

Nutritionally Complete¹ Daily Diets

Tomato Juice, Potato, Cheese (Somewhat magnesium deficient) - £1.45+

- 1L Tomato Juice from concentrate
- 400g of Baked Potato
- 100g of Cheddar Cheese (or similar)
- 1130 Free Calories²

Tomato Juice, Banana, Cheese, Pumpkin Seeds - £1.8+

- 1L of Tomato Juice from concentrate
- 100g of Cheddar Cheese (or similar)
- 375g of Raw Bananas (3 Medium)
- 50g Raw Pumpkin Seeds
- 850 Free Calories²

Spinach and Potato - £1.3+

- 500g of Frozen Chopped Spinach
- 750g of Baked Potatoes
- 1280 Free Calories²

Spinach and Banana - £1.45+

- 500g of Frozen Chopped Spinach
- 1000g of Raw Banana (8 Medium)
- 940 Free Calories²

Tomato Juice, Spinach, Cheese, Pumpkin Seeds and Banana - £1.5+

- 1L of Tomato Juice from concentrate
- 200g of Frozen Chopped Spinach
- 50g Raw Pumpkin Seeds
- 250g of Raw Bananas (2 Medium)
- 75g of Cheddar Cheese (or similar)
- 970 Free Calories²

¹ Based on a 2000 calorie/day diet. Vitamin A, C, Calcium, Iron, Magnesium, Potassium considered. Sodium (salt), sugars, cholesterol, saturated fat and macronutrient ratios (Carbs, Proteins, Fats) NOT considered. RDA based on caloriecount.com which uses [Dietary Reference Intakes](http://DietaryReferenceIntakes) (accuracy not verified).

² Free calories mean that any preferred food can be eaten to fill up these calories.

Skimmed Milk, Banana, Rice, Red Peppers - £1.65+

- 700 ml Skimmed (or not, more calories) Milk
- 1 kg of Raw Bananas (8 Medium)
- 150 g of Red, Sweet Peppers (1 Large)
- 70 g of Cooked Rice
- 878 Free Calories²

Spinach, Red Peppers, Raisins - £2.50+

- 1 kg of Frozen Chopped Spinach
- 100 g of Red, Sweet Peppers (1 Medium)
- 140 g of Raisins
- 1204 Free Calories²

Sweet Potatoes, Skimmed Milk, Molasses, Carrots - £2+

- 500 ml Skimmed (or not, more calories) Milk
- 750 g of Baked Sweetpotatoes
- 100 g of Blackstrap Molasses (5 tbsp)
- 15 g of Carrots
- 800 Free Calories²

Carrots, Molasses, Milk, Red Peppers - £1.80+

- 1000 g of Boiled Carrots
- 400 ml Skimmed (or not, more calories) Milk
- 100 g of Blackstrap Molasses (5 tbsp)
- 25 g of Red, Sweet Peppers (0.25 Medium)
- 1212 Free Calories²

Potatoes, Molasses, Carrot - £0.85+

- 50 g of Carrots (1 Small)
- 100 g of Blackstrap Molasses (5 tbsp)
- 500 g of Oven Baked Potatoes (3 Medium)
- 1359 Free Calories²

Peanuts, Potatoes, Molasses, Carrot- **60+ g of Protein** - £1.15+

- 50 g of Carrots (1 Small)
- 40 g of Blackstrap Molasses (2 tbsp)
- 500 g of Oven Baked Potatoes (3 Medium)
- 200 g of Oil-roasted Peanuts
- 343 Free Calories²

Milk, Potatoes, Molasses, Carrot- **60+ g of Protein** - £1.1+

- 50 g of Carrots (1 Small)
- 20 g of Blackstrap Molasses (1 tbsp)
- 500 g of Oven Baked Potatoes (3 Medium)
- 1500 ml Skimmed (or not, more calories) Milk
- 1010 Free Calories²

