	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
1	Nutritional Analysis for **GOLDEN GOURMET**																							7.31.2019	
2																									
3																									
4																									
5																									
6																									
7																									
8																									
9	5 Day Frozen Meal Packs - 1 Week 1 - Code 1																								
10												**Vitamins**													
11			Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
12	**Code**	**Meal**	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
13	5046	Herb Chicken	26.8	771.1	724.4	38.1	100.7	23.16	7.1	51.1	11.28	2323.1	104.8	1.370	2.01	618.2	185.3	6.94	863.5	1794.7	592.4	4.510	12.14	42.41	AD
14	5044	Salisbury Steak	26.25	734.53	629.25	30.2	72.1	26.8	10.1	25.0	9.9	1851.5	96.5	0.95	3.160	546.40	130.17	6.47	807.58	1575.47	435.83	4.47	8.21	31.54	AD
15	5097	Chicken Vegetable Chili	25.20	718.72	710.23	35.4	96.6	24.5	8.7	60.0	12.4	1831.3	64.4	1.21	1.710	469.70	177.74	5.64	664.28	1632.92	617.27	3,41	6.34	39.45	AD
16	5041	Mesquite Chicken	23.60	671.50	730.20	36.6	102.1	25.2	8.4	50.5	9.5	2164.2	53.50	1.00	1.500	506.30	146.30	5.20	666.80	1489.80	560.70	4.60	6.30	48.70	AD
17	6019	Cheesy Scrambled Eggs	22.00	626.60	710.80	36.1	87.1	26.8	8.5	313.4	8.1	711.2	40.2	0.81	2.660	598.50	129.36	3.49	1147.26	1048.10	491.36	5.07	7.63	32.33	AD
18		Total:	123.8	3522.5	3504.9	176.4	458.53	126.4	42.9	500	51.2	8881.36	359.46	5.34	11.04	2739.1	768.87	27.74	4149.41	7540.99	2697.5	18.65	40.62	194.43	0
19			**24.76**	**704.5**	**700.98**	**35.28**	**91.706**	**25.28**	**8.58**	**99.99**	**10.24**	**1776.272**	**71.892**	**1.068**	**2.208**	**547.82**	**153.77**	**5.548**	**829.882**	**1508.2**	**539.51**	**3.73**	**8.124**	**38.886**	**0**
20		Goals: 33% DRI			600-750	>23		23-27			≥8	≥1000	≥30	≥.6	≥.8	≥400	≥110	≥3.1	<1200						
21		Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber,																							
22		NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																							

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7/30/2019

5046 Herb Chicken w/Mashed Potatoes & Gravy, Green Beans & Carrots

										Vitamins													
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Diced Chicken	3.0	84.0	85.7	19.7	1.7	1.7	0.0	47.1	0.0	0.0	1.5	0.5	0.3	0.0	24.7	2.7	85.7	216.0	139.3	0.3	0.1	0.0	NA
Poultry Gravy	2	57	40	0.99	6	1	0	4	0	0	0	0	0	0	1.61	0.057	115	43.6	0.9	0	0	0.99	AD
Mashed Potatoes	2	57	66.6	1.33	13.3	0.66	0	0	1.33	0	6	0.2	0.13	0	10.2	0.6	13.3	410.8	6.8	0.2	0	0.67	NA
Carrots	2.45	69	25.1	0.686	5.586	0	0	0	2.058	1775	3.5	0.0980	0	47	8.33	0.196	47.6	177	22.8	0.16	0	3.49	NA
Green Beans	2.25	64.125	25.02	1.26	5.13	0	0	0	1.89	89.1	17.775	0	0	43.2	18.54	0.18	1.89	157.8	23.175	0.72	0	1.26	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Raisin Bran	1.3	35.0	120.0	3.0	28.0	0.5	0.0	0.0	4.0	54.0	0.0	0.26	0.4	24.0	55.6	1.7	170.0	124.0	72.3	2.4	2.0	12.0	AD
Juice Orange	4.0	118.0	60.0	1.0	14.0	0.0	0.0	0.0	0.0	135.0	54.0	0.1	0.0	120.0	13.7	0.1	5.0	190.0	19.9	0.0	3.8	10.0	NA
Total:	**26.95**	**771.13**	**724.42**	**38.07**	**100.72**	**23.16**	**7.14**	**51.10**	**11.28**	**2323.10**	**104.82**	**1.36**	**2.01**	**618.20**	**185.30**	**6.94**	**863.49**	**1794.70**	**592.38**	**4.51**	**12.14**	**42.41**	**0.0**
Goals: 33% DRI			6-750	>23		23-27			≥8	≥1000	≥30	≥.6	≥.8	≥400	≥110	≥3.75	<1200						

Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber,

NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7/30/2019

5044 Salisbury Steak and Cubed Potatoes with Mushroom Gravy, Peas & Carrots, Cauliflower

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Salisbury Steak Patty	3	85.0	180.0	15.0	5.0	12.0	5.0	25.0	3.0	0.0	0.0	0.3	1.6	72.0	23.8	3.6	260.0	390.0	69.6	1.8	2.0	1.0	NA
Cubed Potatoes	2.5	53.75	75	1.25	11.25	2	0	0	1.25	0	3.35	0.167	0.0008	5.53	23.9	0.29	12.5	225	5.66	0.4125	0	0	NA
Cauliflower	2.3	65.55	15.76	1.27	3.335	0	0	0	1.27	0	48	0.115	0.23	15.755	7.82	0.115	15.76	125.81	15.295	0.115	0	1.265	NA
Brown Gravy & Mushrooms	2.1	59.0	25.0	1.0	5.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.8	0.6	155.3	47.9	17.0	0.0	0.0	0.0	AD
Peas & Carrots	2.85	81.225	31.49	1.57	6.02	0	0	0	2.42	1671.5	23.2	0.143	0	69.1125	16.245	0.285	29.07	182.2575	13.395	1.425	0	3.2775	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Juice Apple	4.0	118.0	60.0	0.0	14.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	5.0	134.9	8.7	0.0	0.0	12.0	NA
Totals:	**26.25**	**734.53**	**629.25**	**30.18**	**72.11**	**26.80**	**10.10**	**25.00**	**9.94**	**1851.53**	**96.53**	**0.95**	**3.16**	**546.40**	**130.17**	**6.47**	**807.58**	**1575.47**	**435.83**	**4.47**	**8.21**	**31.54**	**0.0**
Goals: 33% DRI			**6-750**	**>23**		**23-27**			**≥8**	**≥300**	**≥30**	**≥.6**	**≥.8**	**≥400**	**≥110**	**≥3.75**	**<1200**						

Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber,

NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
1	Nutritional Analysis for **GOLDEN GOURMET**																						7/30/2019	
2																								
3																								
4																								
5																								
6																								
7																								
8	**5097- Chicken Vegetable Chili**																							
9											**Vitamins**													
10		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
11	**Ingredients**	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
12	Ground Chicken	3	85	105	15	0	4.5	1.5	60	0	0	0	0.51	0.289	0	24.7	2.7	112.5	216	139.3	0.24	0.09	0	NA
13	White Rice, cooked	1.0	28.3	32.8	0.7	7.4	0.1	0.0	0.0	0.1	0.0	0.0	0.005	0.0	5.7	3.4	0.1	0.2	1.2	5.7	0.0	0.0	0.0566665	NA
14	Veggies	2	57	87.4	4.979	17	0.423	0.1	0	4.71	42.3	20.3	0.152	0	22.3	36	0.691	4.567	288.8	86.9	1.262	0	1.193	NA
15	Sauce	3.0	85.1	43.7	0.5	10.9	0.150	0.03	0.0	0.62	293.0	2.963	0.029	0.0	12.3	6.5	0.1	47.0	107.9	10.9	0.537	0.0	3.1	NA
16	Peas & Carrots	2.85	81.2	46.0	2.5	8.9	0.0	0.0	0.0	3.3	1189.9	12.4	0.073	0.0	29.4	30.2	0.2	71.7	156.8	13.4	0.0945	0.0	4.1	NA
17	Squash	2.35	66.74	13.43	0.67	3.3558	0	0	0	0.67	36.2	6.7	0.1457	0.186	16	15.32	0.254	3.356	174.558	25.286	0.1598	0	0	NA
18	Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
19	Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
20	Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
21	Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
22	Raisins	1.0	28.4	80.0	1.0	22.0	0.0	0.0	0.0	1.0	0.0	0.0	0.1	0.0	0.0	9.1	0.1	0.0	212.3	28.6	0.4	0.0	17.0	NA
23	**Total:**	**25.20**	**718.72**	**710.23**	**35.42**	**96.55**	**24.46**	**8.74**	**60.00**	**12.37**	**1831.33**	**64.37**	**1.21**	**1.71**	**469.70**	**177.74**	**5.64**	**664.28**	**1632.92**	**617.27**	**3.41**	**6.34**	**39.45**	**0.0**
24	Goals: 33% DRI			6-750	>23		23-27			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	<1200						
25	Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF-Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber,																							
26	NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																							
27																								
38																								

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7.30.2019

5041 Mesquite Chicken over a Rice Blend Mix, Green Beans, Carrots

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Diced Chicken	3.0	84.0	85.7	19.7	1.7	1.7	0.0	47.1	0.0	0.0	1.5	0.5	0.3	0.0	24.7	2.7	85.7	216.0	139.3	0.6	0.1	0.0	NA
Rice Bean Blend	2.0	57.0	57.5	2.0	12.2	0.2	0.04	0.0	2.0	22.1	5.2	0.035	0.0	8.0	14.5	0.3	6.0	85.9	8.595	0.073	0	0.396	NA
Green Beans	2.4	68.4	26.7	1.3	5.47	0	0	0	2.02	95.04	19	0	0	46.1	19.8	0.19	2.02	161.3	24.75	0.768	0	1.344	NA
Small Sliced Carrots	2.45	69.0	24.5	0.7	5.6	0.0	0.0	0.0	2.1	1775.0	3.5	0.1	0.0	47.0	8.3	0.2	49.0	164.0	22.8	0.9	0.0	1.0	NA
Mesquite Sauce	2.0	57.0	60.2	0.4	12.3	1.2	0.2	0.0	0.4	0.0	2.0	0.047	0.0	17.6	13.9	0.1	13.5	157.2	9.461	0.519	0	9.76	AD
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Animal Cookies	0.7	20.7	93.6	1.3	15.8	2.8	1.1	3.4	0.0	2.1	0.3	0.0	0.0	3.6	3.4	0.1	85.6	17.6	20.0	0.6	0.0	5.2	AD
Raisins	1.0	28.4	80.0	1.0	22.0	0.0	0.0	0.0	1.0	0.0	0.0	0.1	0.0	0.0	9.1	0.1	0.0	212.3	28.6	0.4	0.0	17.0	NA
Total:	**23.6**	**671.5**	**730.2**	**36.6**	**102.1**	**25.2**	**8.4**	**50.5**	**9.5**	**2164.2**	**53.5**	**1.0**	**1.5**	**506.3**	**146.3**	**5.2**	**666.8**	**1489.8**	**560.7**	**4.6**	**6.3**	**48.7**	**AD**
Goals: 33% DRI			6-750	>23		23-27			≥8	>1000	≥30	≥.6	≥.8	≥400	≥110	≥3.75	<1200						

Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber,

NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7/30/2019

6019 Cheesy Scrambled Eggs, Turkey Sausage Patty, and Grits

										Vitamins													
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Scrambled Eggs	2.75	78	137.5	12.19	2.75	8.25	2.75	268.1	0	387.76	0.24	0.091	0.55	59.95	7.05	0.83	357.5	125	23.38	1.3	1.4	1.4	NA
Cheddar Cheese	0.25	7	22.9	1.5	0	1.916	1.083	5.25	0	11.25	0	0	0.0933	50	2.16	0.25	37.5	15.9	19.4	0	0	0	NA
Turkey Sausage	1.50	42.0	90.0	7.0	1.0	7.0	1.5	40.0	0.0	0.0	0.0	0.2	0.8	50.0	16.0	0.0	220.0	90.0	6.5	1.1	0.0	0.0	NA
Grits	4	113.4	97.1	2	20.8	0.459	0.089	0	1.21	0.787	0	0.061	0	1.05	9.448	0.19	0.262	37	29.1	0.8	0.0	0.2	NA
Sweet Potato Cubes	3.5	99.2	121.3	1.4	21.5	3.4	0.0	0.0	2.9	221.4	0.0	0.2	0.0	29.5	18.1	0.2	162.0	235.0	32.0	0.4	0.0	14.8	AD
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Total:	**22.00**	**626.60**	**710.80**	**36.14**	**87.05**	**26.80**	**8.52**	**313.35**	**8.11**	**711.20**	**40.24**	**0.81**	**2.66**	**598.50**	**129.36**	**3.49**	**1147.26**	**1048.10**	**491.36**	**5.07**	**7.63**	**32.33**	**0.0**
Goals: 33% DRI			6-750	>23		23-27			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	<1200				≥5		

Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber,

NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.