



Volleyball Athlete Single Day Report

PCF Ratio



Protein (14%) Carbs (72%) Fat (14%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
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
WHOLE WHEAT BREAD, CP	1 slice	28	69	3	13	2	1	0	148
ORANGE JUICE	8 fl oz	249	109	2	25	0	1	0	2
YOGURT, LOWFAT	1 cup	245	154	13	17	0	4	2	172
BUTTER, SALTED	1/4 oz	7	51	0	0	0	6	0	59
Meal Total:		703	575	29	92	6	13	3	406

Morning Snack

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
GRAPE, EUROPEAN-TYPE, RAW	1 cup	154	106	1	28	1	0	0	3
APPLE W/SKIN, RAW	1 medium	138	72	0	19	3	0	0	1
FRUIT GRANOLA, LOWFAT, RTE	2 oz	57	219	5	45	3	3	0	213
ENERGY DRINK	12 fl oz	355	320	0	79	0	0	0	200
Meal Total:		840	892	7	215	11	3	1	579

Lunch

6" OVEN ROASTED CHICKEN BREAST SUB	1 sub	238	330	24	47	4	5	2	1,020
Mixed Fruit Salad	1 serving	256	175	3	33	6	5	1	7
Meal Total:		494	505	27	80	10	10	2	1,027

Afternoon Snack

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)
PERFORMANCE RECOVERY DRINK MIX	1 serving	24	90	3	20	0	0	0	250
Meal Total:		24	90	3	20	0	0	0	250

Dinner

TGI Fridays Zen Pot Stickers	1 MEal	0	500	20	80	0	10	0	0
SALAD, TOSSED W/O DRESSING	1.5 cups	207	33	3	7	0	0	0	54
STEAMED VEGETABLE MEDLEY	1 serving	102	30	2	6	2	0	0	135
Meal Total:		309	563	25	93	2	10	0	189

Evening Snack

Mojo Bar - Fruit Nut Crunch	1 Bar	45	200	10	21	3	8	1	160
Meal Total:		45	200	10	21	3	8	1	160
Daily Total:		2,414	2,826	101	521	31	44	7	2,611