

# Nutrimentum Menu

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Feed 2 people for 7 days on just \$50.23. That's only \$3.59 a person per day!

1 - 15 oz bag Shelled Roasted Unsalted Sunflower Seeds

6 - lbs Banana

1.7 - lbs Carrots

1 - head Garlic

2 - 16 oz bags Goya Dry Lentils

1 - 4.4 oz bar Hersheys Milk Chocolate

2 - 24 oz jars Prego Traditional Pasta Sauce

2 - gallons SB 1% Fortified Milk

1 - 29 oz can SB Black Beans

1 - carton SB Dozen Large Eggs

2 - 16 oz boxes SB Dry Enriched Pasta

1 - 16 oz bag SB Frozen Spinach Leaf Cut

1 - 14.4 oz box SB Honey Graham Crackers

1 - 10 oz bag SB Marshmallows

1 - lb SB salted butter

1 - gallon SB Skim Fortified Milk

1 - box of 6 cans SlimFast

1 - 128 oz bottle Tropicana Orange Juice + Calcium + Vit D

# Nutrition Information

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## Main Nutrients

Nutrient	Amount	Range
Cost	\$3.59	0 - 10 \$
Food Weight	1969 g	1000 - 2500 g
Calories	2034 Cal	1900 - 2500 Cal
Fat	63.6 g	30 - 65 g
Protein	83.0 g	50 - 100 g
Carbohydrates	293 g	130 - 400 g
Saturated Fat	26.8 g	10 - 30 g
Cholesterol	289 mg	0 - 300 mg
Fiber	44.3 g	25 - 50 g

## Vitamins

Nutrient	Amount	Range
Vitamin A	7881 IU	900 - 10000 IU
Vitamin B6	2.4 mcg	1.3 - 100 mcg
Vitamin B12	4.9 mcg	2.4 mcg - Inf
Vitamin C	190 mg	90 - 2000 mg
Vitamin D	614 IU	600 - 4000 IU
Vitamin E	18 IU	15 - 1000 IU
Folate	898 mcg	400 - 1000 mcg
Vitamin K	151 mcg	120 mcg - Inf
Lycopene	0.6 mcg	0 mcg - Inf
Niacin	16.0 mg	16 - 35 mg
Riboflavin	2.9 mg	1.3 mg - Inf
Thiamin	2.1 mg	1.2 mg - Inf

## Minerals

Nutrient	Amount	Range
Calcium	1883 mg	1000 - 2500 mg
Copper	1.8 mg	0.9 - 10 mg
Fluorine	44.9 mcg	0 mcg - Inf
Iron	14 mg	8 - 45 mg
Magnesium	451 mg	400 mg - Inf
Manganese	3.9 mg	2.3 - 11 mg
Phosphorous	2150 mg	700 - 4000 mg
Potassium	4700.0 mg	4700 mg - Inf
Selenium	129 mcg	55 - 400 mcg
Sodium	1554.9 mg	1500 - 2300 mg
Zinc	12.3 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