



Weight Gain - 2250 Single Day Report

Date: Sunday

PCF Ratio



■ Protein (26%)
 ■ Carbs (56%)
 ■ Fat (19%)

Breakfast		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Veggie Scramble	1 serving	279	203	19	9	1	10	2	250	
OATMEAL, DRY	3/4 cups	61	233	10	41	6	4	1	2	
MILK, COW'S, NONFAT, VIT-A (SKIM)	3/4 cups	184	62	6	9	0	0	0	77	
Meal Total:		523	499	35	59	7	14	3	330	

Morning Snack		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
PEANUT BUTTER, SMOOTH, NO SALT	3 tsp	16	94	4	3	1	8	2	3	
TOMATO BASIL TORTILLA WRAP	1 tortilla	62	100	9	20	12	3	0	360	
BANANA, RAW	1 medium	118	105	1	27	3	0	0	1	
Meal Total:		196	299	14	50	16	11	2	364	

Lunch		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Tuna Pasta Salad	1 servings	296	446	32	61	9	9	1	584	
ORANGE, CALIFORNIA, RAW	1 fruit	140	69	1	18	3	0	0	1	
Meal Total:		436	514	34	78	12	9	1	585	

Afternoon Snack		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Toast with Fruit and Cheese	2 servings	369	242	13	41	6	5	2	470	
Meal Total:		369	242	13	41	6	5	2	470	

Dinner		Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Chickpea, Kale, and Chicken Stew	1 serving	539	390	45	39	9	7	1	704	
FROZEN YOGURT, BLACK CHERRY VANILLA SWIRL, NONFAT	1/2 cup	67	90	3	20	0	0	0	45	

Weight Gain - 2250 Single Day Report (continued)

Dinner	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Meal Total:			606	48	59	9	7	1	749
Evening Snack									
Breakfast Salad	1 serving	377	198	6	39	4	4	0	45
Meal Total:			377	6	39	4	4	0	45
Daily Total:		2,508	2,233	150	326	54	50	9	2,543