



25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (28%) Carbs (55%) Fat (17%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Breakfast Parfait	1 serving	730	387	15	76	6	4	1	294
Toast with Fruit and Cheese	1 servings	184	121	6	21	3	2	1	235
Meal Total:		914	509	21	97	10	6	2	529

Morning Snack

Cottage Cheese and Strawberries with Almonds	1/2 serving	154	96	10	8	2	2	1	307
Meal Total:		154	96	10	8	2	2	1	307

Lunch

MIXED GRAIN BREAD	1 slice	26	65	3	12	2	1	0	127
SPINACH, RAW	2 cups	60	14	2	2	1	0	0	47
TOMATO, RED, RIPE, RAW	2 slices	54	11	0	3	1	0	0	5
MOZZARELLA CHEESE, PART SKIM, SHREDDED	2 tbsp	14	43	4	1	0	3	2	75
TURKEY, GROUND	2 oz	50	80	12	0	0	4	1	40
Meal Total:		204	213	20	17	4	8	3	293

Afternoon Snack

High Protein and Calcium Smoothie	1 serving	579	388	23	72	6	2	1	181
Meal Total:		579	388	23	72	6	2	1	181

Dinner

Grilled Salmon	1 serving	454	161	23	0	0	7	1	50
Whole Wheat Couscous with Lentils and Zucchini	1/2 servings	211	159	6	27	5	4	0	7

25-50-25 - 1500 calories 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:			665	320	28	27	5	11	2	57

Evening Snack

COTTAGE CHEESE, NONFAT	1/2 cup	73	62	13	1	0	0	0	9
Meal Total:			73	62	13	1	0	0	9

Daily Total:			2,589	1,587	116	223	26	31	9	1,376
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