	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**																								7.31.19
2																									
3																									
4																									
5																									
6																									
7																									
8																									
9	5 Day Frozen Meal Packs - 4 Week 4 - Code 4																								
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	5092	Mac. & Beef w/Cheddar Cheese	26.0	739.9	639.7	25.5	84.3	23.98	8.48	10.65	8.84	5414.09	66.22	0.69	2.07	461.58	117.74	4.52	774.75	1289.42	535.79	5.72	6.3	36.7	AD
14	5043	Spaghetti & Meatballs	22.50	648.20	699.90	39.10	91.40	23.20	8.70	40.40	13.50	535.50	82.60	1.50	4.60	730.20	194.90	11.50	679.50	1829.80	538.10	7.30	6.60	40.60	AD
15	5045	Breaded Baked Fish	20.00	570.40	695.60	33.40	93.10	24.60	7.10	40.00	8.80	378.90	43.70	0.70	3.40	457.50	140.80	3.13	962.20	1335.50	641.00	3.20	6.30	16.70	AD
16	5054	Chicken Teriyaki with Rice	23.75	675.85	672.81	37.20	91.87	23.37	7.42	47.62	10.06	518.31	73.07	1.20	2.07	493.52	188.53	6.63	842.96	1324.08	607.76	5.36	8.34	36.68	AD
17	5042	Chicken Broccoli Alfredo	27.95	802.15	705.50	40.07	88.02	24.66	7.83	61.47	8.76	2358.34	121.00	1.09	1.95	713.93	206.06	6.07	876.58	1435.70	921.79	3.94	10.09	29.79	AD
18		Total:	120.2	3436.5	3413.5	175.3	448.68	119.8	39.53	200.14	49.96	9205.14	386.59	5.18	14.09	2856.7	848.03	31.85	4135.99	7214.5	3244.4	25.52	37.58	160.47	AD
19			**24.04**	**687.3**	**682.69**	**35.06**	**89.736**	**23.96**	**7.906**	**40.028**	**9.992**	**1841.03**	**77.318**	**1.036**	**2.818**	**571.35**	**169.606**	**6.37**	**827.198**	**1442.9**	**648.89**	**5.104**	**7.516**	**32.094**	**AD**
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.																							

	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**										GOLDEN GOURMET												7/30/2019	
2																								
3																								
4																								
5																								
6																								
7																								
8	**5092 Macaroni & Beef w/Cheddar Cheese, Peas, Peppers, Onions and California Blend**																							
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	Macaroni, Elbow, Cooked	2.5	70.0	100.0	3.5	19.5	0.5	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	17.3	0.5	7.5	70.8	60.0	1.8	0.0	0.5	NA
13	Peas, Peppers, & Onions	2.5	70.8	43.7	3.0	7.7	0.2	0.04	0.0	2.6	1167.0	13.0	0.0	0.0	12.5	14.7	0.5	31.8	86.8	46.5	0.9	0.0	2.8	NA
14	Cheddar Cheese	0.2	5.67	24.3	0.8	3.2	0.4	0.00	0.0	0.0	0.0	0.0	0.0	0.002	1.6	0.1	0.0	137.7	0.2	1.2	0.0	0.0	0.8	NA
15	Sauce	3.5	99.12	39.62	1.68	8.26	0.56	0.14	0.28	1.26	0.98	7.28	0.14	0.007	24.22	14.7	0.14	88.76	285.6	28.98	0.98	0	3.64	NA
16	California Blend	2.3	65.55	19.55	1.27	3.91	0	0	0	1.955	3974.4	23.94	0.115	0	26.22	9.315	0.23	26.34	142.6	25.99	0.69	0	1.955	NA
17	IQF Ground Beef Crumbles	1	28.35	50.5	5.2	0.685666	3	1.2	10.37	0.57	1.7133	0	0.111	0.83	13	5.663	1.666	42.67	93	57.27666	0.65666	0	0	NA
18	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
19	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
20	Juice Apple	4.0	113.4	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	15.0	134.9	8.7	0.0	0.0	13.0	NA
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	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
23	**Total:**	**26.00**	**739.89**	**639.66**	**25.52**	**84.29**	**23.98**	**8.48**	**10.65**	**8.84**	**5414.09**	**66.22**	**0.69**	**2.07**	**461.58**	**117.74**	**4.52**	**774.75**	**1289.42**	**535.79**	**5.72**	**6.25**	**36.70**	**0.0**
30	Goals: 33% DRI			6-750	>23		23-27			≥8	≥1000	≥30	≥.6	≥.8	≥400	≥110	≥3.75	<1200						
31	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,																							
32	NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																							
33																								
67																								

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7/30/2019

5043 Spaghetti and Meatballs with Marinara Sauce, Broccoli, Black Bean Blend

	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**
Spaghetti Blend	2.0	56.6	84.0	2.8	16.8	0.4	0.0	0.0	0.8	0.0	0.0	0.1	0.1	0.0	17.6	0.5	0.0	25.0	36.2	0.5	0.0	8.6	NA
Meatballs	3.0	85.0	190.0	18.0	4.0	12.0	5.0	40.0	3.0	0.0	0.0	0.4	3.0	72.0	21.3	7.4	230.0	410.0	88.5	2.70	0.0	2.0	NA
Broccoli	2.0	56.7	14.9	1.7	2.9	0.0	0.0	0.0	1.7	108.0	48.3	0.1	0.2	41.0	11.3	0.3	13.7	141.8	27.8	0.5	0.0	1.0	NA
Marinara Sauce	3.0	85.0	31.0	0.6	4.4	1.3	0.2	0.0	0.6	110.0	4.2	0.0	0.0	20.8	0.7	0.0	95.0	26.3	0.7	0.3	0.0	3.0	AD
Black Bean Blend	2.5	70.9	59.0	4.0	10.3	1.2	0.0	0.0	4.1	4.0	5.2	0.1	0.0	12.3	75.2	1.6	1.1	670.6	41.7	0.7	0.0	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
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
Nutri Grain Bar	1.0	37.0	139.0	2.0	26.0	3.0	0.5	0.4	1.3	223.5	2.9	0.5	0.1	200.2	17.0	0.3	104.7	92.5	38.0	1.8	0.3	12.0	AD
Totals:	**22.50**	**648.2**	**699.9**	**39.1**	**91.4**	**23.2**	**8.7**	**40.4**	**13.5**	**535.5**	**82.6**	**1.5**	**4.6**	**730.2**	**194.9**	**11.5**	**679.5**	**1829.8**	**538.1**	**7.3**	**6.6**	**40.6**	**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**

7.31.19

5045 Breaded Fish, Baby Lima Beans, Corn and Red Peppers

Vitamins

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
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 (oz.)**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**B6**	**B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
12	Baked Breaded Fish	4.0	113.4	210.0	14.0	28.0	4.5	0.0	40.0	0.0	36.0	0.0	0.4	2.2	24.0	55.6	1.1	490.0	443.4	206.4	1.4	0.0	1.0	AD
13	Cut Corn	2.7	76.5	68.0	2.3	16.2	0.8	0.0	0.0	1.5	27.9	0.0	0.0	0.0	7.6	1.3	0.0	2.4	103.0	36.7	0.2	0.0	1.3	NA
14	Red Peppers in Corn	0.3	8.5	2.6	0.1	0.5	0.0	0.0	0.0	0.2	14.0	10.9	0.0	0.0	0.6	1.0	0.1	0.3	17.9	2.2	0.0	0.0	0.4	NA
15	Baby Limas	3.0	85.0	113.0	6.9	21.4	0.0	0.0	0.0	5.1	31.0	10.8	0.1	0.0	41.3	30.3	0.4	44.5	295.7	88.5	0.8	0.0	0.0	NA
16	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
17	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
18	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
19	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
20	**Total:**	**20.00**	**570.4**	**695.6**	**33.4**	**93.1**	**24.6**	**7.1**	**40.0**	**8.8**	**378.9**	**43.7**	**0.7**	**3.4**	**457.5**	**140.8**	**3.1**	**962.2**	**1335.5**	**641.0**	**3.2**	**6.3**	**16.7**	**0.0**
21	Goal:			600-750	>23		23-27			≥8	≥300	≥30	≥0.6	≥0.8	≥400	≥140	≥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- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7/30/2019

5054 Chicken Teriyaki w/Rice, Vegetable Blend, Yellow Squash and Italian Green Beans

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size (oz.)**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**B6**	**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	47.0	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
Italian Green Beans	2.650	75.0	30.0	1.5	6.0	0.0	0.0	0.0	2.3	105.0	21.0	0.0	0.0	31.8	21.9	0.2	0.0	141.0	27.3	0.8	0.0	0.0	NA
Teriyaki Sauce	2.0	57.0	60.5	0.5	12.5	1.1	0.2	0.0	0.3	27.0	1.7	0.0	0.0	14.9	7.3	0.1	154.0	56.5	11.1	0.5	0.0	10.3	Added Sugars
Rice Blend	2.5	71.25	61.75	1.75	13.4	0.13	0.13	0	0.875	26.875	20.3	0	0	23.125	11.5	0.25	5	140	23.125	0.125	0	0.375	NA
Yellow Squash	2.35	66.6	12.86	0.611	3.2618	0.61	0	0.61	0.61	35.438	6.533	0.19	0.19	15.698	14.946	0.21	3.2618	171.08	27.448	0.204	0	0	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
Total:	**23.75**	**675.85**	**672.81**	**37.20**	**91.87**	**23.37**	**7.42**	**47.62**	**10.06**	**518.31**	**73.07**	**1.20**	**2.07**	**493.52**	**188.53**	**6.63**	**842.96**	**1324.08**	**607.76**	**5.36**	**8.34**	**36.68**	**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.

7/30/2019

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

5042 Chicken Broccoli Alfredo over Fettuccini Pasta, Carrots, & Zucchini w/Red Peppers

										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**
FC Diced Chicken	3.0	85.0	85.7	19.7	1.7	1.7	0.0	47.1	0.0	0.0	1.8	0.5	0.3	28.8	24.7	2.7	85.7	216.0	139.5	0.3	0.1	0.0	NA
Frozen Linguine	2	57	93.3	2.92	15.48	2.017	0.35	9.33	0.82	3.14	0	0.06	0.06	5.926	10.3	0.27	3.43	42.2	32.49	0.948	0	0.73	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
Broccoli	1	28.35	7.4	0.85	1.45	0	0	0	0.85	54	24.1	0.05	0.1	20.5	56.5	0.15	6.85	70.9	186.5	0.25	0	0.5	NA
Alfredo Sauce	2	57	40	1	7	0.53	0.33	5	0	0	0	0.021	0.27	48	8.4	0.46	150	41.8	117.9	0.13	0	0.13	NA
Vegetable Blend	2.5	70.8	22.6	0.8	2.8	0.1	0.0	0.0	1.0	121.2	15.6	0.1	0.0	11.7	6.7	0.2	1.6	153.8	19.7	0.35	0	1.45	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
Nutri Grain Bar	1.0	30.0	70.0	3.0	13.0	1.0	0.0	0.0	2.0	0.0	0.0	0.1	0.0	48.0	24.8	0.5	150.0	81.5	75.8	0.3	0.0	2.0	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:	**27.95**	**802.15**	**705.50**	**40.07**	**88.02**	**24.66**	**7.83**	**61.47**	**8.76**	**2358.34**	**121.00**	**1.09**	**1.95**	**713.93**	**206.06**	**6.07**	**876.58**	**1435.70**	**921.79**	**3.94**	**10.09**	**29.79**	**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.