



NUTRITIONAL INFORMATION

DELUXE 3-DAY KIT

Day 1 – Regular Menu

	Menu Item	Size	Kcal	Fat	Sat Fat	Chol	CHO	Protein	Fiber	Na	K	P
Breakfast	Granola w/ milk and blueberries	1 cup	520	18	8	20	74	16	8	120	650	270
	Orange drink	8 oz	150	0	0	0	41	0	0	55	21	17
Breakfast Total			670	18	8	20	115	16	8	175	671	287
Lunch	Rice & chicken	1 cup	250	4	1	15	46	7	1	730	206	100
	Corn	1/2 cup	80	2	0	0	15	3	3	0	158	56
	Orange drink	8 oz	150	0	0	0	41	0	0	55	21	17
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Lunch Total			550	6	1	20	113	18	4	870	750	402
Dinner	Lasagna with meat sauce	1 cup	220	6	3	20	30	11	3	600	554	189
	Green peas	1/2 cup	100	1	0	0	13	7	5	10	220	59
	Cinnamon Apple slices	2/3 cup	70	0	0	0	17	0	1	0	69	15
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Dinner Total			460	7	3	25	71	26	9	695	1208	492
Snack	Quick rolled oats	1 cup	190	4	1	0	33	8	5	0	215	180
	Brown sugar	2 tsp	8	0	0	0	2	0	0	0	3	0
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Snack Total			268	4	1	5	46	16	5	85	583	409
Meal Total			1948	35	13	70	345	76	26	1825	3212	1590

Day 2 – Regular Menu

*Used when additional day added

	Menu Item	Size	Kcal	Fat	Sat Fat	Chol	CHO	Protein	Fiber	Na	K	P
Breakfast	Granola w/ milk and blueberries	1 cup	520	18	8	20	74	16	8	120	650	270
	Orange drink	8 oz	150	0	0	0	41	0	0	55	21	17
Breakfast Total			670	18	8	20	115	16	8	175	671	287
Lunch	Beef Stroganoff	1 cup	280	12	4	45	32	12	1	790	269	249
	Green peas	1/2 cup	100	1	0	0	13	7	5	10	220	59
	Orange drink	8 oz	150	0	0	0	41	0	0	55	21	17
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Lunch Total			600	13	4	50	97	27	6	940	875	554
Dinner	Chili mac	1 cup	230	6	2	20	32	12	4	760	432	141
	Corn	1/2 cup	80	2	0	0	15	3	3	0	158	56
	Cinnamon Apple slices	2/3 cup	70	0	0	0	17	0	1	0	69	15
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Dinner Total			450	8	2	25	75	23	8	845	1024	441
Snack	Quick rolled oats	1 cup	190	4	1	0	33	8	5	0	215	180
	Brown sugar	2 tsp	8	0	0	0	2	0	0	0	3	0
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Snack Total			268	4	1	5	46	16	5	85	583	409
Meal Total			1988	43	15	100	333	82	27	2045	3153	1691

Day 3 – Regular Menu

	Menu Item	Size	Kcal	Fat	Sat Fat	Chol	CHO	Protein	Fiber	Na	K	P
Breakfast	Granola w/ milk and blueberries	1 cup	520	18	8	20	74	16	8	120	650	270
	Orange drink	8 oz	150	0	0	0	41	0	0	55	21	17
Breakfast Total			670	18	8	20	115	16	8	175	671	287
Lunch	Beef stew	1 cup	200	8	1	15	24	10	2	790	475	237
	Corn	1/2 cup	80	2	0	0	15	3	3	0	158	56
	Orange drink	8 oz	150	0	0	0	41	0	0	55	21	17
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Lunch Total			500	10	1	20	91	21	5	930	1019	539
Dinner	Chicken Noodle Casserole	1 cup	280	9	3	60	31	18	1	650	413	111
	Green peas	1/2 cup	100	1	0	0	13	7	5	10	220	59
	Cinnamon Apple slices	2/3 cup	70	0	0	0	17	0	1	0	69	15
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Dinner Total			520	10	3	65	72	33	7	745	1067	414
Snack	Quick rolled oats	1 cup	190	4	1	0	33	8	5	0	215	180
	Brown sugar	2 tsp	8	0	0	0	2	0	0	0	3	0
	Non-fat milk	8 oz	70	0	0	5	11	8	0	85	365	229
Snack Total			268	4	1	5	46	16	5	85	583	409
Meal Total			1958	42	13	110	324	86	25	1935	3340	1649

