Menu Report

Menu: New Year's Day

Total Days: 7
Total Foods: 7
Avg. Daily Cals: 85.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				875.195
		58 Breaded Pork Chops	3.000 OUNCE	122.729
		125 Seasoned Blackeyed Peas	0.500 CUP	211.583
		8843 Cabbage, Boiled, Drained	0.750 CUP	112.500
		226 Applesauce, Sweetened, Canned	0.500 CUP	127.500
		132 Corn Bread	1.000 PIECE	52.184
		116 Margarine, Soft	1.000 TSP	4.700
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

New Year's Day

Menu Nutrient Analysis
Company:
Cycle Length: 1 week

Goal: DRI: RDA/AI-MALE-70+ YEARS
Days: 7
Foods: 7

Kcals / Day: 85
Feeding Figure: 100

Nutrient	Value	Goal	% Goal
Kilocalories (kcal)	595.498	2000.000	30%
Protein (gm)	34.965	70.000	50%
Carbohydrate (gm)	78.073	300.000	26%
Fat, total (gm)	16.568	65.000	25%
Alcohol (gm)			
Cholesterol (mg)	76.181	300.000	25%
Saturated Fat (gm)	5.509	20.000	28%
Monounsaturated Fat (gm)	5.289	25.000	21%
Polyunsaturated Fat (gm)	4.452	20.000	22%
MFA 18:1, Oleic (gm)			
PFA 18:2, Linoleic (gm)			
PFA 18:3, Linolenic (gm)			
PFA 20:5, EPA (gm)			
PFA 22:6, DHA (gm)			
Sodium (mg)	772.287	2400.000	32%
Potassium (mg)	1130.434	3500.000	32%
Vitamin A (RE)	252.492	900.000	28%
Vitamin A (IU)	1268.710	4500.000	28%
Beta-Carotene (µg)			
Vitamin C (mg)	29.497	90.000	33%
Calcium (mg)	459.380	1200.000	38%
Iron (mg)	3.387	8.000	42%
Vitamin D (ug)	3.184	15.000	21%
Vitamin D (IU)	127.380	600.000	21%
Vitamin E	1.463	15.000	10%
Vitamin E (IU)			
Alpha-Tocopherol (mg)			
Thiamin (mg)	1.435	1.100	130%
Riboflavin (mg)	1.033	1.100	94%
Niacin (mg)	6.837	14.000	49%
Pyridoxine/Vit B6 (mg)	0.917	1.500	61%
Folate (µg)	90.613	400.000	23%
Cobalamin/Vit B12 (µg)	1.672	2.400	70%
Biotin (µg)	6.542	30.000	22%
Pantothenic Acid (mg)	2.178	5.000	44%
Vitamin K (µg)	4.324	90.000	5%
Phosphorus (mg)	572.668	700.000	82%
Iodine (µg)		150.000	
Magnesium (mg)	97.942	420.000	23%

Nutrient	Value	Goal	% Goal
Zinc (mg)	3.540	11.000	32%
Copper (mg)	0.235	0.900	26%
Manganese (mg)	0.594	2.300	26%
Selenium (mg)	0.043	0.055	78%
Fluoride (µg)	92.792	4.000	2320%
Chromium (mg)	0.009	30.000	0%
Molybdenum (µg)	16.353	45.000	36%
Dietary Fiber, total (gm)	7.939	25.000	32%
Soluble Fiber (gm)			
Insoluble Fiber (gm)			
Crude Fiber (gm)			
Sugar, total (gm)			
Glucose (gm)			
Galactose (gm)			
Fructose (gm)			
Sucrose (gm)			
Lactose (gm)			
Maltose (gm)			
Tryptophan (mg)			
Threonine (mg)			
Isoleucine (mg)			
Leucine (mg)			
Lysine (mg)			
Methionine (mg)			
Cystine (mg)			
Phenylalanine (mg)			
Tyrosine (mg)			
Valine (mg)			
Arginine (mg)			
Histidine (mg)			
Alanine (mg)			
Aspartic Acid (mg)			
Glutamic Acid (mg)			
Glycine (mg)			
Proline (mg)			
Serine (mg)			
Moisture (gm)			
Ash (gm)			
Caffeine (mg)			

Day 1

% of Kcals

Protein	23%
Carbohydrate	52%
Fat, total	25%
Alcohol	0%

Exchanges

Bread/Starch	2.0
Fruit	1.5
Other Carbohydrate	
Milk - Skim	
Milk - Low Fat	1.0
Milk - Whole	
Vegetable	1.0
Meat - Very Lean	1.0
Meat - Lean	
Meat - Medium Fat	
Meat - High Fat	
Fat	1.0

Recipe Report - Breaded Pork Chops

Food ID: 58 Portion/Amount: 3.00 OUNCE Servings: 100.00 Kcals / Serving: 159 No. Ingredients: 6
Source: Custom

Preparation

None
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Breaded Pork Chops	12272.939
20 POUND Pork Loin, Tenderloin End, Separable Lean, Raw	9072.000
1.5 QUART All Purpose Wheat Flour	749.740
2 TBSP Ground Black Pepper	12.600
1 POUND Egg White, Frozen, Raw	453.600
1.75 QUART Nonfat, Skim or Fat Free Milk	1715.000
1.5 QUART White Bread Crumbs, Enriched	270.000

Instructions:

Instructions....Cut pork into approximately 3 oz. portions. Dredge pork in flour-pepper mixture. Combine egg whites and milk. Dip chops in egg white mixture, then roll in bread crumbs. Place in single layer on baking sheets sprayed with non stick bake coating (like Pam). Bake at 400 degrees until browned, about 10-15 minutes. Remove chops from oven and arrange in counter pans. Add approximately 2 cups water to each pan. Cover pans. Bake at 325 degrees for about 1 hour.

Recipe Report - Seasoned Blackeyed Peas

Food ID: 125 Portion/Amount: 0.50 CUP Servings: 100.00 Kcals / Serving: 32 No. Ingredients: 5
Source: Custom

Preparation

Boiled-Drained
Preparation Time: 0
Cooking Time:
Cooking Temp: deg F

Ingredient	Wt
Seasoned Blackeyed Peas	21158.254
7 lb dry blackeye peas	8827.056
3 GALLON Tap Water	11376.000
2 POUND Onions, Chopped	907.200
10 ITEM Garlic Clove	30.000
1 TBSP Table Salt	18.000

Instructions:

For 100 servings: Sort beans; wash, if needed. Add beans to 3 gallons boiling water. Boil 2 minutes. Remove from heat. Cover and let soak 1 hour or if more convenient, cool and let stand overnight in refrigerator. Drain and discard soaking water. Add 3 gallons water, chopped onion, garlic and salt. Cook until tender, about one hour. Add more boiling water, if needed. Serving size: 3 ounces or approx 1/2 cup.

Recipe Report - Corn Bread

Food ID: 132 Portion/Amount: 1.00 PIECE Servings: 100.00 Kcals / Serving: 127 No. Ingredients: 8
Source: Custom

Preparation

Baked
Preparation Time: 0
Cooking Time: 0 hrs. 25 min.
Cooking Temp: 425 deg F

Ingredient	Wt
Corn Bread	5218.416
2 qt (2 lb 3 1/2 oz) flour	1006.539
2 qt (2 lb 11 oz) cornmeal	1219.277
1/2 cup (3 oz) baking powder	85.050
1 1/3 cups (9 1/4 oz) sugar	262.237
2 tsp salt	12.000
14.000 OUNCE Egg Substitute, Liquid	396.900
2 qt skim milk	1960.000
1 1/3 cups (9 3/4 oz) oil	276.413

Instructions:

For 100 servings: mix flour, cornmeal, baking powder, sugar, and salt thoroughly. Mix egg substitute, milk, and oil. Add to dry ingredients, stirring only until dry ingredients are moistened; batter will be lumpy. Pour into 2 greased baking pans (about 12 by 20 inches), about 2 1/2 quarts or 5 pounds 11 ounces batter per pan. Bake at 425 degrees F for 25 to 30 minutes or until lightly browned. Serving size: 1 piece, about 2"x2".

Menu Report

Menu: Valentine's Day

Total Days: 7
Total Foods: 7
Avg. Daily Cals: 99.00

Day	Meal	Food	Amt/Portion	Wt
Day 1				645.227
		88 Oven Crisp Chicken	3.000 OUNCE	126.754
		666 Sweet Potato, Baked, Peeled	1.000 ITEM	114.000
		660 Spinach, Chopped, Boiled, Drained	0.500 CUP	90.000
		126 Love at First Sight Brownies	1.000 SERVING	37.373
		9041 Whole Wheat Dinner Roll	1.000 ITEM	28.400
		116 Margarine, Soft	1.000 TSP	4.700
		51 Reduced Fat Milk, 2%	8.000 FL OZ	244.000
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Leave peel on for more fiber!