

Nutrimentum Menu

Feed 2 people for 7 days on just \$55.2. That's only \$3.94 a person per day!

- 1 lbs 85% Ground Beef
- 2 bottles 96 oz Tropicana Orange Juice + Vit D + Calcium
- 2 loaves Arnold Bread 100% Whole Wheat
- 6 lbs Banana
- 2 lbs Carrots
- 1 bunch Cilantro
- 2 cartons Dozen Large Eggs
- 3 lbs Dry Enriched Pasta
- 1 medium Iceberg Lettuce
- 3.6 lbs Potato
- 1 jar Prego Pasta Sauce
- 1 tub Smart Balance Omega Spread Buttery Soft
- 2 gallons SS 1% Fortified Milk
- 1 jar SS 18oz Peanut Butter
- 1 lb SS Frozen Spinach Leaf Cut
- 1 medium Tomato
- 1 16oz box SB Granola Oats & Honey

Nutrition Information

Main Nutrients

Nutrient	Amount	Range
Cost	\$3.94	0 - 10
Food Weight	1883 g	454 - 3500
Calories	2167 Cal	2000 - 3000
Fat	71.6 g	40 - 75
Protein	85.0 g	50 - 100
Carbohydrates	305 g	130 - 500
Saturated Fat	20.8 g	10 - 30
Cholesterol	420 mg	200 - 600
Fiber	27.4 g	25 - 50

Vitamins

Nutrient	Amount	Range
Vitamin A	9792 IU	900 - 10000
Vitamin B6	4.1 mcg	1.3 - 100
Vitamin B12	7.1 mcg	2.4 - Inf
Vitamin C	314 mg	90 - 2000
Vitamin D	1000 IU	600 - 4000
Vitamin E	15 IU	15 - 1000
Folate	527 mcg	400 - 1000
Vitamin K	243 mcg	120 - Inf
Lycopene	226.8 mcg	0 - Inf
Niacin	23.9 mg	16 - 35
Riboflavin	7.5 mg	1.3 - 20
Thiamin	2.3 mg	1.2 - Inf

Minerals

Nutrient	Amount	Range
Calcium	1821 mg	1000 - 2500
Copper	1.9 mg	0.9 - 10
Fluorine	291.9 mcg	0 - Inf
Iron	12 mg	8 - 45
Magnesium	466 mg	300 - 500
Manganese	5.5 mg	2.3 - 11
Phosphorous	1725 mg	700 - 4000
Potassium	4700.0 mg	4700 - 10000
Selenium	151 mcg	55 - 400
Sodium	1514.5 mg	1500 - 2300
Zinc	11.0 mcg	11 - 40

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