Oct 13 – 17

Family Activity

Mon.,Wed., Fri	Son - Football practice after school to 5:30pm Daughter- Volleyball Practice 5:00pm to 7:00pm We eat dinner at about 7:30pm
Tues., Thurs	Football practice after school to 5:30pm Daughter-Gymnastics Practice 3:00pm to 5:00pm We eat dinner at about 6:30pm
Grandmother -	Mon-Fri participates in an active seniors group. Usually is home by 6:30 and helps drop off the grandchildren to their activities when she can.

We are the Busy Family and we are busy! My wife and I are office workers and sit in front of a computer for most of the day. My mother came to live with us a little over a year ago to help us out financially and I wish I had half the energy she seems to have at 67 years old. You will see most of our weekdays revolve around getting our kids to their activities. My mother has her own busy schedule but helps out with dropping off or picking up when she can. We usually go to a restaurant and pick up food for dinner every night of the week. We just do not have the time to make dinner it seems. We live in a rural area and our closets grocery store is 20 miles but the gym and playing fields are close to a street of fast food restaurants and that has been our weakness. It has just been easier to get food there on the way home.

Below is the information you asked for about each of us and our weekly schedule.

Mr. Busy – 42 years old Job: analyst – computer work 8-10 hours/day Level of activity- sedentary (unfortunately) Health- I thought I was relatively healthy and a little over weight until a recent doctors visit. I am on the verge of high blood pressure, I'm 40 pounds overweight for someone my height, and my cholesterol is high (254).

Mrs. Busy – 41 years old Job: marketing director computer work 8-10 hours/day Level of activity- sedentary Health- According to height-weight chart 10 pounds overweight. Cholesterol is normal and good cholesterol is low. Blood sugar was high from blood work and may be pre-diabetic.

Grandma Busy- 67 years old Job: retired and busy Level of activity- moderately active – walks at the mall with friends in the morning Health- she is on cholesterol medicine, weight is normal, blood pressure is fine, cholesterol is normal and maintained.

Busy son- 15 years old Job: student – high school 9th grade Level of activity- active – weightlifting class 5 days/week, football practice 5 days/wk, runs on the weekends Health – high weight on the height/weight chart but is very muscular build. Low body fat

Busy daughter- 12 years old Job: student – middle school 6th grade Level of activity- active- gymnastics and volleyball keep her busy Health- weight is normal and low body fat

Mon, Oct 13	Pizza Dinner A carryout order of (1) large meat pizza with cheese stuffed crust, (1) large thin crust supreme pizza, (2) orders of breadsticks with cheese, (2) 20 oz. soda pop Dad- (3 slices) Meat, (1) supreme, (3) breadsticks w/cheese 20oz. of cola soda pop Mom- (2) supreme, (2) breadsticks w/cheese, 20 oz. water Son- (3) Meat (2) supreme, (3) breadsticks w/cheese, 20 oz. of cola soda soda pop Daughter- (2) meat (1) supreme,(2) breadsticks w/cheese, 20 oz. of lemon-lime soda pop Grandmother- (2) supreme, (2) breadsticks w/cheese, 8 oz. water
Tue, Oct 14	<u>Hamburger Diner</u> Dad- double cheeseburger, large fry, large cola soda pop Mom- single cheeseburger, small fry, large strawberry lemonade Son- triple cheeseburger, large fry, large cola soda pop Daughter- single cheeseburger, small fry, medium lemon-lime soda pop Grandmother- single cheeseburger, small fry, water
Wed, Oct 15	<u>Chicken Dinner</u> Dad- ex. crispy breast & drumstick, msh potatoes, green beans, LG cola soda pop Mom- reg. crispy breast, biscuit, coleslaw, MED lemon-lime soda pop Son- (2) extra crispy breasts, mac & cheese, LG cola soda pop Daughter- chicken sandwich, mac & cheese, MED lemon-lime soda pop Grandmother-(2) wings & (1) thigh, green beans, corn, SM ice tea
Thu, Oct 16	Mexican Dinner Dad- bean burrito, ckn sft taco, Mexican pizza, empanada, LG cola soda pop Mom- steak burrito, MED ice tea-lemonade Son- steak nachos, cinnamon twists, LG cola soda pop Daughter- nachos supreme, crunch taco, churro, MED root beer Grandmother- chicken quesadilla, SM root beer
Fri, Oct 17	Sub Sandwich Dinner Dad- footlong pastrami, LG sweet ice tea Mom- six inch cold cut, MED raspberry ice tea Son- foot long Philly cheesesteak, LG sweet ice tea Daughter- six inch chicken enchilada melt, MED root beer Grandmother- six inch turkey, MED light lemonade

Monday Dinner- PIZZA carryout

		Serving Grams	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (mg)	Sugars (g)	Protein (g)
		1 sli	ce (1 slic	e = 1/8 pi	zza)								
Meat	Per slice	151	440	220	25	11	.5	60	1120	36	2	2	19
Supreme	Per slice	119	320	150	17	7	0	40	960	30	2	6	14
Breadsticks with C	heese (each)	56	170	60	7	3	0	15	390	20	1	2	8
Cola so	ida pop	20oz	250	0	0	0	0	0	55	69	0	69	0
Lemon-lin	ne soda pop	20oz	240	0	0	0	0	0	55	62	0	62	0

Tuesday Dinner

Dad

BU	IRGER

3g	48g	
FIBER	PROTEIN	
100		
1070		680
47	Carbohydrates (g)	42
20	Sugar (g)	10
2.5	Vitamin A (%DV)	15
5	Vitamin C (%DV)	10
18	Calcium	20
170	Iron (%DV)	50
1510		
	420 47 20 25 5 18 170	FIBER PROTEIN 420 Potassium (mg) 47 Carbohydrates (g) 20 Sugar (g) 2.5 Vitamin A (%DV) 5 Vitamin C (%DV) 18 Calcium 170 Iron (%DV)

FR			
500 CALORIES	6g FiBER	6g PROTEIN	
Calories From Fat	220	Potassium (mg)	1020
Total Fat (g)	24	Carbohydrates (g)	65
Saturated Fat (g)	4.5	Sugar (g)	0
Trans Fat (g)	0	Vitamin A (%DV)	0
Polyunsaturated Fat (g)	12	Vitamin C (%DV)	10
Monounsaturated Fat (g)	6	Calcium	2
Cholesterol (mg)	0	Iron (%DV)	8
Sodium (mg)	540		

DRINK					
320 CALORIES	0g Hiber	Og Protein			
Calories From Fat	0	Potassium (mg)	0		
Total Fat (g)	0	Carbohydrates (g)	88		
Saturated Fat (g)	0	Sugar (g)	88		
Trans Fat (g)	0	Vitamin A (%DV)	0		
Polyunsaturated Fat (g)	0	Vitamin C (%DV)	0		
Monounsaturated Fat (g)	0	Calcium	0		
Cholesterol (mg)	0	Iron (%DV)	0		
Sodium (mg)	10				

Mom

580 CALORIES	3g iber	30g PROTEIN	
Calories From Fat	270	Potassium (mg)	
Total Fat (g)	31	Carbohydrates (g)	
Saturated Fat (g)	13	Sugar (g)	
Trans Fat (g)	1.5	Vitamin A (%DV)	
Polyunsaturated Fat (g)	4.5	Vitamin C (%DV)	
Monounsaturated Fat (g)	11	Calcium	
Cholesterol (mg)	100	Iron (%DV)	
onoronon (mg)			

	g BER	3g PROTEIN	
Calories From Fat	100	Potassium (mg)	440
Total Fat (g)	11	Carbohydrates (g)	28
Saturated Fat (g)	2	Sugar (g)	0
Trans Fat (g)	0	Vitamin A (%DV)	0
Polyunsaturated Fat (g)	5	Vitamin C (%DV)	4
Monounsaturated Fat (g)	3	Calcium	0
Cholesterol (mg)	0	Iron (%DV)	4
Sodium (mg)	240		

360 calories	19 FIBER	PROTEIN	
Calories From Fat	0	Potassium (mg)	7
Total Fat (g)	0	Carbohydrates (g)	8
Saturated Fat (g)	0	Sugar (g)	8
Trans Fat (g)	0	Vitamin A (%DV)	1
Polyunsaturated Fat (g)	0	Vitamin C (%DV)	11
	0	Calcium	
Monounsaturated Fat (g)			
Monounsaturated Fat (g) Cholesterol (mg)	0	Iron (%DV)	1

Son

1090 🔰 🗧	3g	69g	
	IBER	PROTEIN	
Calories From Fat	600	Potassium (mg)	930
Total Fat (g)	66	Carbohydrates (g)	43
Saturated Fat (g)	29	Sugar (g)	11
Trans Fat (g)	4	Vitamin A (%DV)	20
	5	Vitamin C (%DV)	10
Polyunsaturated Fat (g)			0.5
	26	Calcium	25
Polyunsaturated Fat (g) Monounsaturated Fat (g) Cholesterol (mg)	26 255	Calcium Iron (%DV)	25 70

500	6g	6g	1200		0g	0g
CALORIES	FIBER	PROTEIN		CALORIES	IBER	PROTEIN
	-				-	
Calories From Fat	220	Potassium (mg)	1020	Calories From Fat	0	Potassium (mg)
Total Fat (g)	24	Carbohydrates (g)	65	Total Fat (g)	0	Carbohydrates (g)
Saturated Fat (g)	4.5	Sugar (g)	0	Saturated Fat (g)	0	Sugar (g)
Trans Fat (g)	0	Vitamin A (%DV)	0	Trans Fat (g)	0	Vitamin A (%DV)
Polyunsaturated Fat (g)	12	Vitamin C (%DV)	10	Polyunsaturated Fat (g)	0	Vitamin C (%DV)
Monounsaturated Fat (g)	6	Calcium	2	Monounsaturated Fat (g)	0	Calcium
Cholesterol (mg)	0	Iron (%DV)	8	Cholesterol (mg)	0	Iron (%DV)
Sodium (mg)	540			Sodium (mg)	10	

<u>Tuesday Dinner</u>

BURGER

FRY

DRINK

Daughter

	3g IBER	30g PROTEIN	1		B BER	3g PROTEIN		240 CALORIES 0	g	0g PROTEIN	
Calories From Fat	270	Potassium (mg)	450	Calories From Fat	100	Potassium (mg)	440	Calories From Fat	0	Potassium (mg)	0
Total Fat (g)	31	Carbohydrates (g)	42	Total Fat (g)	11	Carbohydrates (g)	28	Total Fat (g)	0	Carbohydrates (g)	64
Saturated Fat (g)	13	Sugar (g)	10	Saturated Fat (g)	2	Sugar (g)	0	Saturated Fat (g)	0	Sugar (g)	64
Trans Fat (g)	1.5	Vitamin A (%DV)	15	Trans Fat (g)	0	Vitamin A (%DV)	0	Trans Fat (g)	0	Vitamin A (%DV)	0
Polyunsaturated Fat (g)	4.5	Vitamin C (%DV)	10	Polyunsaturated Fat (g)	5	Vitamin C (%DV)	4	Polyunsaturated Fat (g)	0	Vitamin C (%DV)	0
Monounsaturated Fat (g)	11	Calcium	20	Monounsaturated Fat (g)	3	Calcium	0	Monounsaturated Fat (g)	0	Calcium	0
Cholesterol (mg) Sodium (mg)	100 1220	Iron (%DV)	30	Cholesterol (mg) Sodium (mg)	0 240	Iron (%DV)	4	Cholesterol (mg) Sodium (mg)	0 55	Iron (%DV)	0

Grandn	nother	

580 CALORIES	3g FIBER	30g PROTEIN		220 CALORIES	3g FiBER	3g PROTEIN		0 CALORIES	Og FiBER	Og Protein	
Calories From Fat	270	Potassium (mg)	450	Calories From Fat	100	Potassium (mg)	440	Calories From Fat	0	Potassium (mg)	0
Total Fat (g)	31	Carbohydrates (g)	42	Total Fat (g)	11	Carbohydrates (g)	28	Total Fat (g)	0	Carbohydrates (g)	0
Saturated Fat (g)	13	Sugar (g)	10	Saturated Fat (g)	2	Sugar (g)	0	Saturated Fat (g)	0	Sugar (g)	0
Trans Fat (g)	1.5	Vitamin A (%DV)	15	Trans Fat (g)	0	Vitamin A (%DV)	0	Trans Fat (g)	0	Vitamin A (%DV)	0
Polyunsaturated Fat (g)	4.5	Vitamin C (%DV)	10	Polyunsaturated Fat (g)	5	Vitamin C (%DV)	4	Polyunsaturated Fat (g)	0	Vitamin C (%DV)	0
Monounsaturated Fat (g)		Calcium	20	Monounsaturated Fat (g)	3	Calcium	0	Monounsaturated Fat (g)	0	Calcium	0
Cholesterol (mg) Sodium (mg)	100 1220	Iron (%DV)	30	Cholesterol (mg) Sodium (mg)	0 240	Iron (%DV)	4	Cholesterol (mg) Sodium (mg)	0	Iron (%DV)	0

Wednesday Dinner

Dad

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
	380	105G	OG	75MG	OG
GREEN BEANS (INDIVIDUAL SIDE)	25 4G		OG	260MG	IG
MASHED POTATOES (INDIVIDUAL SIDE)	120	19G	4G	530MG	2G
DRUMSTICK (EXTRA CRISPY)	160	5G	IOG	390MG	13G
BREAST (EXTRA CRISPY)	490	20G	29G	1140MG	35G
NUTRITIONAL TOTALS:	1175	153G	43G	2395MG	5IG
FULL NUTRITION GUIDE	CALORIES FROM	I FAT: 385	SATURATED FAT:	76	TRANS FAT: <mark>og</mark>
INGREDIENT STATEMENT	CHOLESTEROL	: 165MG	DIETARY FIBER:	16	SUGARS: 106G
FOOD ALLERGIES AND SENSITIVITIES					

Mom

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
MIST 20 oz -	250	68G	OG	50MG	OG
COLESLAW (INDIVIDUAL SIDE)	170	19G	IOG	I70MG	IG
BISCUITS (I BISCUIT)	180	23G	8G	530MG	4G
BREAST (ORIGINAL RECIPE)	320	I 3G	14G	1130MG	36G
NUTRITIONAL TOTALS:	920	123G	32G	1880MG	4 I G
FULL NUTRITION GUIDE	CALORIES FROM	I FAT: 280	SATURATED FAT: I	0.5 G	TRANS FAT: <mark>og</mark>
INGREDIENT STATEMENT	CHOLESTEROL	: 150MG	DIETARY FIBER:	6G	SUGARS: 84G
FOOD ALLERGIES AND SENSITIVITIES					

Wednesday Dinner

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
30 oz •	380	105G	OG	75MG	OG
MAC & CHEESE (INDIVIDUAL SIDE)	170	22G	6G	830MG	5G
BREAST (EXTRA CRISPY) (2)	490	20G	29G	1140MG	35G
NUTRITIONAL TOTALS:	1530	167G	64G	3185MG	75G
FULL NUTRITION GUIDE	CALORIES FROM	I FAT: 580	SATURATED FAT: I	D.5 G	TRANS FAT: OG
INGREDIENT STATEMENT	CHOLESTEROL	: 225MG	DIETARY FIBER: 4	46	SUGARS: 107G
FOOD ALLERGIES AND SENSITIVITIES					

	PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
		250	68G	OG	50MG	OG
	MAC & CHEESE (INDIVIDUAL SIDE)	170	22G	6G	830MG	5G
Doughtor	CHICKEN (2)	310	23G	18G	590MG	14G
Daughter	S MAYO (2)	100	0G	IOG	BOMG	OG
	PICKLES (2)	0	OG	OG	85MG	OG
	NUTRITIONAL TOTALS:	2002 250 686 0G 50MG (INDIVIDUAL SIDE) 170 22G 6G 830MG 1 ° (2) 310 23G 18G 590MG 1 ? 100 0G 0G 0G 00MG 1 ? 100 0G 0G 00MG 1 1 NUTRITIONAL TOTALS: 1040 136G 42G 2060MG 1 LNUTRITION GUIDE CALORIES FROM FAT: 380 SATURATED FAT: 6.5C EDIENT STATEMENT	33G			
	FULL NUTRITION GUIDE	CALORIES FROM	I FAT: <mark>380</mark>	SATURATED FAT:	6.56	TRANS FAT: OG
	INGREDIENT STATEMENT	CHOLESTERO	L: 85MG	DIETARY FIBER:	6G	SUGARS: 78G
	FOOD ALLERGIES AND SENSITIVITIES					

Wednesday Dinner

	PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
	ICED TEA (UNSWEETENED) 16 oz 🗨	0	OG	OG	60MG	OG
	WHOLE KERNEL CORN (INDIVIDUAL SIDE)	100	21G	0.5G	OMG	3G
	GREEN BEANS (INDIVIDUAL SIDE)	25	4G	OG	260MG	IG
Grandmother	WHOLE WING (ORIGINAL RECIPE) (2)	140	5G	8G	450MG	IIG
	× THIGH (ORIGINAL RECIPE)	290	8G	2IG	850MG	18G
	NUTRITIONAL TOTALS:	695	43G	37.5G	2070MG	44G
	FULL NUTRITION GUIDE	CALORIES FROM	I FAT: 335	SATURATED FAT	86	TRANS FAT: OG
	INGREDIENT STATEMENT	CHOLESTEROL	: 200MG	DIETARY FIBER:	SUGARS: 4G	
	FOOD ALLERGIES AND SENSITIVITIES					

Thursday Dinner

	•••											
item	serving size (g)	calories	calories from fat	saturated fat (g)	total fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)

Dad

Bean Burrito	190	370	100	4	11	0	5	1050	55	8	3	15
Chicken Soft Taco	92	160	50	2.5	5	0	25	480	16	2	1	12
Mexican Pizza	213	550	280	8	31	0.5	40	950	48	7	3	21
Caramel Apple Empanada	85	310	140	2.5	15	0	0	310	39	2	13	3
i 40 oz	1134	500	0	0	0	0	0	100	140	0	140	0

Mom

Cantina Burrito - Steak	447	750	250	7	28	0	60	1940	92	12	7	34
Iced Tea and Lemonade 20 oz	567	100	0	0	0	0	0	60	27	0	27	0
Son												
XXL Steak Nachos	498	1190	540	11	60	0.5	95	2210	117	16	7	47
Cinnamon Twists	35	170	60	0	7	0	0	200	26	1	10	1

Thursday Dinner

	serving size (g)	calories	calories from fat	saturated fat (g)	total fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
item	se	8	8	SS	р р	E.	5	SO	8	đi	SIL	P
Daughter												
Nachos Supreme	203	450	210	5	24	0	25	860	46	8	4	13
Crunchy Taco	78	170	90	3.5	10	0	25	310	12	3	1	8
Churro	59	190	80	1	8	0	15	230	28	1	5	2
Root Beer 20 oz	567	250	0	0	0	0	0	40	65	0	65	0
Grandmother												
Chicken Quesadilla	181	510	250	12	27	0.5	75	1190	38	4	3	27
Root Beer 16 oz	454	200	0	0	0	0	0	30	52	0	52	0

Friday Dinner

		SERVING SIZE (g)	CALORIES	CALORIES FROM I	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FATS (g)	CHOLESTEROL (mg	soDIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g	SUGARS (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
2x	6" Big Hot Pastrami				31.0				1470		5	7	29	10	45	40	25
	(21 oz, no Ice)	621	260	0	0.0	0.0	0.0	0	15	71	0	71	0	0	0	0	0

Mom

Dad

6" Cold Cut Combo	224	360	110	12.0	3.5	0.0	45	1030	46	5	7	17	8	20	35	20
Raspberry Tea (21 oz, no Ice)	621	150	0	0.0	0.0	0.0	0	0	58	0	58	0	0	25	0	0

Son

2x	6" Big Philly Cheesesteak	294	500	150	17.0	9.0	1.0	85	1280	51	6	8	38	15	20	50	25
	(2 oz, no lce)	l 621	260	0	0.0	0.0	0.0	0	15	71	0	71	0	0	0	0	0

Friday Dinner

	Sandwiches	SERVING SIZE (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FATS (g)	CHOLESTEROL (mg)	soDIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
Daughter	Chicken Enchilada Melt	295	580	240	26.0	7.0	0.0	20	1170	60	7	9	25	30	30	45	25
_	(21 oz, no Ice)	621	260	0	0.0	0.0	0.0	0	60	68	0	68	0	0	0	0	0

Grandmother

<u>6" Turkey Breast &</u> <u>Ham</u>	216	280	35	4.0	1.0	0.0	20	730	46	5	8	18	8	20	30	15
⁾ Light Lemonade (21 oz, no Ice)	621	15	0	0.0	0.0	0.0	0	15	3	0	3	0	0	0	0	0