



## 25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (26%) Carbs (55%) Fat (19%)

| Breakfast          | Serving Size | Gram Wt. | Calories (kcal) | Protein (g) | Carbs (g) | Dietary Fiber (g) | Fat (g) | Sat fat (g) | Sodium (mg) |
|--------------------|--------------|----------|-----------------|-------------|-----------|-------------------|---------|-------------|-------------|
| Veggie Scramble    | 1 serving    | 279      | 203             | 19          | 9         | 1                 | 10      | 2           | 250         |
| Breakfast Salad    | 1 serving    | 377      | 198             | 6           | 39        | 4                 | 4       | 0           | 45          |
| <b>Meal Total:</b> |              | 656      | 401             | 25          | 48        | 5                 | 14      | 3           | 296         |

### Morning Snack

|                                   |          |     |     |    |    |   |   |   |    |
|-----------------------------------|----------|-----|-----|----|----|---|---|---|----|
| OATMEAL, DRY                      | 1/2 cup  | 41  | 156 | 6  | 27 | 4 | 3 | 0 | 2  |
| MILK, COW'S, NONFAT, VIT-A (SKIM) | 3/4 cups | 184 | 62  | 6  | 9  | 0 | 0 | 0 | 77 |
| BLUEBERRY, RAW                    | 1/2 cup  | 73  | 41  | 1  | 11 | 2 | 0 | 0 | 1  |
| <b>Meal Total:</b>                |          | 297 | 259 | 13 | 47 | 6 | 3 | 1 | 80 |

### Lunch

|                                                           |           |     |     |    |    |    |   |   |       |
|-----------------------------------------------------------|-----------|-----|-----|----|----|----|---|---|-------|
| Roasted Red Pepper and Chicken Wrap with Low Fat Tortilla | 1 serving | 263 | 231 | 23 | 22 | 13 | 5 | 1 | 1,305 |
| BANANA, RAW                                               | 1 medium  | 118 | 105 | 1  | 27 | 3  | 0 | 0 | 1     |
| <b>Meal Total:</b>                                        |           | 381 | 336 | 25 | 49 | 16 | 6 | 1 | 1,306 |

### 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 |
| <b>Meal Total:</b>              |         | 29 | 132 | 4 | 17 | 1 | 6 | 1 | 6 |

### Dinner

|                                |           |       |     |    |    |    |   |   |       |
|--------------------------------|-----------|-------|-----|----|----|----|---|---|-------|
| Chicken Chili with Green Salsa | 1 serving | 1,882 | 336 | 36 | 44 | 13 | 3 | 0 | 1,334 |
| CLASSIC ROMAINE SALAD MIX      | 1 1/2 cup | 85    | 15  | 1  | 4  | 1  | 0 | 0 | 10    |
| STRAWBERRY, RAW                | 1 cup     | 166   | 53  | 1  | 13 | 3  | 0 | 0 | 2     |
| SALAD DRESSING,                | 2 tbsp    | 32    | 27  | 0  | 5  | 1  | 1 | 0 | 252   |

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

| Dinner             | Serving Size | Gram Wt. | Calories<br>(kcal) | Protein<br>(g) | Carbs<br>(g) | Dietary<br>Fiber (g) | Fat<br>(g) | Sat<br>fat (g) | Sodium<br>(mg) |
|--------------------|--------------|----------|--------------------|----------------|--------------|----------------------|------------|----------------|----------------|
| MAYO-TYPE, NONFAT  |              |          |                    |                |              |                      |            |                |                |
| <b>Meal Total:</b> |              | 2,165    | 431                | 38             | 66           | 18                   | 4          | 1              | 1,598          |

### Evening Snack

|                           |         |    |    |   |   |   |   |   |    |
|---------------------------|---------|----|----|---|---|---|---|---|----|
| RICOTTA CHEESE,<br>NONFAT | 1/4 cup | 62 | 50 | 5 | 5 | 0 | 0 | 0 | 65 |
| ALMOND, RAW               | 1 tbsp  | 6  | 33 | 1 | 1 | 1 | 3 | 0 | 0  |
| <b>Meal Total:</b>        |         | 68 | 83 | 6 | 6 | 1 | 3 | 0 | 65 |

|                     |  |       |       |     |     |    |    |   |       |
|---------------------|--|-------|-------|-----|-----|----|----|---|-------|
| <b>Daily Total:</b> |  | 3,596 | 1,643 | 111 | 232 | 47 | 35 | 7 | 3,351 |
|---------------------|--|-------|-------|-----|-----|----|----|---|-------|