



25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (27%) Carbs (44%) Fat (29%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Blueberry Yogurt Flaxjacks	1 serving	986	249	19	27	8	8	1	486
Meal Total:		986	249	19	27	8	8	1	486

Morning Snack

CRACKERS, WHOLE WHEAT	0.4 oz	11	46	2	8	1	1	0	86
HUMMUS, COMMERCIAL (SEASONED MASHED CHICKPEAS)	2 tbsp	31	52	2	4	2	3	0	118
Meal Total:		43	98	4	12	3	4	1	204

Lunch

Turkey Sandwich with Greens and Tomato	1 serving	168	271	24	34	5	5	1	487
PUMPKIN & SQUASH SEED, DRIED	1 oz	28	153	7	5	1	13	2	5
Meal Total:		196	425	31	39	6	18	3	492

Afternoon Snack

Spinach, Cucumber, and Tomato Salad	1 serving	223	120	10	9	3	6	1	529
Meal Total:		223	120	10	9	3	6	1	529

Dinner

Pasta with Chicken Teriyaki	1 servings	2,346	384	28	43	8	11	1	130
Meal Total:		2,346	384	28	43	8	11	1	130

Evening Snack

YOGURT, PLAIN, LOWFAT	4 oz	114	75	6	9	0	2	1	95
BLUEBERRY, RAW	1/2 cup	73	41	1	11	2	0	0	1

25-50-25 - 1500 calories Single Day Report (continued)

Evening Snack	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
GOLEAN CEREAL, RTE	1/2 cup	27	80	5	19	7	1	0	23
Meal Total:		213	196	12	38	8	3	1	119
Daily Total:		4,005	1,472	104	167	36	49	8	1,960