

# Nutrimentum Menu

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Feed 2 people for 7 days on just \$54.01. That's only \$3.86 a person per day!

- 6 - lbs Banana
- 2.0 - lbs Carrots
- 1 - gallon Garelick Farms Low Fat 1% Chocolate Milk
- 1 - 16 oz bag Goya Dry Lentils
- 1 - loaf Natures Promise Naturals Bread Flax & Grain
- 1 - 10 oz box Philadelphia cream cheese
- 3.8 - lbs Potato
- 2 - 24 oz jars Prego Traditional Pasta Sauce
- 1 - bag of 6 Ray's New York Bagels
- 2 - gallons SB 1% Fortified Milk
- 1 - 15.5 oz can SB Black Beans
- 1 - 29 oz can SB Black Beans
- 4 - 16 oz boxes SB Dry Enriched Pasta
- 1 - 16 oz bag SB Frozen Spinach Leaf Cut
- 1 - 18 oz jar SB Peanut Butter
- 1 - box of 6 cans SlimFast
- 1 - 15 oz tub Smart Balance Omega Spread Buttery Soft
- 1 - 18 oz jar SB Preserves Any Flavor

# Nutrition Information

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## Main Nutrients

Nutrient	Amount	Range
Cost	\$3.86	0 - 10 \$
Food Weight	1956 g	1000 - 2500 g
Calories	2339 Cal	1900 - 2500 Cal
Fat	64.9 g	30 - 65 g
Protein	90.9 g	50 - 100 g
Carbohydrates	359 g	130 - 400 g
Saturated Fat	19.9 g	10 - 30 g
Cholesterol	63 mg	0 - 300 mg
Fiber	47.2 g	25 - 50 g

## Vitamins

Nutrient	Amount	Range
Vitamin A	8539 IU	900 - 10000 IU
Vitamin B6	4.1 mcg	1.3 - 100 mcg
Vitamin B12	6.7 mcg	2.4 mcg - Inf
Vitamin C	90 mg	90 - 2000 mg
Vitamin D	896 IU	600 - 4000 IU
Vitamin E	19 IU	15 - 1000 IU
Folate	886 mcg	400 - 1000 mcg
Vitamin K	165 mcg	120 mcg - Inf
Lycopene	0.6 mcg	0 mcg - Inf
Niacin	24.8 mg	16 - 35 mg
Riboflavin	2.7 mg	1.3 mg - Inf
Thiamin	2.5 mg	1.2 mg - Inf

## Minerals

Nutrient	Amount	Range
Calcium	1511 mg	1000 - 2500 mg
Copper	1.7 mg	0.9 - 10 mg
Fluorine	69.7 mcg	0 mcg - Inf
Iron	16 mg	8 - 45 mg
Magnesium	510 mg	400 mg - Inf
Manganese	5.3 mg	2.3 - 11 mg
Phosphorous	1939 mg	700 - 4000 mg
Potassium	4700.0 mg	4700 mg - Inf
Selenium	154 mcg	55 - 400 mcg
Sodium	2242.4 mg	0 - 2300 mg
Zinc	12.4 mcg	11 - 40 mcg

## Special Diet Info

Not limited to nonperishable foods  
Not limited to foods that are edible raw  
Not limited to vegetarian cuisine  
Not limited to vegan cuisine