

Nutrimentum Menu

Feed 2 people for 7 days on just \$48.16. That's only \$3.44 a person per day!

- 6 - lbs Banana
- 6.4 - lbs Carrots
- 1 - bunch Celery
- 1 - 14 oz box Cheerios
- 1.5 - lbs Potato
- 1 - 29 oz can SB Black Beans
- 3 - 16 oz boxes SB Dry Enriched Pasta
- 1 - 16 oz bag SB Frozen Spinach Leaf Cut
- 1 - 18 oz jar SB Peanut Butter
- 1 - 40 oz jar SB Peanut Butter
- 3 - 128 oz bottles Tropicana Orange Juice + Calcium + Vit D
- 1 - medium Yellow Squash



Nutrition Information

Main Nutrients

Nutrient	Amount	Range
Cost	\$3.44	0 - 10 \$
Food Weight	1609 g	1000 - 2500 g
Calories	1900 Cal	1900 - 2500 Cal
Fat	64.6 g	30 - 65 g
Protein	61.6 g	50 - 100 g
Carbohydrates	291 g	130 - 400 g
Saturated Fat	13.3 g	0 - 30 g
Cholesterol	0 mg	0 - 300 mg
Fiber	34.1 g	25 - 50 g

Vitamins

Nutrient	Amount	Range
Vitamin A	7088 IU	900 - 10000 IU
Vitamin B6	3.1 mcg	1.3 - 100 mcg
Vitamin B12	2.7 mcg	2.4 mcg - Inf
Vitamin C	420 mg	90 - 2000 mg
Vitamin D	468 IU	400 - 4000 IU
Vitamin E	15 IU	15 - 1000 IU
Folate	979 mcg	400 - 1000 mcg
Vitamin K	164 mcg	120 mcg - Inf
Lycopene	2.2 mcg	0 mcg - Inf
Niacin	34.9 mg	16 - 35 mg
Riboflavin	1.6 mg	1.3 mg - Inf
Thiamin	2.3 mg	1.2 mg - Inf

Minerals

Nutrient	Amount	Range
Calcium	1548 mg	1000 - 2500 mg
Copper	1.6 mg	0.9 - 10 mg
Fluorine	33.4 mcg	0 mcg - Inf
Iron	19 mg	8 - 45 mg
Magnesium	496 mg	400 mg - Inf
Manganese	5.1 mg	2.3 - 11 mg
Phosphorous	1339 mg	700 - 4000 mg
Potassium	4700.0 mg	4700 mg - Inf
Selenium	85 mcg	55 - 400 mcg
Sodium	1203.2 mg	0 - 2300 mg
Zinc	11.4 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
Limited to vegan cuisine