

Nutrimentum Menu

Feed 2 people for 7 days on just \$54.56. That's only \$3.90 a person per day!

- 4 - lbs Banana
- 2.8 - lbs Broccoli
- 2 - lbs Carrots
- 1 - 14 oz box Cheerios
- 1 - gallon Garelick Farms Low Fat 1% Chocolate Milk
- 1 - 32 oz bottle Heinz Tomato Ketchup
- 5.8 - lbs Potato
- 2 - 24 oz jars Prego Traditional Pasta Sauce
- 1 - gallon SB 1% Fortified Milk
- 2.8 - lbs SB Chicken Drumstick without Skin
- 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 - 15 oz tub Smart Balance Omega Spread Buttery Soft
- 1 - 128 oz bottle Tropicana Orange Juice + Calcium + Vit D

Nutrition Information

Main Nutrients

Nutrient	Amount	Range
Cost	\$3.90	0 - 10 \$
Food Weight	1800 g	1800 g - Inf
Calories	1945 Cal	0 - 1950 Cal
Fat	54.9 g	30 - 65 g
Protein	80.7 g	50 - 100 g
Carbohydrates	297 g	130 - 400 g
Saturated Fat	15.1 g	10 - 30 g
Cholesterol	98 mg	0 - 300 mg
Fiber	26.6 g	25 - 50 g

Vitamins

Nutrient	Amount	Range
Vitamin A	9922 IU	900 - 10000 IU
Vitamin B6	4.6 mcg	1.3 - 100 mcg
Vitamin B12	7.1 mcg	2.4 mcg - Inf
Vitamin C	303 mg	90 - 2000 mg
Vitamin D	916 IU	600 - 4000 IU
Vitamin E	15 IU	15 - 1000 IU
Folate	891 mcg	400 - 1000 mcg
Vitamin K	278 mcg	120 mcg - Inf
Lycopene	10837.7 mcg	0 mcg - Inf
Niacin	31.1 mg	16 - 35 mg
Riboflavin	2.7 mg	1.3 mg - Inf
Thiamin	2.4 mg	1.2 mg - Inf

Minerals

Nutrient	Amount	Range
Calcium	1421 mg	1000 - 2500 mg
Copper	1.5 mg	0.9 - 10 mg
Fluorine	62.6 mcg	0 mcg - Inf
Iron	20 mg	8 - 45 mg
Magnesium	416 mg	400 mg - Inf
Manganese	4.2 mg	2.3 - 11 mg
Phosphorous	1591 mg	700 - 4000 mg
Potassium	4700.0 mg	4700 mg - Inf
Selenium	126 mcg	55 - 400 mcg
Sodium	2191.4 mg	0 - 2300 mg
Zinc	13.5 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