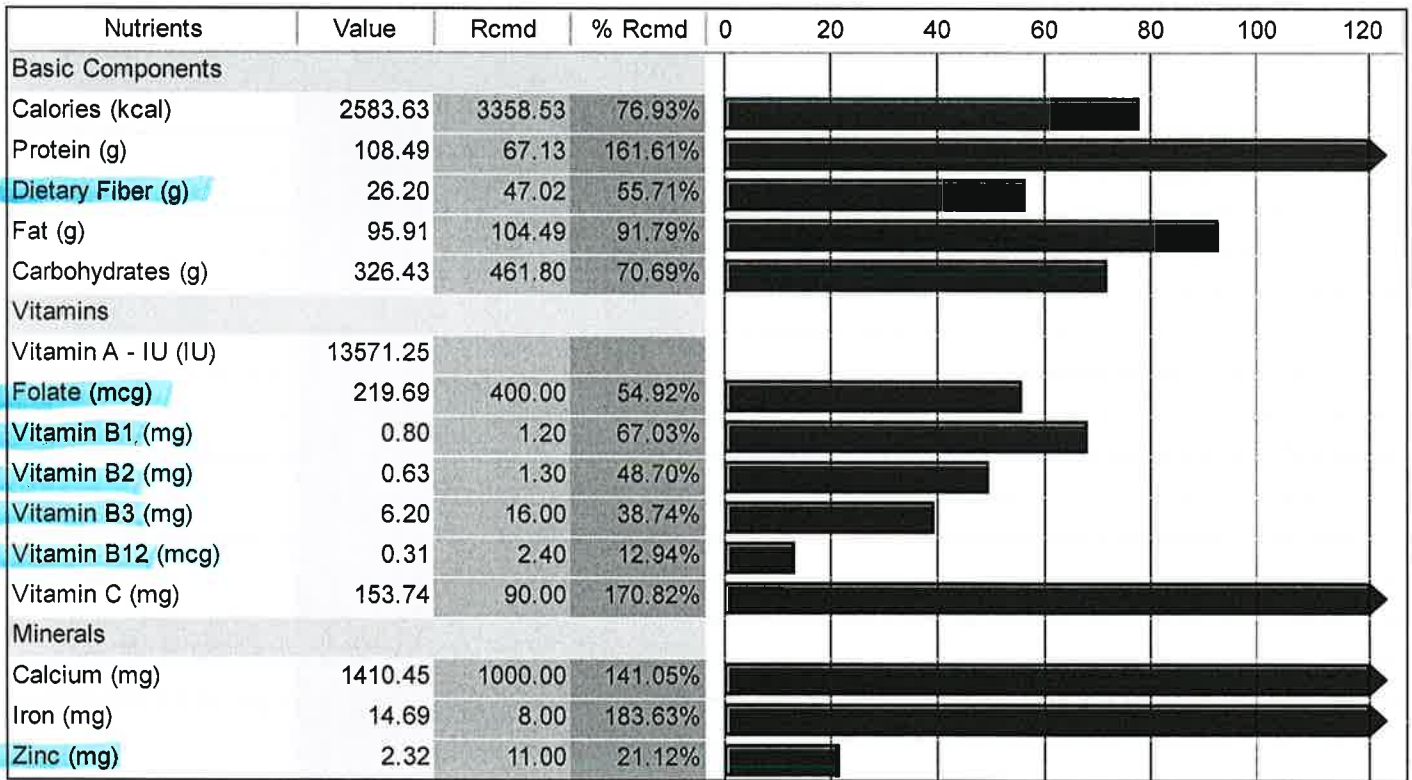
Spreadsheet: Sydney Hunter | All Days

Spreadsheet cont.

Item Name	Calc (mg)	Iron (mg)	Zinc (mg)
Lettuce, romaine, fresh, shred	3.72	0.11	0.03
Tomatoes, diced	30.00	0.36	--
Lunchmeat, turkey breast, Deli Fresh, oven rstd, shaved, svg	0	1.20	--
Fruit Cocktail, cnd, w/water	5.92	0.30	0.11
Water, tap	14.22	0	0.05
- Dinner	593.73	9.44	--
Bread, soup bowl, sourdough	20.00	4.50	--
Soup, white bean, savory, w/rstd ham, Select, cnd	58.80	1.79	--
Bread, whole grain, 100%	120.00	2.88	--
Cheese, cheddar, med, thin slice	300.00	0	--
Vegetables, mixed, fzn	14.93	0.27	--
Soda, Barq's, root beer	0	0	--
Cobbler, peach	--	--	--
Ice Cream, vanilla	80.00	0	--
- Evening Snack	89.60	3.11	2.23
Carrot, baby, fresh	13.33	0	--
Celery, stalk, fresh, med	20.00	0.18	--
Hummus	45.60	2.93	2.20
Water, tap	10.67	0	0.04
Average	1410.45	14.69	2.32
% Recommendation	141.05	183.63	21.12

Bar Graph - RDA/AI: Sydney Hunter | All Days

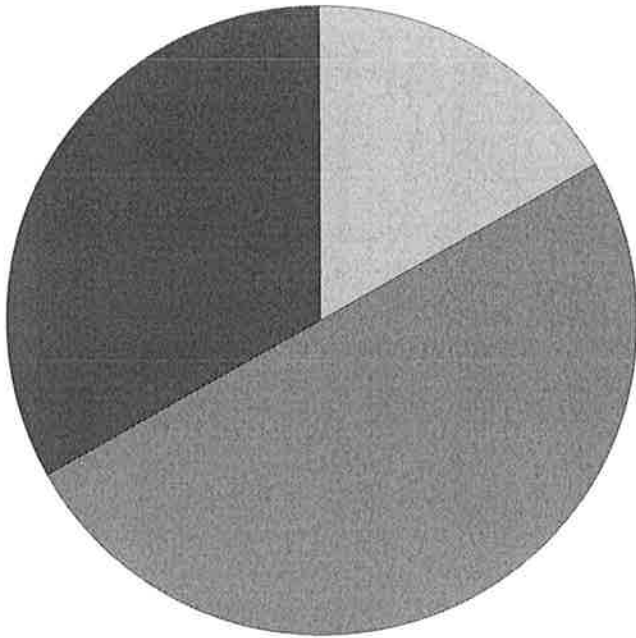
Bar Graph



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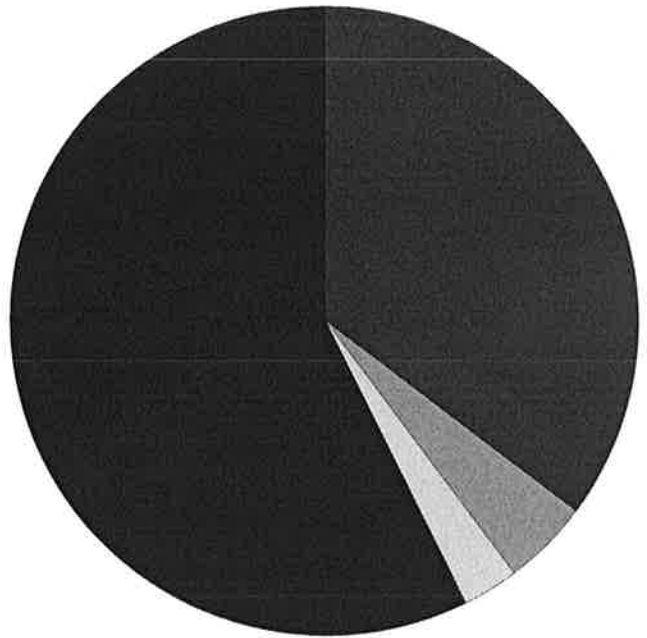
Source of Total Calories

■ Protein	16.7 %	<i>10-35%</i>
■ Carbohydrates	50.2 %	<i>45-65%</i>
■ Fat	33.2 %	<i>10-35%</i>
■ Alcohol	0 %	



Source of Calories from Fat

■ Saturated Fat (7-10%)	11.7 %
■ Mono Fat (10-15%)	1.5 %
■ Poly Fat (up to 10%)	1.0 %
■ Trans Fatty Acid	0.0 %
■ Other	19.0 %



MyPlate

Sydney Hunter | All Days

Male Age: 19 Yrs. Height: 6 ft. in. Weight: 185.00 lb. Moderately Active BMI: 25.09



My Plate - Intake vs Recommendation 3200 Calories Pattern

Group	Percent of Rec.	Comparison	Amount (Daily)
Grain Total Intake	24 %		2.42 oz equivalent
Grain Total Recommended			10 oz equivalent
Vegetable Total Intake	35 %		1.39 cup equivalent
Vegetable Total Recommended			4 cup equivalent
Fruit Intake	83 %		2.07 cup equivalent
Fruit Recommended			2.5 cup equivalent
Dairy Intake	72 %		2.15 cup equivalent
Dairy Recommended			3 cup equivalent
Protein Total Intake	58 %		4.07 oz equivalent
Protein Total Recommended			7 oz equivalent

Make at least half your grains whole grains.

Vary the vegetables that you eat:

- Dark Green Vegetables = 3.00 cups weekly
- Red & Orange Vegetables = 2.50 cups weekly
- Beans and Peas = 3.50 cups weekly
- Starchy Vegetables = 9.00 cups weekly
- Other Vegetables = 10.00 cups weekly