

Nutrimentum Menu

Feed 2 people for 7 days on just \$51.93. That's only \$3.71 a person per day!

- 2 - 15 oz bags Shelled Roasted Unsalted Sunflower Seeds
- 8 - lbs Banana
- 4.0 - lbs Carrots
- 1 - 14 oz box Cheerios
- 1 - medium Cucumber
- 1 - gallon Garelick Farms Low Fat 1% Chocolate Milk
- 1 - gallon SB 1% Fortified Milk
- 1 - 15.5 oz can SB Black Beans
- 1 - 29 oz can SB Black Beans
- 1 - 16 oz bag SB Frozen Spinach Leaf Cut
- 2 - 15 oz cans SB Garbanzo Beans
- 2 - 20 oz bags Shultz Mini Pretzels
- 1 - 15 oz tub Smart Balance Omega Spread Buttery Soft
- 2 - 128 oz bottles Tropicana Orange Juice

Nutrition Information

Main Nutrients

Nutrient	Amount	Range
Cost	\$3.71	0 - 10 \$
Food Weight	1871 g	1000 - 2500 g
Calories	1956 Cal	1900 - 2500 Cal
Fat	64.4 g	30 - 65 g
Protein	58.6 g	50 - 100 g
Carbohydrates	307 g	130 - 400 g
Saturated Fat	14.2 g	0 - 30 g
Cholesterol	30 mg	0 - 300 mg
Fiber	37.1 g	25 - 50 g

Vitamins

Nutrient	Amount	Range
Vitamin A	8942 IU	900 - 10000 IU
Vitamin B6	4.9 mcg	1.3 - 100 mcg
Vitamin B12	6.8 mcg	2.4 mcg - Inf
Vitamin C	293 mg	90 - 2000 mg
Vitamin D	769 IU	600 - 4000 IU
Vitamin E	27 IU	15 - 1000 IU
Folate	890 mcg	400 - 1000 mcg
Vitamin K	163 mcg	120 mcg - Inf
Lycopene	1.4 mcg	0 mcg - Inf
Niacin	19.9 mg	16 - 35 mg
Riboflavin	2.7 mg	1.3 mg - Inf
Thiamin	1.8 mg	1.2 mg - Inf

Minerals

Nutrient	Amount	Range
Calcium	1073 mg	1000 - 2500 mg
Copper	2.4 mg	0.9 - 10 mg
Fluorine	33.5 mcg	0 mcg - Inf
Iron	21 mg	8 - 45 mg
Magnesium	439 mg	400 mg - Inf
Manganese	5.9 mg	2.3 - 11 mg
Phosphorous	1871 mg	700 - 4000 mg
Potassium	4700.0 mg	4700 mg - Inf
Selenium	87 mcg	55 - 400 mcg
Sodium	1638.9 mg	0 - 2300 mg
Zinc	13.1 mcg	11 - 40 mcg

Special Diet Info

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