

# Nutrimentum Menu

Feed 2 people for 7 days on just \$66.60. That's only \$4.76 a person per day!

- 1 - 15 oz bag Shelled Roasted Unsalted Sunflower Seeds
- 1 - 5 lb bag AP Flour
- 6 - lbs Banana
- 4 - lbs Carrots
- 1 - bunch Cilantro
- 1 - medium Cucumber
- 1 - gallon Garelick Farms Low Fat 1% Chocolate Milk
- 1 - lb Medium Easy Peel Shrimp
- 4.0 - lbs Potato
- 1 - 24 oz jar Prego Traditional Pasta Sauce
- 1 - lb Salmon fillet
- 4 - 16 oz boxes SB Dry Enriched Pasta
- 1 - 16 oz bag SB Frozen Spinach Leaf Cut
- 1 - 15 oz can SB Garbanzo Beans
- 2 - gallons SB Skim Fortified Milk
- 1 - lb SB unsalted butter
- 1 - box of 6 cans SlimFast
- 4 - medium Tomato
- 1 - lb Yellow Onion
- 3 - medium Lemon

# Nutrition Information

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## Main Nutrients

Nutrient	Amount	Range
Cost	\$4.76	0 - 10 \$
Food Weight	2087 g	500 - 4000 g
Calories	2441 Cal	1900 - 2500 Cal
Fat	57.4 g	30 - 65 g
Protein	93.9 g	50 - 100 g
Carbohydrates	393 g	130 - 400 g
Saturated Fat	23.1 g	0 - 30 g
Cholesterol	153 mg	0 - 300 mg
Fiber	32.2 g	25 - 50 g

## Vitamins

Nutrient	Amount	Range
Vitamin A	9958 IU	900 - 10000 IU
Vitamin B6	2.8 mcg	1.3 - 100 mcg
Vitamin B12	5.4 mcg	2.4 mcg - Inf
Vitamin C	113 mg	90 - 2000 mg
Vitamin D	759 IU	600 - 4000 IU
Vitamin E	19 IU	15 - 1000 IU
Folate	967 mcg	400 - 1000 mcg
Vitamin K	241 mcg	120 mcg - Inf
Lycopene	905.7 mcg	0 mcg - Inf
Niacin	32.0 mg	16 - 35 mg
Riboflavin	3.5 mg	1.3 mg - Inf
Thiamin	3.4 mg	1.2 mg - Inf

## Minerals

Nutrient	Amount	Range
Calcium	1493 mg	1000 - 2500 mg
Copper	2.1 mg	0.9 - 10 mg
Fluorine	66.3 mcg	0 mcg - Inf
Iron	18 mg	8 - 45 mg
Magnesium	444 mg	400 mg - Inf
Manganese	5.0 mg	2.3 - 11 mg
Phosphorous	2161 mg	700 - 4000 mg
Potassium	4700.0 mg	4700 mg - Inf
Selenium	217 mcg	55 - 400 mcg
Sodium	1162.2 mg	0 - 2300 mg
Zinc	11.3 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