

Use the table below to calculate portions for each finished FMD recipe ...

Grams per Day (calculation) for each Menu Item

Enter total weight (grams) of finished recipes in highlighted cells below to calculate daily portions.

Soup by day	Total grams	Day1	Day2-5
Percent of total		31.3%	17.2%
Finished soup	0	0	0
Finished quinoa	0	0	0

Granola by day	Total grams	Day1	Day2-5
Percent of total		28.7%	17.8%
Finished granola	0	0	0

Seed Bread by day	Total grams	Day1	Day2-5
Percent of total		36.5%	15.9%
Finished bread	0	0	0

Small salad Days 1-5 (grams)

Greens	17
Broccoli Sprouts	8
Tomatoes	16
Avocado	20
Dressing	10.1

Snacks (grams) -- Days 1-5

Sauerkraut	30.0
Olives	40.0
Blueberries	25.0