



HEALTHY & AFFORDABLE



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Nutrient Content of One-Week Meal Plan

It's not enough to eat cheap; it's important to eat healthy. This chart shows the nutrients you'll get from the entire [One-Week Meal Plan](#).

NUTRIENT	DAILY AVERAGE	RECOMMENDED INTAKE	% INTAKE
Calories	1,865 kcal	1,995 kcal	93
Protein	82 g	54 g	151
Carbohydrates	234 g	274 g	85
Fat	72 g	62 g	116
Mono fat	26.5 g	22 g	119
Poly fat	7.6 g	20 g	38
Saturated fat	28 g	20 g	143
Dietary fiber	30 g	28 g	109
Cholesterol	357 mg	300 mg	119
Vitamin A	1,195 mcg	700 mcg	171
Vitamin B1 (thiamin)	5.8 mg	1.1 mg	532
Vitamin B2 (riboflavin)	1.8 mg	1.1 mg	164
Vitamin B3 (niacin)	15 mg	14 mg	107
Vitamin B6	1.7 mg	1.5 mg	111
Vitamin B12	4 mcg	2.4 mcg	172
Vitamin C	195 mg	75 mg	260
Vitamin D	76 mcg	15 mcg	504
Vitamin E	14 mg	15 mg	94
Folate	376 mcg	400 mcg	94
Calcium	1,233 mg	1,200 mg	103
Iron	10.5 mg	8 mg	131
Magnesium	376 mg	320 mg	118
Phosphorus	1,210 mg	700 mg	173
Potassium	4,479 mg	4,700 mg	96
Sodium	2,116 mg	1,300 mg	163
Zinc	7.8 mg	8 mg	98