



25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (26%) Carbs (50%) Fat (23%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Breakfast Burrito with Egg, Beans, and Cheese	1 servings	190	278	19	21	10	16	6	891
Fruit and Yogurt Smoothie	1/2 serving	304	197	13	32	4	3	1	56
Meal Total:		493	476	32	53	14	19	6	947

Morning Snack

YOGURT, PLAIN, LOWFAT	6 oz	170	113	9	14	0	3	2	143
BLUEBERRY, RAW	1/2 cup	73	41	1	11	2	0	0	1
GOLEAN CEREAL, RTE	3/4 cups	40	120	8	28	10	1	0	35
Meal Total:		283	274	18	52	12	4	2	178

Lunch

Chicken and Veggie Tortillas	1 servings	617	178	19	19	11	2	1	426
APPLE W/SKIN, RAW	1 medium	138	72	0	19	3	0	0	1
CHEDDAR CHEESE, EXTRA SHARP, REDUCED FAT	1 oz	28	90	7	1	0	6	4	240
Meal Total:		783	340	26	39	15	8	5	668

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

MIXED GRAIN BREAD	1 slice	26	65	3	12	2	1	0	127
Beef Stew	1 serving	2,534	372	30	51	8	6	2	583

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:		2,560	438	33	63	10	7	2	709

Evening Snack

Turkey Lettuce Wrap	1 serving	194	159	11	11	2	9	1	621
Meal Total:		194	159	11	11	2	9	1	621
Daily Total:		4,498	1,807	125	238	56	49	17	3,357