



25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (25%) Carbs (54%) Fat (20%)

	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Breakfast									
Veggie Scramble	1 serving	279	203	19	9	1	10	2	250
Breakfast Salad	1 serving	377	198	6	39	4	4	0	45
Meal Total:		656	401	25	48	5	14	3	296
Morning Snack									
BROWN RICE CAKE, PLAIN, NO SALT	2 cakes	18	70	1	15	1	1	0	5
PEANUT BUTTER, SMOOTH, NO SALT	2 tsp	11	63	3	2	1	5	1	2
Meal Total:		29	132	4	17	1	6	1	6
Lunch									
Tuna Pasta Salad	1 servings	296	446	32	61	9	9	1	584
APPLE W/SKIN, RAW	1 medium	138	72	0	19	3	0	0	1
Meal Total:		434	518	33	80	12	9	1	585
Afternoon Snack									
Toast with Fruit and Cheese	1 servings	184	121	6	21	3	2	1	235
Meal Total:		184	121	6	21	3	2	1	235
Dinner									
Chicken, Kale, and Chickpea Stew	1 1/2 servings	828	572	46	79	17	10	2	1,274
Meal Total:		828	572	46	79	17	10	2	1,274
Daily Total:		2,132	1,744	115	244	39	41	7	2,397