



Volleyball Athlete Single Day Report

PCF Ratio



Protein (15%) Carbs (69%) Fat (16%)

Breakfast		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
ENGLISH MUFFIN, 100% WHOLE WHEAT		1 muffin	56	140	6	26	3	2	1	210
EGG, CHICKEN, HARD-BOILED		1 large	50	78	6	1	0	5	2	62
ORANGE, CALIFORNIA, RAW		1 fruit	140	69	1	18	3	0	0	1
BUTTER W/SALT		1 pat	5	36	0	0	0	4	3	29
YOGURT, BANANA CREAM, NONFAT		6 oz	170	100	8	16	0	0	0	125
JAM & PRESERVES		1 oz	28	78	0	19	0	0	0	9
APPLE JUICE		8 fl oz	237	120	0	28	0	0	0	0
Meal Total:			686	620	22	107	6	11	5	436

Morning Snack		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
PRETZEL, TINY TWISTS, NONFAT		18 pretzels	28	100	3	23	1	0	0	420
BANANA, RAW		1 medium	118	105	1	27	3	0	0	1
Road Trip Cookie		2 servings	76	204	5	36	4	5	1	137
ELECTROLYTE CHEW, SHOT BLOKS, CRAN-RAZZ		3 pcs	30	100	0	24	0	0	0	70
Meal Total:			252	509	9	110	8	6	2	628

Lunch		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	94	220	11	47	6	2	0	480
FRUIT COCKTAIL		1/2 cup	121	40	0	11	1	0	0	10
JELLY, CONCORD GRAPE OR CURRANT		1 tbsp	20	50	0	13	0	0	0	5
PEANUT BUTTER, CREAMY		1 tbsp	16	95	4	4	1	9	2	75

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)	
Meal Total:			251	405	15	75	8	10	2	570

Afternoon Snack

PERFORMANCE RECOVERY DRINK MIX	1 serving	24	90	3	20	0	0	0	250	
ANIMAL CRACKERS	12 cookies	30	130	2	23	1	4	1	150	
Meal Total:			54	220	5	43	1	4	1	400

Dinner

MANDARIN CHICKEN SALAD	1 salad	348	190	22	17	3	3	1	740	
FROSTY DAIRY DESSERT	6 oz	113	149	4	27	4	3	2	111	
POTATO, BAKED PLAIN	1/2 potato	142	135	4	31	4	0	0	13	
SALSA	1 serving	85	30	1	6	0	0	0	440	
Meal Total:			688	504	30	80	10	6	3	1,303

Evening Snack

CHEESE SNACK, STRING CHEESE, LIGHT	2 pieces	42	100	12	0	0	5	3	360	
STONED WHEAT CRACKER	5 crackers	14	60	1	10	1	1	0	140	
Meal Total:			56	160	13	10	1	6	3	500

Daily Total:			1,987	2,418	94	425	34	43	14	3,838
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