

WEEK in ZOOM

by SavvyGrub.com

DINNERS

MONDAY = out/date night	<u>Dinner out/ Takeout</u>	<u>Meal</u>	<u>Kcals</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
		\$ 40.0	1,500	\$0.027	\$3,200.000	F

MONDAY Alternative "DINE-IN"		<u>Easy Paleo Vegan Pizza</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 4</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
servings	12	Simple Mills Artisan Bread	\$24.82	\$8.27	1320	serve 1/2 for Monday dinner			
oz	6.4	Organic Broccoli Cuts	\$2.78	\$0.56	60	2 cups			
each	20	Kalamata Olives	\$6.52	\$0.69	180				
tbsp	4	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.69	260	Flat-bread calories INCLUDE eggs, 1/2 of oil,vinegar			
tbsp	2	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.09	0	flax eggs			
tbsp	6	water (for flax eggs)	0	0	0	for flax eggs			
tbsp	2	Bragg Apple Cider Vinegar	\$6.04	\$0.38	0				
tbsp	2	KC Natural - Paleo AIP Mastodon Barbecue Sauce 14 oz	\$12.41	\$1.03	35	sauce			
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130	sauce			
each	0.25	Pineapple	\$3.08	\$0.77	113	side/dessert			
Complete Meal	Total		\$ 76.9	\$ 6.7	1,106	553 kcal/plate	\$0.006	\$728.239	B

**WEDNESDAY/
SATURDAY Dinner**

<u>Measure</u>	<u>Amount</u>	<u>Keto Breadsticks</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 8 (whole recipe)</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
cups	1.25	Almond Flour	\$13.90	\$1.45	850				
Each	2	Eggs	\$4.12	\$0.34	140				
Each	10	Kalamata Olives	\$6.52	\$0.34	90				
oz	4	Cream Cheese	\$1.53	\$0.77	360				
oz	1.4	Pecorino-Romano Costco Cheese	\$5.78	\$0.51	159				
tsp	1	Baking Powder	\$1.88	\$0.04	0				
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130				
Total			\$ 49.8	\$ 3.6	1,729		\$0.002	\$251.094	A
				\$1.81	864	(1/4 breadstick recipe)			

<u>Measure</u>	<u>Amount</u>	<u>Speedy Chickpea Pasta</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 4</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Serves 4</u>
oz	8.8	Barilla Chickpea Rotini	\$2.58	\$2.58	855				
cups	2	Savvy Beet Greens	0	0	20				
Tbsp	3	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.52	390				
Tbsp	1	White Wine Vinegar	\$2.59	\$0.08	2				
Each	20	Kalamata Olives	\$6.52	\$0.69	180				
oz	2	Pecorino-Romano Costco Cheese	\$5.78	\$0.72	227				
tsp	0.5	McCormick Organic Ground Thyme	\$4.63	\$0.09	1				
tsp	0.5	McCormick Gourmet Collection 100% Organic Crushed Rosemary	\$3.45	\$0.07	2				
tsp	1.5	Black Peppercorn	\$4.63	\$0.25	8				
Sides									
Oz	7	Organic Broccoli Cuts	\$2.78	\$0.61	66				
each	4	Rudi's GF Bread	\$4.62	\$1.32	440	vegan alt to keto pizza			
oz	0	Pecorino-Romano Costco Cheese	\$5.78	\$0.00	0				
Tbsp	2	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.35	260	vegan alt to keto pizza			
Total			\$ 49.1	\$ 5.6	1,750		\$0.003	\$383.926	A
Complete Meal	TOTAL		\$ 98.9	\$ 7.4	2,615	650kcal / plate	\$0.003	\$340.010	A
	vegan totals, costed/wk		\$ 47.9	\$ 6.5	2,223	555kcal / plate	\$0.003	\$353.235	A

**TUESDAY/
THURSDAY Dinner**

<u>Measure</u>	<u>Amount</u>	<u>Mashed Cauliflower</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 4</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	
Lbs	0.00	Cauliflower head	\$2.20	\$0.00	0				
Lbs	1.00	Riced Cauliflower	\$8.26	\$2.58	131				
oz	2.00	Goat Cheese	\$5.67	\$0.71	160				
oz	2.00	Pecorino-Romano Costco Cheese	\$5.78	\$0.72	227	1/2 cup			
oz	0.50	KerryGold Butter	\$2.88	\$0.18	100	1 tbsp			
oz	4	Daiya Cheddar Vegan Cheese, Shredded	\$4.85	\$2.43	245	vegan alt			
oz	1	Avocado Oil	\$6.99	\$0.41	254	2 tbsp			
Total			\$ 22.6	\$ 4.2	618		\$0.007	\$813.91	C
vegan total costed/wk			\$ 20.1	\$ 5.4	630		\$0.009	\$1,032.43	C

Meal continued on next page & totalled at the bottom of that page

<u>Measure</u>	<u>Amount</u>	<u>Easy "Gourmet" A - List</u>			<u>Serves 8 - (modified for</u>				
		<u>Meal</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Cost/Kcal</u>	<u>Monthly</u>		
pounds	0	Organic Red Potatoes	\$4.10	\$0.00	0				
pounds	1.5	Sweet Potato	\$1.01	\$1.52	584				
oz	8	Organic Large Carrots, Bagged	\$1.01	\$0.51	196				
oz	10	Wild Salmon	\$20.67	\$4.31	325				
oz	0	Goat Cheese	\$5.67	\$0.00	0	vegetarian sub for salmon			
lbs	0.088	Walnuts (Sams)	\$11.67	\$0.34	268	1/2 cup (4 tbsps ea) vegan sub			
tbsp	0	Bob's Red Mill Large Flake Nutritional Yeast	\$5.99	\$0.00	0				
oz	10	Organic Broccoli Cuts	\$2.78	\$0.87	94				
tbsp	2	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.35	260				
oz	0.5	Coconut Oil	\$10.32	\$0.09	118				
cups	0.75	White Basmati Rice	\$17.54	\$0.26	480				
oz	1	Organic Frozen Peas	\$1.95	\$0.12	22				
tbsp	0.5	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.09	65				
each	0.5	Lemons (small)	\$0.32	\$0.16	9				
lbs	0	Rutabagas	\$1.53	\$0.00	0	paleo sub to rice			
tsp	0	Ghee	\$10.31	\$0.00	0				
tsp	0.5	McCormick Organic Ground Thyme	\$4.63	\$0.09	1	seasoning			
tsp	1	McCormick Gourmet Collection 100% Organic Crushed Rosemary	\$3.45	\$0.15	4				
tsp	1	Garlic Powder	\$0.62	\$0.03	10				
tsp	1.5	Black Peppercorn	\$4.63	\$0.25	8				
		Total	\$ 70.2	\$ 9.1	2,174	recipe modified for 4	\$0.004	\$503.992	B
Complete Meal	TOTAL		\$ 92.8	\$ 13.3	2,793	695 kcal / plate	\$0.005	\$572.602	B
	vegan total costed/wk		\$ 91.8	\$ 10.2	2,629	655 kcal / plate	\$0.004	\$463.461	B

FRIDAY Dinner

<u>Measure</u>	<u>Amount</u>	<u>Tangy Beet Salad</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 6</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	
Pound	1	Pounds Cal Organic Farms Organic Red Beets	\$2.05	\$2.05	240				
Pound	0	Beets (inorganic)	\$1.04	\$0.00	0				
package	1	Fennel Bulb	\$2.58	\$1.29	37				
each	1	Gala Apple (.42 lb)	\$0.80	\$0.80	260				
oz	5	H-E-B Organics Baby Arugula	\$2.65	\$2.65	40				
pounds	0	Napa Cabbage	\$1.01	\$0.00	0				
pounds	0.044	Walnuts (Sams)	\$11.67	\$0.17	134	4 tbsp, 2 tbsp ea			
Oz	1	Goat Cheese	\$5.67	\$0.35	80	2 tbsp, 1 tbsp ea			
tbsp	3	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.52	390				
tbsp	1	Organic Balsamic Vinegar	\$6.21	\$0.19	20				
each	0.5	Lemons (small)	\$0.32	\$0.16	9				
Total			\$ 9.1	\$ 2.0	269	x0.25 for 2 ppl	\$0.007	\$893.364	C
vegan total costed/wk			\$ 10.6	\$ 2.0	282	x0.25 for 2 ppl	\$0.007	\$831.348	C
of a chicken	0.25	Costco/ Sam's Chicken	\$5.15	\$1.29	320	about 4 oz, 2 oz ea			
lbs	1	Sweet Potato	\$1.01	\$1.01	389	3/4 cup ea (1 med potato)			
oz	3	Organic Large Carrots, Bagged	\$1.01	\$0.19	74				
cups	0.5	Raw Pumpkin Seeds	\$5.16	\$0.68	342	8 tbsp, 4 each			
TOTAL			\$ 16.3	\$ 4.5	1,051	525 kcal / plate	\$0.004	\$512.685	B
vegan total costed/wk			\$ 17.8	\$ 3.8	1,087	545 kcal / plate	\$0.004	\$423.782	A

**SUNDAY Dinner + MONDAY/
SATURDAY Lunch**

<u>Measure</u>	<u>Amount</u>	<u>Lemonee Sweet Cassava</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 6</u> (20-24 pancakes)	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
cup	0.75	Cassava Flour (Costco)	\$13.43	\$0.59	468				
cup	1	Almond Flour	\$13.90	\$1.16	680				
tbsp	3	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.13	56	1/2 cup			
Lb	0.75	Sweet Potato	\$1.01	\$0.76	292				
tsp	5	Baking Powder	\$1.88	\$0.20	0				
tsp	1.5	Pumpkin Pie Spice	\$2.06	\$0.10	9				
tsp	1.5	Vanilla Extract	\$5.14	\$0.24	24	2 eggs			
each	4	Eggs	\$4.12	\$0.69	280				
oz	24	Almond Coconut Milk	\$2.81	\$1.05	135				
each	1	Lemons (small)	\$0.32	\$0.32	17	rind, grated			
Oz	2	Coconut Oil	\$10.32	\$0.37	471	4 tbsp			
cup	0	Grown Right Organic Whole Cranberry Sauce	\$2.05	\$0.00	0				
Oz	1	Coconut Oil	\$10.32	\$0.18	165				
tbsp	4	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.17	75	flax eggs			
tbsp	12	water	\$ -	\$ -	0	for flax eggs			
Total			\$ 72.5	\$ 5.8	2,598	430 kcal/ person	\$0.002	\$267.798	A
vegan total costed/wk			\$ 73.5	\$ 5.3	2,392	395 kcal/ person	\$0.002	\$264.967	A

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Toppings

<u>Measure</u>	<u>Amount</u>	<u>Spiced Walnut Butter</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>half recipe (serves 6)</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
pounds	0.18	Walnuts (Sams)	\$11.67	\$0.68	532	1 cup			
tbsp	1.50	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.06	28				
oz	0.25	Coconut oil	\$10.32	\$0.05	59				
tbsp	0.17	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.03	22	1/2 cup			
tsp	0.75	Cinnamon	\$2.25	\$0.07	4				
Total			\$ 45.5	\$ 0.9	644	161 kcal / person	\$0.001	\$164.849	A
oz	3	Goat Cheese	\$5.67	\$1.06	240	regular topping			
lbs	0.5	Bananas (1lb)	\$0.50	\$0.25	202				
oz	12	Organic Frozen Strawberries	\$7.74	\$1.93	125				
oz	2.25	Almond Butter	\$7.23	\$1.02	391	vegan topping (only costed)			
Complete Meal	TOTAL		\$ 131.9	\$ 9.9	3,809	635 kcal/ plate	\$0.003	\$312.784	A
	vegan total costed/wk		\$ 134.5	\$ 9.4	3,754	625 kcal/ plate	\$0.002	\$299.422	A

LUNCHES

**TUESDAY/
THURSDAY/
SATURDAY Lunch**

<u>Measure</u>	<u>Amount</u>	<u>Vegetarian Bowl</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
oz	2	Organic Large Carrots, bagged	\$1.01	\$0.13	49	1 large carrot ea			
lbs	0.15	Cabbage	\$0.39	\$0.06	17	1/2 cup			
lbs	0.15	Red Cabbage	\$0.60	\$0.09	21	1/2 cup			
cup	0.15	White Basmati Rice	\$17.54	\$0.05	96	1/2 cup cooked			
can	0.22	Organic CM Canned Pinto Beans	\$1.02	\$0.23	85	1/4 cup of beans			
each	0.4	Lightlife Flax Organic Tempeh	\$3.08	\$0.16	21	3oz - FODMAP friendly sub for beans			
lbs	0	Walnuts (Sams)	\$11.67	\$0.00	0	2 tbsp			
each	5	Kalamata Olives	\$6.52	\$0.17	45				
of 5	0.1	Avocado	\$6.18	\$0.12	25	1/2 avocado ea			
oz	1	Goat Cheese	\$5.67	\$0.35	80				
each	0.1	Pineapple	\$3.08	\$0.31	45	1/10 pineapple (1/4 cup)			
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130				
Complete Meal		TOTAL	\$ 72.9	\$ 1.8	614	kcal/ plate	\$0.003	\$361.277	A
			\$ 72.9	\$ 11.1	3,684	Total kcal 2ppl/ 3 days	\$0.003	\$361.277	A
		Vegan total	\$ 67.2	\$ 1.5	534	kcal/ plate	\$0.003	\$335.802	A
		Vegan total costed/wk	\$ 67.2	\$ 9.0	3,204	Total kcal 2ppl/ 3 days	\$0.003	\$335.802	A

**MONDAY/
WEDNESDAY/
FRIDAY Lunch**

<u>Measure</u>	<u>Amount</u>	<u>Hearty Chicken Salad</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
lbs	0.5	Organic Sweet Potatoes 10# bag	\$13.95	\$0.70	195	3/4 cup, steamed			
lbs	0.5	Sweet Potato	\$1.01	\$0.51	195	3/4 cup, steamed			
each	5	Kalamata Olives	\$6.52	\$0.17	45				
oz	1.067	Spinach	\$3.86	\$0.26	7	1/2 cup raw			
lbs	0.25	Cabbage	\$0.39	\$0.10	28	> 1 cup			
lbs	0.1	Costco/ Sam's Chicken	\$5.15	\$0.52	128	2.5 oz each			
each	1	Little Oranges	\$0.34	\$0.34	45				
lbs	0.022	Walnuts (Sams)	\$11.67	\$0.09	67	2 tbsp			
oz	3	Organic Large Carrots, bagged	\$1.01	\$0.19	74	2 lg carrots			
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130				
tbsp	1	Bragg Apple Cider Vinegar	\$6.04	\$0.19	0	or white wine vinegar			
tbsp	2	Roasted Sunflower Kernels (Seeds)	\$2.98	\$0.07	48	vegan alt to chicken			
		savvygrub calc difference -			-60				

Complete Meal	anic sweet potatoes	TOTAL	\$ 52.1	\$ 2.5	659	kcal/ plate	\$0.004	\$460.536	B
	organic sweet potatoes		\$ 65.0	\$ 2.7	659	kcal/ plate	\$0.004	\$495.298	B
	inorganic sweet potatoes	total costed/wk	\$ 52.1	\$ 15.2	3,952	Total kcal 2ppl/ 3 days	\$0.004	\$460.536	B
	Vegan, inorganic sweet potatoes	vegan	\$ 49.9	\$ 2.1	579	kcal/ plate	\$0.004	\$431.935	A
	Vegan, inorganic sweet potatoes	vegan total, costed/wk	\$ 49.9	\$ 12.5	3,472	Total kcal 2ppl/ 3 days	\$0.004	\$431.935	A

SUNDAY Lunch

<u>Measure</u>	<u>Amount</u>	<u>Salad + Breaded Mug</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
Salad									
oz	1.16	Spinach	\$3.86	\$0.28	8	1/2 cup			
lbs	0.25	Cabbage	\$0.39	\$0.10	28	> 1 cup			
each	1	Little Oranges	\$0.34	\$0.34	45				
each	5	Canned Black Olives	\$1.31	\$0.15	31				
oz	3	Organic Large Carrots, bagged	\$1.01	\$0.19	74	2 md/lg carrots			
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130				
tbsp	1	Bragg Apple Cider Vinegar	\$6.04	\$0.19	0	or red wine/ balsamic			
The Breaded Mug									
cup	0.125	Almond Flour	\$13.90	\$0.14	85	3-4 tbsp			
cup	0.042	Cassava Flour (Costco)	\$13.43	\$0.03	26				
each	1	Eggs	\$4.12	\$0.17	70				
tbsp	0.333	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.06	43	1 tsp			
tsp	0.5	Baking Powder	\$1.88	\$0.02	0				
tsp	0.1	McCormick Organic Ground Thyme	\$4.63	\$0.02	0	a dash			
tsp	0.1	Garlic Powder	\$0.62	\$0.00	1	a dash			
tbsp	1	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.04	19	vegan sub			
Complete Meal		TOTAL	\$ 67.7	\$ 1.9	542	kcal/ plate	\$0.003	\$413.994	A
		total costed/wk	\$ 67.7	\$ 3.7	1,084	total kcal 2 ppl/1 meal	\$0.003	\$413.994	A
		vegan	\$ 68.7	\$ 1.7	490	kcal/ plate	\$0.004	\$425.842	A
		vegan total, costed/wk	\$ 68.7	\$ 3.5	981	total kcal 2 ppl/2 meal	\$0.004	\$425.842	A

BREAKFASTS

**SATURDAY/
MONDAY breakfasts**

**Lemonee Sweet Cassava Pancakes &
Spiced Walnut Butter with Fixings**
"Leftovers"

**TUESDAY/ THURSDAY/ SUNDAY
breakfast**

<u>Measure</u>	<u>Amount</u>	<u>Breakfast Bowl</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
each	1	Eggs 5 Dozen (Costco)	\$8.26	\$0.14	70				
lbs	0.75	Sweet Potato	\$1.01	\$0.76	292	1 cup each			
oz	2.33	Spinach	\$3.86	\$0.56	16	1 cup			
each	0.25	Avocado	\$6.18	\$0.31	61	1/4 avocado			
lbs	0.022	Walnuts (Sams)	\$11.67	\$0.09	67	2 tbsp			
each	0.0595	Bananas (1lb)	\$0.50	\$0.03	24	1/2 banana ea, side			
cup	0.125	Raw Pumpkin Seeds	\$5.16	\$0.17	85	2 tbsp, vegan sub			
Complete Meal		TOTAL	\$ 31.5	\$ 1.9	529	kcal / plate	\$0.004	\$427.062	A
		total costed/wk	\$ 31.5	\$ 11.3	3,177	total kcal 2 ppl/ 3 days	\$0.004	\$427.062	A
		vegan	\$ 28.4	\$ 1.9	545	kcal / plate	\$0.004	\$422.000	A
		vegan total costed/wk	\$ 28.4	\$ 11.5	3,270	total kcal 2 ppl/ 3 days	\$0.004	\$422.000	A

WEDNESDAY/ FRIDAY Lunch

<u>Measure</u>	<u>Amount</u>	<u>Sweet Potato Piles</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
lbs	0.75	Sweet Potato	\$1.01	\$0.76	292	1 cup, medallions, steamed			
lbs	0.022	Walnuts (Sams)	\$11.67	\$0.09	67	2 tbsp			
oz	0.5	Almond Butter	\$7.23	\$0.23	87	1 tbsp			
tbsp	2	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.09	37				
tbsp	1	Organic Hemp Powder	\$9.81	\$0.19	33	1 tbsp, adds 3.5g protein			
tsp	1	Cinnamon	\$2.25	\$0.09	5				
oz	0.5	Raw & Unfiltered Texas Wildflower Honey	\$4.12	\$0.13	30	1 tbsp			
tsp	0.25	Nutmeg	\$2.59	\$0.04	3				
Complete Meal		TOTAL	\$ 43.8	\$ 1.6	553	553 kcal/ plate	\$0.003	\$347.678	A
			\$ 43.8	\$ 3.2	2,212	total kcal/ 2 days	\$0.001	\$173.839	A

TOTALS FOR THE WEEK

Totals			Meal Costs	Calories		Monthly Cost	Grade
WEEK TOTAL		TOTALS: groceries, no eating out	\$ 86.4	25,482	total kcal for 2 people 7 days	\$406.74	A
				1820	kcal / person / day		
WEEK TOTAL		TOTALS w/ 1 meal eating out	\$ 119.7	25,877	total kcal for 2 people 7 days	\$554.92	B
				1848	kcal / person / day		
WEEK TOTAL	vegan	TOTALS: V, groceries, no eating out	\$ 74.7	23,938	total kcal for 2 people 7 days	\$374.27	A
				1710	kcal / person / day		
WEEK TOTAL	vegan	TOTAL V,P w/ 1 meal eating out	\$ 107.9	24,332	total kcal for 2 people 7 days	\$532.38	B
				1738	kcal / person / day		

<2K Calories leaves room for snacks/overages

Estimated Monthly Cost for 2 people eating 4,000kcal/day cumulatively