



# Volleyball Athlete Single Day Report

Date: Thursday

PCF Ratio



Protein (20%) Carbs (60%) Fat (20%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
100% WHOLE GRAIN BREAD	2 slices	72	160	8	30	8	3	0	180
BUTTERY VEGETABLE OIL SPREAD, LIGHT, 37%	1 tbsp	14	45	0	0	0	5	2	85
JAM, JELLY & PRESERVES, BOYSENBERRY, SUGAR FREE	1 tbsp	17	10	0	5	0	0	0	5
Tomato and Cheese Omelette	1 serving	453	132	17	4	1	5	1	360
CANTALOUPE, RAW	1/2 cup	80	27	1	7	1	0	0	13
STRAWBERRY, RAW	1/2 cup	83	27	1	6	2	0	0	1
CRANBERRY JUICE COCKTAIL	8 fl oz	240	16	0	4	0	0	0	7
<b>Meal Total:</b>		959	416	26	56	11	13	3	651

## Morning Snack

ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED	2 oz	56	60	13	0	0	1	0	250
MAYONNAISE, CANOLA	1/2 tbsp	7	50	0	0	0	6	1	50
GRAPE, EUROPEAN-TYPE, RAW	1 cup	160	110	1	29	1	0	0	3
TORTILLA, FLOUR, LOWFAT	1 serving	71	120	6	34	11	1	0	330
<b>Meal Total:</b>		294	340	20	63	12	8	1	633

## Lunch

BLACK BEAN SOUP, RTS	1 cup	245	210	10	32	11	5	1	460
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## Volleyball Athlete Single Day Report (continued)

Lunch	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
GRILLED CHICKEN SANDWICH	5 oz	142	236	16	29	1	6	1	733
FRUIT COCKTAIL IN FRUIT JUICE	1 cup	248	120	0	30	2	0	0	20
<b>Meal Total:</b>		635	566	26	91	14	11	2	1,213

### Afternoon Snack

ENERGY BAR, OATMEAL RAISIN WALNUT	1 bar	68	245	10	43	5	5	1	125
<b>Meal Total:</b>		68	245	10	43	5	5	1	125

### Dinner

Applebees Confetti Chicken	1 Meal	0	370	25	52	9	7	0	0
DINNER ROLL, WHOLE WHEAT	1 medium	36	96	3	18	3	2	0	172
<b>Meal Total:</b>		36	466	28	70	12	9	0	172

### Evening Snack

ALMOND, RAW	1 tbsp	6	33	1	1	1	3	0	0
YOGURT, CHERRY	6 oz	170	140	6	26	0	2	1	280
<b>Meal Total:</b>		176	173	7	27	1	4	1	280

<b>Daily Total:</b>	<b>2,167</b>	<b>2,207</b>	<b>118</b>	<b>351</b>	<b>56</b>	<b>51</b>	<b>8</b>	<b>3,074</b>
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