



25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (25%) Carbs (57%) Fat (19%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
OATMEAL, PREPARED, NO ADDED SALT	1 cup	234	147	6	25	4	2	0	2
BLUEBERRY, RAW	3/4 cups	109	62	1	16	3	0	0	1
Fruit and Yogurt Smoothie	1 serving	608	395	25	64	8	6	2	111
Meal Total:		950	604	32	105	15	9	2	115

Morning Snack

SOY CRISPS, CREAMY RANCH	10 crisps	11	44	3	6	1	1	0	132
APPLE W/SKIN, RAW	1 medium	138	72	0	19	3	0	0	1
Meal Total:		149	116	3	25	4	1	0	133

Lunch

Tuna Salad Sandwich	1 serving	377	280	26	33	5	6	1	871
Spinach Salad	1 serving	162	75	3	10	3	3	0	303
Meal Total:		539	355	29	43	7	9	1	1,174

Afternoon 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

Dinner

Roasted Vegetable Medley	1 servings	1,867	129	4	20	6	5	1	65
BEEF ROUND, EYE OF, ROASTED, SLF (CUBE STEAK)	3 oz	88	148	26	0	0	4	2	34
Berries and Maple	1 serving								

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)
Cream									
Meal Total:		2,085	366	32	38	9	10	2	179
Evening Snack									
POPCORN, KETTLE KORN, SMART POP, POPPED	2 cups	16	40	1	8	1	0	0	50
Meal Total:		16	40	1	8	1	0	0	50
Daily Total:		3,768	1,612	102	236	38	34	7	1,658