



Volleyball Athlete Single Day Report

PCF Ratio



Protein (18%) Carbs (70%) Fat (12%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
100% WHOLE WHEAT BAGEL	1 bagel	99	250	11	49	6	2	0	450
PEANUT BUTTER SPREAD, NATURAL	1 tbsp	16	95	4	3	1	8	2	75
MILK, COW'S, NONFAT (SKIM)	1 cup	245	86	8	12	0	0	0	127
WHEY PROTEIN	1/2 scoop	15	60	12	1	0	1	1	25
APPLE W/SKIN, RAW	1 medium	138	72	0	19	3	0	0	1
HONEY	1 tbsp	21	60	0	17	0	0	0	0
Meal Total:		534	623	35	101	10	11	3	679

Morning Snack

GOLEAN CEREAL, RTE	1 cup	52	140	13	30	10	1	0	85
RAISIN, GOLDEN SEEDLESS	1/2 cup	83	249	3	66	3	0	0	10
ENDURANCE SPORT DRINK MIX	1 serving	18	70	0	17	0	0	0	160
BANANA, RAW	1 medium	118	105	1	27	3	0	0	1
Meal Total:		271	564	17	140	16	2	0	256

Lunch

CHICKEN BREAST, CHUNK, CANNED	2 oz	56	50	10	1	0	1	1	270
TORTILLA, FLOUR, LOWFAT	2 servings	142	240	12	68	22	1	0	660
CARROT, BABY, RAW	20 medium	200	70	1	16	4	0	0	156
TOMATO, RED, RIPE, RAW	1 plum-tomato	62	11	1	2	1	0	0	3
PEANUT, RAW	1 oz	28	161	7	5	2	14	2	5
Meal Total:		488	532	31	92	29	16	3	1,094

Volleyball Athlete Single Day Report (continued)

Afternoon Snack	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
RECOVERY DRINK, FRENCH VANILLA	1 scoop	40	145	5	31	0	0	0	212
Meal Total:		40	145	5	31	0	0	0	212

Dinner

SPAGHETTI W/MEAT SAUCE	1 serving	343	460	17	84	6	4	2	900
CAESAR SIDE SALAD	1 salad	133	110	6	12	3	5	2	270
Meal Total:		476	570	23	96	9	9	4	1,170

Evening Snack

CRACKERBREAD, 7 GRAIN CRISP'N LIGHT	6 slices	32	120	4	26	2	0	0	70
CHEDDAR OR AMERICAN CHEESE, NONFAT	3 cubic-inchs	48	71	11	6	0	0	0	733
Meal Total:		80	191	15	32	2	0	0	803
Daily Total:		1,889	2,625	126	492	66	39	9	4,215