Breakfast

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Lunch

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Dinner

5 ounce red wine
5 ounce grape juice
2 leaves romaine lettuce leaves
3 pounds matzo crackers
1 eggs, hard-boiled
2 whole gefiltefish
3 large carrots
Zaides Chrayn
Charoset
3 large potatoes
1 quart salt water
Chicken Soup
1 Matzo balls
3 pounds Yukon Gold Potatoes
1 large Whole Turkey
1 square box Matzo Crackers
Basic Farafel Stuffing
2 pounds Strawberries
2 pounds rhubarb
1 Beryl's Roasted Vegetables
Chocolate Mousse
Brown Sugar Meringues

Per Serving (excluding unknown items): 17769 Calories; 515g Fat (26.7% calories from fat); 1369g Protein; 1813g Carbohydrate; 111g Dietary Fiber; 4651mg Cholesterol; 5365mg Sodium. Exchanges: 82 1/2 Grain(Starch); 160 1/2 Lean Meat; 5 1/2 Vegetable; 8 1/2 Fruit; 0 Non-Fat Milk; 14 Fat; 11 1/2 Other Carbohydrates.

Breakfast

1 Whipped butter
1 Whipped cream cheese
1 Gluten free matzoh
1 Jelly

Per Serving (excluding unknown items): 189 Calories; 15g Fat (68.1% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 46mg Cholesterol; 170mg Sodium. Exchanges: 0 Lean Meat; 3 Fat; 1 Other Carbohydrates.

Lunch

3 loaves gefiltefish
2 large carrots
Mushroom Teriyaki Chicken and Grocery Cart Snooping 1
1 Brisket
Mooshi's Eggplant Salad
Shredded Carrot Salad
Margareten Family's Apple Kugel
Baby Spinach and Portobello Mushroom Salad
Machaneh Yehuda Cabbage Salad
Rosemary Potatoes With Cipollini Onions
Passover Apricot Squares
1 Passover Chocolate Chip cookies
Mock Passover Oatmeal Cookies
Truffle Tart With Macaroon Crust - costed version
1 Whipping cream

Per Serving (excluding unknown items): 4533 Calories; 373g Fat (72.0% calories from fat); 77g Protein; 248g Carbohydrate; 26g Dietary Fiber; 692mg Cholesterol; 3726mg Sodium. Exchanges: 1 Grain(Starch); 7 1/2 Lean Meat; 11 1/2 Vegetable; 3 Fruit; 1/2 Non-Fat Milk; 67 Fat; 7 1/2 Other Carbohydrates.

Dinner

5 ounce red wine
5 ounce grape juice
2 leaves romaine lettuce leaves
3 pounds matzo crackers
1 eggs, hard-boiled
2 whole gefiltefish
3 large carrots
Zaides Chrayn
Charoset
3 large potatoes
1 quart salt water
Chicken Soup
1 Matzo balls
Rosemary-Maple Roast Chicken
Coca Cola Roast
Passover Spinach Pie
Lemony Potatoes and Scallions
2 bags Passover Mushroom Couscous
Dried Apricot Mousse

Per Serving (excluding unknown items): 7372 Calories; 96g Fat (12.1% calories from fat); 213g Protein; 1370g Carbohydrate; 70g Dietary Fiber; 395mg Cholesterol; 2182mg Sodium. Exchanges: 81 1/2 Grain(Starch); 8 Lean Meat; 8 Vegetable; 4 1/2 Fruit; 14 1/2 Fat; 2 Other Carbohydrates.

Day 3 of 8

Breakfast

1 Whipped butter

1 Whipped cream cheese
1 Gluten free matzoh
1 Jelly

Per Serving (excluding unknown items): 189 Calories; 15g Fat (68.1% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 46mg Cholesterol; 170mg Sodium. Exchanges: 0 Lean Meat; 3 Fat; 1 Other Carbohydrates.

Lunch

3 loaves gefiltefish
2 large carrots
1 quarter Brown Sugar Chicken
Craig Claiborne's Sweet Potato Salad
Potato Kugel
Hush Puppy Potato Knishes
Lindsey's Grilled Peach Salad with Honey Balsamic Dressing
Margareten Family's Apple Kugel
Lime Meringue Tarts

Per Serving (excluding unknown items): 1347 Calories; 69g Fat (44.0% calories from fat); 34g Protein; 163g Carbohydrate; 15g Dietary Fiber; 444mg Cholesterol; 2914mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 3 1/2 Vegetable; 2 Fruit; 7 1/2 Fat; 4 Other Carbohydrates.

Dinner

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Day 4 of 8

Breakfast

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Lunch

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Dinner

1 Leftovers
1 Some vegetable

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Breakfast

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Lunch

1 Leftovers
Spinach Salad with Strawberries, Mangos, and Walnuts
Passover Cholent
Passover Sponge Cake
Egg Rolls - Passover

Per Serving (excluding unknown items): 3188 Calories; 87g Fat (24.2% calories from fat); 81g Protein; 533g Carbohydrate; 6g Dietary Fiber; 2092mg Cholesterol; 2063mg Sodium. Exchanges: 6 1/2 Grain(Starch); 10 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 10 1/2 Fat; 27 1/2 Other Carbohydrates.

Dinner

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Breakfast

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Lunch

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Dinner

Chicken Soup
1/2 pound Lemon Pepper Salmon
1 Brownies

Per Serving (excluding unknown items): 248 Calories; 10g Fat (32.7% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fat; 2 1/2 Other Carbohydrates.

Breakfast

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Lunch

3 loaves gefiltefish
2 large carrots
Pecan and Potato Chip Crusted Chicken
Quinoa Almond Pilaf
Orange Kiwi Salad

Per Serving (excluding unknown items): 12935 Calories; 953g Fat (63.4% calories from fat); 585g Protein; 652g Carbohydrate; 184g Dietary Fiber; 1332mg Cholesterol; 5060mg Sodium. Exchanges: 35 Grain(Starch); 67 1/2 Lean Meat; 9 Vegetable; 3 1/2 Fruit; 168 Fat; 1/2 Other Carbohydrates.

Dinner

Chicken Soup
1/2 pound Lemon Pepper Salmon
1 Brownies

Per Serving (excluding unknown items): 248 Calories; 10g Fat (32.7% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 Fat; 2 1/2 Other Carbohydrates.

Day 8 of 8

Breakfast

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Lunch

1 Wing it!

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Dinner

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .