

AlpineAire Foods®

Seven (7) Day Gourmet Instant Meal Kit Sample Meal Menu

Day 1	Calories
Apple Almond Crisp	520
Chicken Salad w/Crackers	720
Mountain Chili	600
Total Calories for Day 1	1840

Day 2	Calories
Strawberry Granola	680
Potato Cheddar & Chives	440
Beef Rotini	720
Total Calories for Day 2	1840

Day 3	Calories
Roast Beef Hash	440
Minestrone Soup	360
Pasta Roma	780
Chocolate Mud Slide	700
Total Calories for Day 3	2280

Day 4	Calories
Blue Berry Granola	680
Cheese & Crackers	510
Tamale Pie	665
Total Calories for Day 4	1855

Day 5	Calories
Hash Brown w/ Red Greens	440
Split Pea Soup	400
Santa Fe Black Beans & Rice	680
Banana Fosters	500
Total Calories for Day 5	2020

Day 6	Calories
5 Grain Fruit Nut Cereal	540
Corn Chowder	420
Chicken Rotelle	720
Deep Dish Crumble	440
Total Calories for Day 6	2120

Day 7	Calories
Honey Apple Granola	680
Peanut Butter w/ Crackers	690
Spaghetti	640
Chocolate Bavarian Crème	600
Total Calories for Day 7	2610

Total 7 Day Caloric Count: 14565
Average Daily Intake as included: 2081