



25-50-25 - 1500 calories Single Day Report

PCF Ratio



Protein (26%) Carbs (54%) Fat (19%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Breakfast Fruit Salad	1 servings	385	225	12	33	4	5	1	151
WHOLE WHEAT BREAD, TOASTED, CP	1 slice	25	69	3	13	2	1	0	148
Quick Microwave Egg Omelet	1 serving	154	156	22	2	0	6	2	751
Meal Total:		565	451	37	48	6	13	3	1,051

Morning Snack

GOLEAN CEREAL, RTE	1 cup	53	160	11	37	13	1	0	47
MILK, COW'S, NONFAT, VIT-A (SKIM)	1/2 cup	123	42	4	6	0	0	0	51
STRAWBERRY, RAW	1/2 cup	76	24	1	6	2	0	0	1
Meal Total:		252	226	15	49	15	2	0	99

Lunch

Lentil Casserole	1 serving	2,427	280	21	47	21	2	1	245
Meal Total:		2,427	280	21	47	21	2	1	245

Afternoon Snack

YOGURT, PLAIN, NONFAT	1 container	227	100	9	15	0	0	0	150
BANANA, RAW	1/2 medium	59	53	1	13	2	0	0	1
FLAX SEED	1 tbsp	76	59	2	4	3	4	0	4
Meal Total:		362	212	12	33	5	4	0	155

Dinner

Hearty Broccoli Soup	1 serving	2,671	238	24	22	4	6	3	676
Pear-Nut Pudding	1 serving	186	192	3	37	6	5	0	2
Meal Total:		2,856	430	27	59	11	11	3	679

Evening Snack

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)
CHEDDAR CHEESE, MILD, REDUCED FAT	1 oz	28	90	7	1	0	6	4	240
CRACKERS, WHOLE WHEAT	0.6 oz	17	70	3	11	2	1	0	128
Meal Total:		45	160	10	12	2	7	4	368
Daily Total:		6,507	1,758	122	248	59	40	12	2,596