

Five Star Correctional Services  
 Jefferson County Correctional Facility

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Biscuit & Gravy Gravy 1/2cup Grits 3/4cup Peanut Butter 1 oz. Biscuit (60ct) 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes Oatmeal 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Pancakes 2 ea. Syrup 1/4cup Grits 3/4cup Sausage Patty 1 oz. Fresh Fruit 1/2cup Milk 8 oz.	Biscuit & Gravy Gravy 1/2cup Oatmeal 3/4cup Peanut Butter 1 oz. Biscuit (60ct) 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes 3 oz. Grits 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Pancakes 2 ea. Syrup 1/4cup Grits 3/4cup Sausage Patty 1 oz. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes 3 oz. Grits 3/4cup Syrup 1/4cup Grits 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Country Fried Steak 3 oz. Brown Gravy 1/2cup Mashed Potatoes 1/2cup Green Beans 1/2cup Roll 2 oz. Cake (60ct) 1 ea. Fruit Drink 8 oz.	Hot Dogs 2 ea. Potato Salad 1/2cup BBQ Beans 1/2cup Bread 2 sl. Pudding 1/2cup Mustard 2 ea. Fruit Drink 8 oz.	Hamburger Steak 3 oz. Brown Gravy 1/2cup Macaroni Salad 1/2cup Seasoned Greens 1/2cup Roll 2 oz. Cookies 2 ea. Fruit Drink 8 oz.	Beef & Pinatos 3/4cup Rice 1/2cup Seasoned Cabbage 1/2cup Cornbread (60ct) 1 ea. Cake (60ct) 1 ea. Fruit Drink 8 oz.	Chili Mac Casserole 3/4cup Pinto Beans 1/2cup Corn 1/2cup Corn Tortillas 2 ea. Pudding 1/2cup Fruit Drink 8 oz.	Stippy Joe 3 oz. Carrots 1/2cup Potato Salad 1/2cup Bread 2 sl. Cookies 2 ea. Fruit Drink 8 oz.	Burrito 3 oz. Pinto Beans 1/2cup Spanish Rice 1/2cup Flour Tortilla 1 ea. Cake (60ct) 1 ea. Fruit Drink 8 oz.
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fried Fish Fillet 3 oz. Brown Gravy 1/2cup Rice 1/2cup Cole Slaw 1/2cup Tartar Sauce 1 ea. Cornbread (60ct) 1 ea. Cookies 2 ea. Fruit Drink 8 oz.	Meal Loaf 3 oz. Brown Gravy 1/2cup Macaroni & Cheese 1/2cup Carrots 1/2cup Biscuit (60ct) 1 ea. Cake (60ct) 1 ea. Fruit Drink 8 oz.	Tacos 3 oz. Pinto Beans 1/2cup Spanish Rice 1/2cup Corn Tortillas 2 ea. Pudding 1/2cup Fruit Drink 8 oz.	Smoked Sausage 3 oz. Au-gratin Potatoes 1/2cup Cole Slaw 1/2cup Roll 2 oz. Cookies 2 ea. Fruit Drink 8 oz.	Pepper Steak 3 oz. Brown Gravy 1/2cup Rice 1/2cup Green Beans 1/2cup Cornbread (60ct) 1 ea. Cake (60ct) 1 ea. Fruit Drink 8 oz.	Fried Chicken Patty 3 oz. Poultry Gravy 1/2cup Mixed Vegetables 1/2cup Mashed Potatoes 1/2cup Roll 2 oz. Pudding 1/2cup Fruit Drink 8 oz.	Satsbury Steak 3 oz. Brown Gravy 1/2cup Macaroni & Cheese 1/2cup Seasoned Carrots 1/2cup Biscuit (60ct) 1 ea. Cookies 2 ea. Fruit Drink 8 oz.

*Kylea Turner*

Week 1

Five Star Correctional Services  
Jefferson County Correctional Facility

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Biscuit & Gravy Gravy 1/2cup Grits 3/4cup Peanut Butter 1 oz. Biscuit (60ct) 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes Oatmeal Tortillas Taco Sauce Fresh Fruit Milk	Pancakes Syrup Grits Sausage Patty Fresh Fruit Milk	Biscuit & Gravy Gravy 1/2cup Grits 3/4cup Oatmeal 3/4cup Peanut Butter 1 oz. Biscuit (60ct) 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes Grits 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Pancakes Syrup Grits Sausage Patty Fresh Fruit Milk	Eggs & Potatoes Grits 3/4cup Tortillas 3/4cup Taco Sauce 1 oz. Fresh Fruit 1/2cup Milk 8 oz.
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Roini Meatsauce- 3/4cup Mixed Vegetables 1/2cup Italian Slaw 1/2cup Cornbread (60ct) 1 ea. Pudding 1/2cup Fruit Drink 8 oz.	Smoked Sausage B.B.Q. Beans Macaroni Salad Cornbread (60ct) Cookies Fruit Drink	B.B.Q. Franks Potato Salad Coleslaw Bread Cake (60ct) Fruit Drink	Tacos Pinto Beans Spanish Rice Corn Tortillas Pudding Fruit Drink	Turkey Pot Pie Poultry Gravy Mashed Potatoes Seasoned Cabbage Biscuit (60ct) Cookies Fruit Drink	Chicken Salad Macaroni & Cheese Green Beans Bread Cake (60ct) Fruit Drink	Ham & Pintos Rice Seasoned Cabbage Cornbread (60ct) Pudding Fruit Drink
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Chicken Fried Steak 3 oz. Poultry Gravy 1/2cup Mashed Potatoes 1/2cup Green Beans 1/2cup Roll 2 oz. Cake (60ct) 1/2cup Fruit Drink 8 oz.	Burrito Pinto Beans Corn Flour Tortilla Pudding Fruit Drink	Smothered Steak 3 oz. Brown Gravy 1/2cup Rice 1/2cup Greens 1/2cup Biscuit (60ct) 1 ea. Cookies Fruit Drink	Fried Chicken Patty 3 oz. Poultry Gravy 1/2cup Mashed Potatoes 1/2cup Carrots 1/2cup Cornbread (60ct) 1 ea. Cake (60ct) 1 ea. Fruit Drink 8 oz.	Fried Fish 3 oz. Au-gratin Potatoes 1/2cup Mixed Vegetables 1/2cup Roll 2 oz. Tarter Sauce 1 ea. Pudding 1/2cup Fruit Drink 8 oz.	Chuckwagon Steak 3 oz. Brown Gravy 1/2cup Mashed Potatoes 1/2cup Carrots 1/2cup Cornbread (60ct) 1 ea. Cookies 2 ea. Fruit Drink 8 oz.	Spicy Chicken Pattie 3 oz. Poultry Gravy 1/2cup Carrots 1/2cup Coleslaw 1/2cup Roll 2 oz. Cake (60ct) 1 ea. Fruit Drink 8 oz.

Week 2

*Nylcia Stewart*

Five Star Correctional Services  
Jefferson County Correctional Facility

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Biscuit & Gravy	Eggs & Potatoes	Pancakes	Biscuit & Gravy	Eggs & Potatoes	Pancakes	Eggs & Potatoes
Gravy 1/2cup	Oatmeal 3/4cup	Syrup 1/4cup	Gravy 1/2cup	Grits 3/4cup	Syrup 1/4cup	Grits 3/4cup
Grits 3/4cup	Tortillas 2 ea.	Grits 3/4cup	Oatmeal 3/4cup	Tortillas 2 ea.	Grits 3/4cup	Tortillas 2 ea.
Peanut Butter 1 oz.	Taco Sauce 1 ea.	Sausage Patty 1 oz.	Peanut Butter 1 oz.	Taco Sauce 1 ea.	Sausage Patty 1 oz.	Taco Sauce 1 ea.
Biscuit (60ct) 1 ea.	Fresh Fruit 1/2cup	Fresh Fruit 1/2cup	Biscuit (60ct) 1 ea.	Fresh Fruit 1/2cup	Fresh Fruit 1/2cup	Fresh Fruit 1/2cup
Fresh Fruit 1/2cup	Milk 8 oz.	Milk 8 oz.	Fresh Fruit 1/2cup	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.
Milk 8 oz.			Milk 8 oz.			Milk 8 oz.
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chili-Mac Casserole 3/4cup	BBO Smoked Sausage 3 oz.	Coney Dogs 2 ea.	Beef Pot Pie 3/4cup	Tacos 2 ea.	Meat sauce & Spaghetti 3/4cup	Salisbury Steak 3 oz.
Pinto Beans 1/2cup	Macaroni Salad 1/2cup	Potato Salad 1/2cup	Brown Gravy 1/2cup	Pinto Beans 1/2cup	Augrain Potatoes 1/2cup	Brown Gravy 1/2cup
Green Salad 1/2cup	Mixed Vegetables 1/2cup	Seasoned Spinach 1/2cup	Mashed Potatoes 1/2cup	Spanish Rice 1/2cup	Italian Slaw 1/2cup	Mashed Potatoes 1/2cup
French Dressing 1 ea.	Cornbread (50ct) 1 ea.	Mustard Relish 1 oz.	Seasoned Cabbage 1/2cup	Com Tortillas 2 ea.	Roll 2 oz.	Seasoned Greens 1/2cup
Tortillas 2 ea.	Cake (60ct) 1 ea.	Bread 2 ea.	Biscuit (60ct) 1 ea.	Com Tortillas 2 ea.	Pudding 1/2cup	Biscuit (60ct) 1 ea.
Cookies 2 ea.	Fruit Drink 8 oz.	Pudding 1/2cup	Cookies 2 ea.	Fruit Drink 8 oz.	Fruit Drink 8 oz.	Cookies 2 ea.
Fruit Drink 8 oz.		Fruit Drink 8 oz.	Fruit Drink 8 oz.		Fruit Drink 8 oz.	Fruit Drink 8 oz.
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Fried Fish Fillet 3 oz.	Burrito 1 ea.	Meat Loaf 3 oz.	Fried Chicken Party 3 oz.	Chicken Fried Steak 3 oz.	Pepper Steak 3 oz.	Sloppy Joe 3 oz.
Brown Gravy 1/2cup	Pinto Beans 1/2cup	Brown Gravy 1/2cup	Poultry Gravy 1/2cup	Brown Gravy 1/2cup	Brown Gravy 1/2cup	Macaroni Salad 1/2cup
Rice 1/2cup	Corn 1/2cup	Mashed Potatoes 1/2cup	Mixed Vegetables 1/2cup	Maceroni & Cheese 1/2cup	Rice 1/2cup	Green Beans 1/2cup
Cole Slaw 1/2cup	Flour Tortilla 1 ea.	Corn 1/2cup	Corn 1/2cup	Cole Slaw 1/2cup	Pinto Beans 1/2cup	Bread 2 sl.
Cornbread (60ct) 1 ea.	Cookies 2 ea.	Biscuit (60ct) 1 ea.	Roll 2 oz.	Cornbread (60ct) 1 ea.	Cornbread (60ct) 1 ea.	Pudding 1/2cup
Tartar Sauce 1 ea.	Fruit Drink 8 oz.	Cake (60ct) 1 ea.	Pudding 1/2cup	Cookies 2 ea.	Cake (60ct) 1 ea.	Fruit Drink 8 oz.
Pudding 1/2cup		Fruit Drink 8 oz.	Fruit Drink 8 oz.	Fruit Drink 8 oz.	Fruit Drink 8 oz.	
Fruit Drink 8 oz.						

Week 3

*Wylene Thomas*

Five Star Correctional Services  
 Jefferson County Correctional Facility

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Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
Biscuit & Gravy Gravy 1/2cup Grits 3/4cup Peanut Butter 1 oz. Biscuit (60c) 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes Oatmeal 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Pancakes 2 ea. Syrup 1/4cup Grits 3/4cup Sausage Patty 1 oz. Fresh Fruit 1/2cup Milk 8 oz.	Biscuit & Gravy Gravy 1/2cup Oatmeal 3/4cup Peanut Butter 1 oz. Biscuit (60c) 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes Grits 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.	Pancakes 2 ea. Syrup 1/4cup Grits 3/4cup Sausage Patty 1 oz. Fresh Fruit 1/2cup Milk 8 oz.	Eggs & Potatoes Grits 3/4cup Tortillas 2 ea. Taco Sauce 1 ea. Fresh Fruit 1/2cup Milk 8 oz.
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Rolet Meatsauce 3/4cup Corn 1/2cup Navy Beans 1/2cup Roll 2 oz. Cake (60c) 1 ea. Fruit Drink 8 oz.	B.B.Q. Franks 2 ea. B.B.Q. Beans 1/2cup Macaroni Salad 1/2cup Mustard 2 ea. Bread 2 sl. Pudding 1/2cup Fruit Drink 8 oz.	Smoked Sausage 1 ea. Potato Salad 1/2cup Cole Slaw 1/2cup Roll 2 oz. Cookies 2 ea. Fruit Drink 8 oz.	Beef & Pinto 3/4cup Rice 1/2cup Seasoned Cabbage 1/2cup Cornbread (60c) 1 ea. Cake (60c) 1 ea. Fruit Drink 8 oz.	Turkey Pot Pie 3/4cup Poultry Gravy 1/2cup Mashed Potatoes 1/2cup Mixed Greens 1/2cup Biscuit (60c) 1 ea. Pudding 1/2cup Fruit Drink 8 oz.	Saltbury Steak 3 oz. Brown Gravy 1/2cup Rice 1/2cup Green Beans 1/2cup Cornbread (60c) 1 ea. Cookies 2 ea. Fruit Drink 8 oz.	Tacos 3 oz. Pinto Beans 1/2cup Spanish Rice 1/2cup Corn Tortillas 2 ea. Cake (60c) 1 ea. Fruit Drink 8 oz.
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
Chicken Fried Steak 3 oz. Poultry Gravy 1/2cup Mashed Potatoes 1/2cup Pinto Beans 1/2cup Cornbread (60c) 1 ea. Cookies 2 ea. Fruit Drink 8 oz.	Burrito 3 oz. Pinto Beans 1/2cup Spanish Rice 1/2cup Flour Tortilla 1 ea. Cake (60c) 1 ea. Fruit Drink 8 oz.	Smothered Steak 3 oz. Brown Gravy 1/2cup Mashed Potatoes 1/2cup Corn 1/2cup Biscuit (60c) 1 ea. Pudding 1/2cup Fruit Drink 8 oz.	Fried Chicken Patty 3 oz. Poultry Gravy 1/2cup Augrain Potatoes 1/2cup Spinach 1/2cup Roll 2 oz. Cookies 2 ea. Fruit Drink 8 oz.	Pepper Steak 3 oz. Brown Gravy 1/2cup Rice 1/2cup Carrots 1/2cup Cornbread (60c) 1 ea. Cake (60c) 1 ea. Fruit Drink 8 oz.	Chicken Salad 3 oz. Poultry Gravy 1/2cup Mashed Potatoes 1/2cup Macaroni Salad 1/2cup Bread 2 ea. Pudding 1/2cup Fruit Drink 8 oz.	Meal Last 3 oz. Brown Gravy 1/2cup Greens 1/2cup Mixed Vegetables 1/2cup Cornbread (60c) 1 ea. Cookies 2 ea. Fruit Drink 8 oz.

Week 4

*My Va Dinner*

All Hot Cereals are Sweetened with Sugar

# Nutrient Analysis

## Regular — Weeks 1 thru 4

### Macronutrients

Calories	2,727.41 Kcal
Protein	98.41 gm
Carbohydrates	439.07 gm
Total Fat	78.30 gm
Monounsaturated Fat	32.79 gm
Polyunsaturated Fat	15.01 gm
Saturated Fat	26.32 gm
Water	2,276.32 ml
Total Dietary Fat	31.87 gm
Insoluble Fiber	0.00 gm
Cholesterol	267.49 mg
Alcohol	0.00 gm
Caffeine	0.00 mg

### Vitamins

Vitamin A	1,196.97 RE
Vitamin E	9.02 mg
Thiamin (B1)	2.51 mg
Riboflavin (B2)	2.36 mg
Niacin (B3)	22.28 mg
Vitamin B6	1.74 mg
Vitamin B12	4.58 mcg
Folacin	689.07 mcg
Pantothenic Acid	6.11 mg
Vitamin C	299.31 mg
Vitamin D	222.18 IU
Vitamin K	183.05 mcg

### Essential Amino Acids

Histidine	2.04 gm
Isoleucine	3.53 gm
Leucine	6.53 gm
Lysine	5.22 gm
Methionine	1.64 gm
Phenylalanine	3.80 gm
Threonine	2.94 gm
Tryptophan	4.08 gm
Valine	4.09 gm

### Minerals

Calcium	1,454.10 mg
Magnesium	274.40 mg
Phosphorus	1923.64 mg
Potassium	3,548.28 mg
Sodium	3987.74 mg
Copper	1.55 mg
Iron	19.30 mg
Manganese	3.58 mg
Zinc	13.03 mg

### Other Information

Calories from Protein	15%
Calories from Carbohydrates	60%
Calories from Fat	25%
Poly/Sat Fat	0.6:1
Sodium/Potassium	1.2:1
Calcium/Phosphorus	0.7:1

### Other Amino Acids

Alanine	3.49 gm
Arginine	3.96 gm
Aspartic Acid	6.65 gm
Cystine	1.09 gm
Glutamic Acid	15.96 gm
Glycine	3.00 gm
Proline	5.61 gm
Serine	3.92 gm
Tyrosine	2.69 gm

### Fatty Acids

Linoleic	11.33 gm
Oleic	26.52 gm

*Nylea Krewer*

# Nutrient Analysis

## Regular — Week 1

### Macronutrients

Calories	2,725.18	Kcal
Protein	94.19	gm
Carbohydrates	420.69	gm
Total Fat	81.18	gm
Monounsaturated Fat	32.79	gm
Polyunsaturated Fat	15.01	gm
Saturated Fat	26.32	gm
Water	2,276.32	ml
Total Dietary Fat	31.87	gm
Insoluble Fiber	0.00	gm
Cholesterol	267.49	mg
Alcohol	0.00	gm
Caffeine	0.00	mg

### Vitamins

Vitamin A	1,196.97	RE
Vitamin E	9.02	mg
Thiamin (B1)	2.51	mg
Riboflavin (B2)	2.36	mg
Niacin (B3)	22.28	mg
Vitamin B6	1.74	mg
Vitamin B12	4.58	mcg
Folic Acid	689.07	mcg
Pantothenic Acid	6.11	mg
Vitamin C	299.31	mg
Vitamin D	222.18	IU
Vitamin K	183.05	mcg

### Essential Amino Acids

Histidine	2.04	gm
Isoleucine	3.53	gm
Leucine	6.53	gm
Lysine	5.22	gm
Methionine	1.64	gm
Phenylalanine	3.80	gm
Threonine	2.94	gm
Tryptophan	4.08	gm
Valine	4.09	gm

### Minerals

Calcium	1,454.10	mg
Magnesium	274.40	mg
Phosphorus	2,100.22	mg
Potassium	3,548.28	mg
Sodium	4,398.46	mg
Copper	1.55	mg
Iron	19.30	mg
Manganese	3.58	mg
Zinc	13.03	mg

### Other Information

Calories from Protein	14%
Calories from Carbohydrates	60%
Calories from Fat	26%
Poly/Sat Fat	0.6:1
Sodium/Potassium	1.2:1
Calcium/Phosphorus	0.7:1

### Other Amino Acids

Alanine	3.49	gm
Arginine	3.96	gm
Aspartic Acid	6.65	gm
Cystine	1.09	gm
Glutamic Acid	15.96	gm
Glycine	3.00	gm
Proline	5.61	gm
Serine	3.92	gm
Tyrosine	2.69	gm

### Fatty Acids

Linoleic	11.33	gm
Oleic	26.52	gm

*Nylia Kuehn*

# Nutrient Analysis

## Regular — Week 2

### Macronutrients

Calories	2,754.63 Kcal
Protein	96.10 gm
Carbohydrates	388.8 gm
Total Fat	77.98 gm
Monounsatur Fat	31.08 gm
Polyunsatur Fat	14.02 gm
Saturated Fat	25.25 gm
Water	2,290.42 ml
Total Dietary Fat	32.86 gm
Insoluble Fiber	0.00 gm
Cholesterol	276.86 mg
Alcohol	0.00 gm
Caffeine	0.00 mg

### Vitamins

Vitamin A	1,181.14 RE
Vitamin E	9.21 mg
Thiamin (B1)	2.49 mg
Riboflavin (B2)	2.27 mg
Niacin (B3)	24.26 mg
Vitamin B6	1.81 mg
Vitamin B12	5.23 mcg
Folacin	702.18 mcg
Pantothenic Acid	6.04 mg
Vitamin C	293.55 mg
Vitamin D	199.79 IU
Vitamin K	186.81 mcg

### Essential Amino Acids

Histidine	2.01 gm
Isoleucine	3.47 gm
Leucine	6.44 gm
Lysine	5.23 gm
Methionin	1.60 gm
Phenylalanine	3.80 gm
Threonine	2.93 gm
Tryptophan	1.96 gm
Valine	3.96 gm

### Minerals

Calcium	1,335.80 mg
Magnesium	379.09 mg
Phosphorus	2,065.43 mg
Potassium	3,560.98 mg
Sodium	3,904.81 mg
Copper	1.60 mg
Iron	19.41 mg
Manganese	3.51 mg
Zinc	14.06 mg

### Other Information

Calories from Protein	15%
Calories from Carbohydrates	60%
Calories from Fat	25%
Poly/Sat Fat	0.6:1
Sodium/Potassium	1.1:1
Calcium/Phosphorus	0.6:1

### Other Amino Acids

Alanine	3.43 gm
Arginine	3.90 gm
Aspartic Acid	6.71 gm
Cystine	1.06 gm
Glutamic Acid	15.43 gm
Glycine	2.95 gm
Proline	5.39 gm
Serine	3.85 gm
Tyrosine	2.61 gm

### Fatty Acids

Linoleic	10.30 gm
Oleic	22.97 gm

*Nydia Keene*

# Nutrient Analysis

## Regular— Week 3

### Macronutrients

Calories	2,733.09 Kcal
Protein	95.18 gm
Carbohydrates	396.78 gm
Total Fat	75.39 gm
Monounsaturat Fat	28.51 gm
Polyunsaturat Fat	14.28 gm
Saturated Fat	23.54 gm
Water	2,261.48 ml
Total Dietary Fat	33.09 gm
Insoluble Fiber	0.00 gm
Cholesterol	250.29 mg
Alcohol	0.00 gm
Caffeine	0.00 mg

### Vitamins

Vitamin A	1,207.26 RE
Vitamin E	9.31 mg
Thiamin (B1)	2.45 mg
Riboflavin (B2)	2.27 mg
Niacin (B3)	21.60 mg
Vitamin B6	1.78 mg
Vitamin B12	4.26 mcg
Folacin	726.43 mcg
Pantothenic Acid	5.97 mg
Vitamin C	288.96 mg
Vitamin D	225.25 IU
Vitamin K	195.72 mcg

### Essential Amino Acids

Histidine	2.06 gm
Isoleucine	3.60 gm
Leucine	6.62 gm
Lysine	5.49 gm
Methionin	1.68 gm
Phenylalanine	3.93 gm
Threonine	3.01 gm
Tryptophan	3.35 gm
Valine	4.17 gm

### Minerals

Calcium	1,359.07 mg
Magnesium	395.87 mg
Phosphorus	2,049.95 mg
Potassium	3,609.23 mg
Sodium	3,794.05 mg
Copper	1.62 mg
Iron	18.91 mg
Manganese	3.60 mg
Zinc	12.43 mg

### Other Information

Calories from Protein	15%
Calories from Carbohydrates	60%
Calories from Fat	25%
Poly/Sat Fat	0.6:1
Sodium/Potassium	1.2:1
Calcium/Phosphorus	0.7:1

### Other Amino Acids

Alanine	3.67 gm
Arginine	4.14 gm
Aspartic Acid	7.02 gm
Cystine	1.11 gm
Glutamic Acid	22.24 gm
Glycine	3.11 gm
Proline	5.41 gm
Serine	4.00 gm
Tyrosine	2.71 gm

### Fatty Acids

Linoleic	10.68 gm
Oleic	23.66 gm

*Nylea Kerner*



# Nutrient Analysis

## Regular — Week 4

Macronutrients		Vitamins		Essential Amino Acids	
Calories	2,718.32 Kcal	Vitamin A	1,296.96 IRE	Histidine	1.98 gm
Protein	96.84 gm	Vitamin E	9.21 mg	Isoleucine	3.40 gm
Carbohydrates	386.2 gm	Thiamin (B1)	2.59 mg	Leucine	6.48 gm
Total Fat	74.60 gm	Riboflavin (B2)	2.23 mg	Lysine	5.05 gm
Monounsaturated Fat	31.59 gm	Niacin (B3)	23.43 mg	Methionine	1.58 gm
Polyunsaturated Fat	13.81 gm	Vitamin B6	1.86 mg	Phenylalanine	3.84 gm
Saturated Fat	24.79 gm	Vitamin B12	5.05 mcg	Threonine	2.92 gm
Water	2,267.14 ml	Folacin	827.90 mcg	Tryptophan	1.96 gm
Total Dietary Fat	36.20 gm	Pantothenic Acid	6.04 mg	Valine	3.88 gm
Insoluble Fiber	0.00 gm	Vitamin C	290.38 mg		
Cholesterol	266.10 mg	Vitamin D	201.47 IU		
Alcohol	0.00 gm	Vitamin K	187.17 mcg		
Caffeine	0.00 mg				
Minerals		Other Information		Other Amino Acids	
Calcium	1,315.11 mg	Calories from Protein	15%	Alanine	3.34 gm
Magnesium	421.73 mg	Calories from Carbohydrates	60%	Arginine	3.82 gm
Phosphorus	2,079.68 mg	Calories from Fat	25%	Aspartic Acid	6.62 gm
Potassium	3,763.05 mg			Cystine	2.04 gm
Sodium	3,851.87 mg	Poly/Sat Fat	0.5:1	Glutamic Acid	16.76 gm
Copper	1.75 mg	Sodium/Potassium	1.1:1	Glycine	2.89 gm
Iron	20.56 mg	Calcium/Phosphorus	0.6:1	Proline	5.21 gm
Manganese	3.93 mg			Serine	3.89 gm
Zinc	14.57 mg			Tyrosine	2.47 gm
				Fatty Acids	
				Linoleic	9.92 gm
				Oleic	23.95 gm

*Nykei Kulew*