

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 closest 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

<p>Mon, Oct 13</p>	<p><u>Pizza Dinner</u> 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</p>
<p>Tue, Oct 14</p>	<p><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</p>
<p>Wed, Oct 15</p>	<p><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</p>
<p>Thu, Oct 16</p>	<p><u>Mexican Dinner</u> 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</p>
<p>Fri, Oct 17</p>	<p><u>Sub Sandwich Dinner</u> 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</p>

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 slice (1 slice = 1/8 pizza)											

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 Cheese (each)		56	170	60	7	3	0	15	390	20	1	2	8
Cola soda pop		20oz	250	0	0	0	0	0	55	69	0	69	0
Lemon-lime soda pop		20oz	240	0	0	0	0	0	55	62	0	62	0

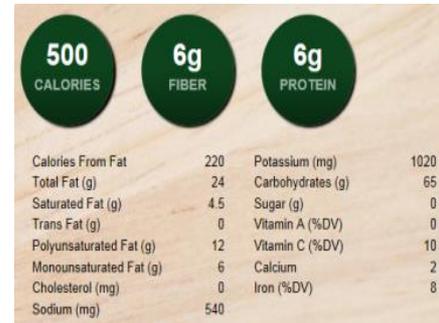
Tuesday Dinner

Dad

BURGER



FRY



DRINK



Mom



Son



Tuesday Dinner

BURGER

FRY

DRINK

Daughter



Grandmother



Wednesday Dinner

Dad

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
<input type="checkbox"/> <input type="text" value=""/> 30 oz	380	105G	0G	75MG	0G
<input checked="" type="checkbox"/> GREEN BEANS (INDIVIDUAL SIDE)	25	4G	0G	260MG	1G
<input checked="" type="checkbox"/> MASHED POTATOES (INDIVIDUAL SIDE)	120	19G	4G	530MG	2G
<input checked="" type="checkbox"/> DRUMSTICK (EXTRA CRISPY)	160	5G	10G	390MG	13G
<input checked="" type="checkbox"/> BREAST (EXTRA CRISPY)	490	20G	29G	1140MG	35G
NUTRITIONAL TOTALS:	1175	153G	43G	2395MG	51G

- FULL NUTRITION GUIDE
- INGREDIENT STATEMENT
- FOOD ALLERGIES AND SENSITIVITIES

CALORIES FROM FAT: 385	SATURATED FAT: 7G	TRANS FAT: 0G
CHOLESTEROL: 165MG	DIETARY FIBER: 4G	SUGARS: 106G

Mom

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
<input checked="" type="checkbox"/> <input type="text" value=""/> MIST 20 oz	250	68G	0G	50MG	0G
<input checked="" type="checkbox"/> COLESLAW (INDIVIDUAL SIDE)	170	19G	10G	170MG	1G
<input checked="" type="checkbox"/> BISCUITS (1 BISCUIT)	180	23G	8G	530MG	4G
<input checked="" type="checkbox"/> BREAST (ORIGINAL RECIPE)	320	13G	14G	1130MG	36G
NUTRITIONAL TOTALS:	920	123G	32G	1880MG	41G

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CALORIES FROM FAT: 280	SATURATED FAT: 10.5G	TRANS FAT: 0G
CHOLESTEROL: 150MG	DIETARY FIBER: 6G	SUGARS: 84G

Wednesday Dinner

Son

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
<input checked="" type="checkbox"/> <input type="checkbox"/> 30 oz	380	105G	0G	75MG	0G
<input checked="" type="checkbox"/> MAC & CHEESE (INDIVIDUAL SIDE)	170	22G	6G	830MG	5G
<input checked="" type="checkbox"/> BREAST (EXTRA CRISPY) (2)	490	20G	29G	1140MG	35G
NUTRITIONAL TOTALS:	1530	167G	64G	3185MG	75G

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CALORIES FROM FAT: 580	SATURATED FAT: 10.5G	TRANS FAT: 0G
CHOLESTEROL: 225MG	DIETARY FIBER: 4G	SUGARS: 107G

Daughter

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
<input checked="" type="checkbox"/> <input type="checkbox"/> A MIST 20 oz	250	68G	0G	50MG	0G
<input checked="" type="checkbox"/> MAC & CHEESE (INDIVIDUAL SIDE)	170	22G	6G	830MG	5G
<input checked="" type="checkbox"/> CHICKEN <input type="checkbox"/> (2)	310	23G	18G	590MG	14G
<input checked="" type="checkbox"/> <input type="checkbox"/> S MAYO (2)	100	0G	10G	80MG	0G
<input checked="" type="checkbox"/> PICKLES (2)	0	0G	0G	85MG	0G
NUTRITIONAL TOTALS:	1040	136G	42G	2060MG	33G

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CALORIES FROM FAT: 380	SATURATED FAT: 6.5G	TRANS FAT: 0G
CHOLESTEROL: 85MG	DIETARY FIBER: 6G	SUGARS: 78G

Wednesday Dinner

Grandmother

PRODUCT NAME	CALORIES	CARBS (G)	FAT (G)	SODIUM (MG)	PROTEIN (G)
<input checked="" type="checkbox"/> <input type="text" value=""/> ICED TEA (UNSWEETENED) <input type="text" value="16 oz"/>	0	0G	0G	60MG	0G
<input checked="" type="checkbox"/> WHOLE KERNEL CORN (INDIVIDUAL SIDE)	100	21G	0.5G	0MG	3G
<input checked="" type="checkbox"/> GREEN BEANS (INDIVIDUAL SIDE)	25	4G	0G	260MG	1G
<input checked="" type="checkbox"/> WHOLE WING (ORIGINAL RECIPE) (2)	140	5G	8G	450MG	11G
<input checked="" type="checkbox"/> THIGH (ORIGINAL RECIPE)	290	8G	21G	850MG	18G
NUTRITIONAL TOTALS:	695	43G	37.5G	2070MG	44G

- FULL NUTRITION GUIDE
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CALORIES FROM FAT: 335	SATURATED FAT: 8G	TRANS FAT: 0G
CHOLESTEROL: 200MG	DIETARY FIBER: 5G	SUGARS: 4G

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)
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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
Water 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
Water 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
Water 40 oz	1134	500	0	0	0	0	0	100	140	0	140	0

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)
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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

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)
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Dad 2x

6" Big Hot Pastrami	284	580	310	31.0	11.0	0.0	85	1470	47	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

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
(21 oz, no Ice)	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)
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Daughter

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