



Weight Gain - 2250 Single Day Report

Date: Monday

PCF Ratio



■ Protein (26%)
 ■ Carbs (55%)
 ■ Fat (20%)

		Calories	Protein	Carbs	Dietary	Fat	Sat	Sodium
		(kcal)	(g)	(g)	Fiber (g)	(g)	fat (g)	(mg)
Breakfast	Serving Size Gram Wt.							
Breakfast Parfait	1 serving	730	15	76	6	4	1	294
WHOLE WHEAT BREAD, TOASTED, CP	1 slice	25	3	13	2	1	0	148
PEANUT BUTTER, SMOOTH, NO SALT	1 tbsp	16	4	3	1	8	2	3
Meal Total:		771	22	92	9	13	3	445

Morning Snack

Cottage Cheese/Strawberries and Flax	1 serving	329	18	19	5	6	1	15
Meal Total:		329	18	19	5	6	1	15

Lunch

MIXED GRAIN BREAD	2 slices	52	5	24	3	2	0	253
SPINACH, RAW	2 cups	60	2	2	1	0	0	47
TOMATO, RED, RIPE, RAW	2 slices	54	0	3	1	0	0	5
CARROT, BABY, RAW	7 medium	70	0	6	1	0	0	55
MOZZARELLA CHEESE, PART SKIM, SHREDDED	2 tbsp	14	4	1	0	3	2	75
TURKEY, GROUND	4 oz	100	23	0	0	8	2	80
Meal Total:		350	34	35	7	13	4	515

Afternoon Snack

High Protein and Calcium Smoothie	1 serving	579	23	72	6	2	1	181
Meal Total:		579	23	72	6	2	1	181

Dinner

Whole Wheat Couscous	1 servings	421	12	54	10	8	1	13
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Weight Gain - 2250 Single Day Report (continued)

Dinner			Calories	Protein	Carbs	Dietary	Fat	Sat	Sodium	
and Zucchini		Serving Size	(kcal)	(g)	(g)	Fiber (g)	(g)	fat (g)	(mg)	
CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY		1/2 breast	86	142	27	0	0	3	1	64
Meal Total:			507	460	38	54	10	11	2	77
Evening Snack										
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
Daily Total:			2,905	2,219	149	314	43	51	13	1,702