

Things needed: Bananas, Eggs, Milk(whole), Peanut Butter, Oats, Honey, Bran cereal (or the like), apples, white rice, tuna, ~~mayo~~, cheese, ~~potatoes~~, burger patties, ~~steaks~~.

Need food for 1st to 13th; 13 days. (Dec 1st to Dec 13th)

Goal calories: 3500

Meal1: Banana: 150 cal 45g carb 1g fat 2g protein  
 Egg (2): 120 cal 0g carb 8g fat 12g protein  
 Milk (1cup): 146 cal 13g carb 8g fat 8g protein  
 PButter: 285 cal 12g carb 24g fat 10g protein  
 Oats (1cup): 300 cal 54g carb 6g fat 10g protein  
 PPowder: ~100 cal 2g carb 0g fat 21g protein  
  
Meal2: Bran Cereal: 70 cal 48g carb 2g fat 6g protein  
 Milk (1cup): 146 cal 13g carb 8g fat 8g protein  
 Apple: 116 cal 31g carb 0g fat 1g protein

Meal3: Rice(1cup): 170 cal 37g carb 0g fat 4g protein  
 Tuna(1can): 190 cal 0g carb 1g fat 42g protein  
 Cheese(1/4cup): 113 cal 0g carb 10g fat 7g protein

Meal4: B patty: 330 cal 0g carb 23g fat 30g protein  
 Cheese(1/4cup): 113 cal 0g carb 10g fat 7g protein

Meal5: B patty: 330 cal 0g carb 23g fat 30g protein   
 Milk (1cup): 146 cal 13g carb 8g fat 8g protein

Meal6: B patty: 330 cal 0g carb 23g fat 30g protein  
 Milk (1cup): 146 cal 13g carb 8g fat 8g protein  
 PPowder(3s): ~300 cal 6g carb 0g fat 62g protein \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Totals: 3601 cal 287g carb 163g fat 306g protein

38.96% 21.56% 40.48%

Food Qty

Bananas x13  
Eggs x26  
Milk (whole) 3.6gal  
Peanut Butter 1 container  
Oats 1 container  
Honey 1  
Bran cereal (or the like) 1 box  
apples 13  
 white rice 1 huge bag   
tuna 13 cans  
cheese 1 huge bag  
burger patties 1 bag

These are quantities we need each for the 2 weeks, except for the rice. There are literally so many servings.