

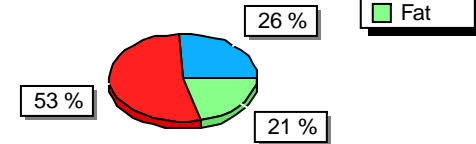


25-50-25 - 1500 calories

Avg Calories Per Day: 1661

PCF Ratio: 26-53-21

PCF Ratio



Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Veggie Scramble - 1 Serving • Breakfast Salad - 1 Serving	Breakfast Parfait - 1 Serving • Toast With Fruit And Cheese - 1 Servings	Oatmeal, Prepared, No Added Salt - 1 Cup • Blueberry, Raw - 3/4 Cups • Fruit And Yogurt Smoothie - 1 Serving	Blueberry Yogurt Flaxjacks - 1 Serving	Veggie Scramble - 1 Serving • Breakfast Salad - 1 Serving	Breakfast Burrito With Egg, Beans, And Cheese - 1 Servings • Fruit And Yogurt Smoothie - 1/2 Serving	Breakfast Fruit Salad - 1 Servings • Whole Wheat Bread, Toasted, Cp - 1 Slice • Quick Microwave Egg Omelet - 1 Serving
M	Brown Rice Cake, Plain, No Salt - 2 Cakes • Peanut Butter, Smooth, No Salt - 2 Tsp	Cottage Cheese And Strawberries With Almonds - 1/2 Serving	Soy Crisps, Creamy Ranch - 10 Crisps • Apple W/skin, Raw - 1 Medium	Crackers, Whole Wheat - 0.4 Oz • Hummus, Commercial (seasoned Mashed Chickpeas) - 2 Tbsp	Oatmeal, Dry - 1/2 Cup • Milk, Cow's, Nonfat, Vit-a (skim) - 3/4 Cups • Blueberry, Raw - 1/2 Cup	Yogurt, Plain, Lowfat - 6 Oz • Blueberry, Raw - 1/2 Cup • Golean Cereal, Rte - 3/4 Cups	Golean Cereal, Rte - 1 Cup • Milk, Cow's, Nonfat, Vit-a (skim) - 1/2 Cup • Strawberry, Raw - 1/2 Cup
L	Tuna Pasta Salad - 1 Servings • Apple W/skin, Raw - 1 Medium	Mixed Grain Bread - 1 Slice • Spinach, Raw - 2 Cups • Tomato, Red, Ripe, Raw - 2 Slices • Mozzarella Cheese, Part Skim, Shredded - 2 Tbsp • Turkey, Ground - 2 Oz	Tuna Salad Sandwich - 1 Serving • Spinach Salad - 1 Serving	Turkey Sandwich With Greens And Tomato - 1 Serving • Pumpkin & Squash Seed, Dried - 1 Oz	Roasted Red Pepper And Chicken Wrap With Low Fat Tortilla - 1 Serving • Banana, Raw - 1 Medium	Chicken And Veggie Tortillas - 1 Servings • Apple W/skin, Raw - 1 Medium • Cheddar Cheese, Extra Sharp, Reduced Fat - 1 Oz	Lentil Casserole - 1 Serving
A	Toast With Fruit And Cheese - 1 Servings	High Protein And Calcium Smoothie - 1 Serving	Brown Rice Cake, Plain, No Salt - 2 Cakes • Peanut Butter, Smooth, No Salt - 2 Tsp	Spinach, Cucumber, And Tomato Salad - 1 Serving	Brown Rice Cake, Plain, No Salt - 2 Cakes • Peanut Butter, Smooth, No Salt - 2 Tsp	Toast With Fruit And Cheese - 1 Servings	Yogurt, Plain, Nonfat - 1 Container • Banana, Raw - 1/2 Medium • Flax Seed - 1 Tbsp
D	Chicken, Kale, And Chickpea Stew - 1 1/2 Servings	Grilled Salmon - 1 Serving • Whole Wheat Couscous With Lentils And Zucchini - 1/2 Servings	Roasted Vegetable Medley - 1 Servings • Beef Round, Eye Of, Roasted, Slf (cube Steak) - 3 Oz • Berries And Maple Cream - 1 Serving	Pasta With Chicken Teriyaki - 1 Servings	Chicken Chili With Green Salsa - 1 Serving • Classic Romaine Salad Mix - 1 1/2 Cup • Strawberry, Raw - 1 Cup • Salad Dressing, Mayo-type, Nonfat - 2 Tbsp	Mixed Grain Bread - 1 Slice • Beef Stew - 1 Serving	Hearty Broccoli Soup - 1 Serving • Pear-nut Pudding - 1 Serving
E		Cottage Cheese, Nonfat - 1/2 Cup	Popcorn, Kettle Korn, Smart Pop, Popped - 2 Cups	Yogurt, Plain, Lowfat - 4 Oz • Blueberry, Raw - 1/2 Cup • Golean Cereal, Rte - 1/2 Cup	Ricotta Cheese, Nonfat - 1/4 Cup • Almond, Raw - 1 Tbsp	Turkey Lettuce Wrap - 1 Serving	Cheddar Cheese, Mild, Reduced Fat - 1 Oz • Crackers, Whole Wheat - 0.6 Oz
	1744 Calories; 115 Protein; 244 Carbs; 39 Dietary; 41 Fat; 7 Sat; 2397 Sodium	1587 Calories; 116 Protein; 223 Carbs; 26 Dietary; 31 Fat; 9 Sat; 1376 Sodium	1612 Calories; 102 Protein; 236 Carbs; 38 Dietary; 34 Fat; 7 Sat; 1658 Sodium	1472 Calories; 104 Protein; 167 Carbs; 36 Dietary; 49 Fat; 8 Sat; 1960 Sodium	1643 Calories; 111 Protein; 232 Carbs; 47 Dietary; 35 Fat; 7 Sat; 3351 Sodium	1807 Calories; 125 Protein; 238 Carbs; 56 Dietary; 49 Fat; 17 Sat; 3357 Sodium	1758 Calories; 122 Protein; 248 Carbs; 59 Dietary; 40 Fat; 12 Sat; 2596 Sodium