

Heart Healthy Meal Plan - 1300 calories
Full Plan

Friday, November 04, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 serving	Blueberry Pancakes with Blueberry Sauce	149	238	8	43	5
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
lunch						
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
1 serving	Ham and Rice Salad	161	211	14	31	4
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
1 serving	Salmon and Pasta Salad	498	308	30	32	7
12 fl oz	BEER, LIGHT	354	103	1	6	0
1/2 serving	Salad	165	106	2	9	8
1/2 serving	Vinaigrette Dressing	18	84	0	1	9
pm snack						
1/4 cup	STRAWBERRY ICE CREAM	33	63	1	9	3
DAILY TOTALS		2253	1249	58	164	36

PCFA: 18-51-25-6

Saturday, November 05, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 serving	Bran Muffin Breakfast	141	152	4	31	2
1/2 cup	ORANGE JUICE, RAW	124	56	1	13	0
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
lunch						
1 serving	Salad	330	213	5	18	16
1 serving	Roquefort Dressing	46	57	2	2	4
8 fl oz	DIET COKE	240	0	0	0	0
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
1 serving	Stuffed Fish Fillets	221	214	34	7	6
1 serving	White Rice	79	103	2	22	0
1 serving	Broccoli Stirfry	429	128	13	23	2
pm snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
DAILY TOTALS		1990	1292	67	155	54

PCFA: 19-45-35-1

Sunday, November 06, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1/2 serving	French Toast	98	145	9	21	3
am snack						
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
lunch						
1 serving	Pesto Spread	41	35	5	1	1
1 serving	Potato Salad	180	105	4	22	1
1 serving (nlea)	ICED TEA MIX, SUGAR FREE	1	3	0	0	0
1/2 pint	BLUEBERRY, RAW	201	115	1	29	1
snack						
1/2 cup	PEACH, JUICE PACK, CANNED	125	55	1	14	0
dinner						
3/4 serving	Steamed Vegetables	142	127	4	18	4
1/2 serving	Garlic Chicken	169	182	25	9	4
3.5 fl oz	WINE, RED TABLE	103	87	0	3	0
1 servings	White Rice	79	103	2	22	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1567	1404	62	185	41

PCFA: 17-52-26-5

Monday, November 07, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
3/4 serving	Breakfast Burrito	128	173	6	28	4
1 cup	STRAWBERRY, RAW	152	49	1	12	0
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
lunch						
1 serving	Cajon Tortilla Wrap	314	408	22	72	6
1/4 cup	AVOCADO, RAW	37	58	1	3	5
6 saltines	SALTINE CRACKER, LOW SALT	30	118	3	25	0
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
3 tbsp	ALMOND, BLANCHED, RAW	27	160	6	5	14
dinner						
3/4 serving	Chicken Fajitas	210	220	21	24	5
1/2 serving	Fresh Salsa	56	21	1	5	0
1/2 serving	White Rice	40	51	1	11	0
12 fl oz	BEER, LIGHT	354	103	1	6	0
DAILY TOTALS		2025	1425	65	204	37

PCFA: 18-55-22-5

Tuesday, November 08, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Broccoli and Cheese Omelette	312	244	33	5	10
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
am snack						
1 mini-bagel	CINNAMON-RAISIN BAGEL	26	71	3	14	0
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
1/2 cup	BLACKBERRY, RAW	72	31	1	7	0
lunch						
1 serving	Steamed Vegetables	190	169	5	24	6
1/2 cup	ORANGE JUICE	125	61	1	14	0
1 serving	Orange flavored Black Beans	99	83	5	16	0
snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
3 tbsp	WALNUT, ENGLISH, DRIED, RAW	19	123	3	3	12
dinner						
1 serving	Brown Rice	98	108	3	22	1
1/3 serving	Fish Over Steamed Spinach	133	69	13	3	1
1 serving	Sauteed Carrots	89	63	1	10	3
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1/2 cup	STRAWBERRY, RAW	76	24	1	6	0
DAILY TOTALS		1829	1330	73	185	38

PCF: 21-54-25

Wednesday, November 09, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 serving	Breakfast Burrito	85	115	4	19	3
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
am snack						
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1/2 cup	CARROT, RAW	61	25	1	6	0
lunch						
1/2 serving	Seafood Pasta Salad	122	97	11	10	1
1 cup	STRAWBERRY, RAW	152	49	1	12	0
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
1 serving	Hummus	102	129	5	19	4
1 cup	BLACKBERRY, RAW	144	62	2	14	1
dinner						
3/4 serving	Warm Broccoli Salad	109	155	5	18	8
1 serving	Cheesy Oven Fried Chicken	164	304	27	32	7
1 serving	Spinach Pasta	57	74	3	14	1
8 fl oz	WATER, BOTTLED	237	0	0	0	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
1/2 serving	Nectarine and Plum Chutney	28	30	0	7	0
DAILY TOTALS		1852	1303	62	188	37

PCF: 19-56-25

Thursday, November 10, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
unassigned						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
breakfast						
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1/2 serving	Omelettes Plain	136	115	16	1	5
1 slice	OAT BRAN BREAD, DIET, TOASTED	19	45	2	9	1
am snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
1 tbsp	ALMOND, BLANCHED, RAW	9	53	2	2	5
lunch						
8 fl oz	WATER, BOTTLED	237	0	0	0	0
1 serving	Herbed Rice Salad	160	218	4	33	8
1 serving	Zucchini Spread	63	34	1	2	3
snack						
1 serving	Salad	330	213	5	18	16
dinner						
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
1/2 serving	Garlic Chicken	169	182	25	9	4
1 serving	White Rice	79	103	2	22	0
1 serving	Steamed Vegetables	190	169	5	24	6
pm snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
DAILY TOTALS		2354	1316	66	148	54

PCF: 20-44-36

Friday, November 11, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Tomato and Cheese Omelette	226	132	17	4	5
1 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	COFFEE, BREWED, PREPARED	237	2	0	0	0
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
2 cookies	FIG NEWTON, NONFAT	29	100	1	22	0
lunch						
1 serving	Seafood Pasta Salad	244	194	21	21	3
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
8 fl oz	WATER, BOTTLED	237	0	0	0	0
snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
dinner						
1 serving	Oven Fried Yams	90	160	2	23	7
1 serving	Warm Broccoli Salad	145	207	6	24	10
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
pm snack						
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
DAILY TOTALS		2156	1318	61	178	43

PCF: 18-53-29

Saturday, November 12, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Tomato and Cheese Omelette	226	132	17	4	5
1 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
lunch						
1/2 serving	Salmon and Pasta Salad	249	154	15	16	4
1/2 pint	BLUEBERRY, RAW	201	115	1	29	1
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
1 serving	Zucchini Spread	63	34	1	2	3
1 serving	Salad	330	213	5	18	16
dinner						
12 fl oz	CLUB SODA, CARBONATED	355	0	0	0	0
1/2 serving	White Bean and Chicken Salad	117	158	12	16	5
1/2 serving	Brown Rice	49	54	1	11	0
pm snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		2718	1306	62	158	55

PCF: 18-46-36

Sunday, November 13, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Bran Muffin Breakfast	281	304	9	62	4
1 cup	BLACKBERRY, RAW	144	62	2	14	1
8 fl oz	COFFEE, BREWED, DECAFFEINATED, PREPARED	237	0	0	0	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
lunch						
1/2 serving	Cajon Tortilla Wrap	157	204	11	36	3
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1.00 cup	LEMONADE MIX, DIET	237	7	0	2	0
snack						
3/4 serving	Oven Fried Yams	68	120	1	17	5
dinner						
1/3 serving	Chicken Cordon Bleu	90	121	19	2	4
1 serving	Broccoli Stirfry	429	128	13	23	2
1 serving	Mashed Potatos with Fennel	166	113	3	18	4
12 fl oz	BEER, LIGHT	354	103	1	6	0
pm snack						
1 serving	Fresh Salsa	112	42	2	10	0
DAILY TOTALS		2479	1362	62	213	31

PCFA: 17-59-19-5

Monday, November 14, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
1/2 pint	BLUEBERRY, RAW	201	115	1	29	1
8 fl oz	TEA, BREWED, PREPARED (BLACK TEA)	237	2	0	1	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
lunch						
1 serving	Ham and Rice Salad	161	211	14	31	4
1.00 cup	LEMONADE MIX, DIET	237	7	0	2	0
snack						
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1/2 cup	CARROT, RAW	61	25	1	6	0
dinner						
1 serving	Hot Red Rice Salad	222	164	6	32	2
1/2 serving	Broiled Fish Steak	103	135	19	0	6
1 serving	Broccoli Stirfry	429	128	13	23	2
1 cup	WATER, DRINKING	237	0	0	0	0
pm snack						
2 cookies	FIG NEWTON, NONFAT	29	100	1	22	0
DAILY TOTALS		2168	1308	65	205	31

PCF: 19-60-21

Tuesday, November 15, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Breakfast Burrito	171	230	9	37	5
8 fl oz	TEA, BLACK CURRANT	237	0	0	0	0
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
3 tbsp	ALMOND, BLANCHED, RAW	27	160	6	5	14
lunch						
1 serving	Steamed Vegetables	190	169	5	24	6
1 serving	White Rice	79	103	2	22	0
8 fl oz	ICED TEA MIX, SUGAR FREE	237	6	0	1	0
snack						
1 serving	Pesto Spread	41	35	5	1	1
1 cup	STRAWBERRY, RAW	152	49	1	12	0
dinner						
1/2 serving	Chicken Breast stuffed with Cheese	175	199	29	3	7
1 serving	Basmati Rice with Orange Mustard Dressing	77	200	3	36	5
1 serving	Sauteed Carrots	89	63	1	10	3
pm snack						
2 cookies	FIG NEWTON, NONFAT	29	100	1	22	0
DAILY TOTALS		1648	1376	63	188	43

PCF: 18-54-28

Wednesday, November 16, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Blueberry Pancakes with Blueberry Sauce	149	238	8	43	5
1 serving (nlea)	COFFEE, MOCHA FLAVORED, SUGAR FREE	7	24	0	5	0
am snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
2 tbsp	ALMOND, BLANCHED, RAW	18	107	4	3	10
lunch						
1 serving	Warm Broccoli Salad	145	207	6	24	10
100 grams	LEMON-LIME SODA, CARBONATED	100	40	0	10	0
snack						
1 serving	Corn Tortilla Chips	30	65	2	13	1
1 serving	Fresh Salsa	112	42	2	10	0
dinner						
1 serving	Potatos with Garlic and Lemon	127	113	2	19	4
1/2 serving	Crunchy Fish with tartar sauce	149	169	25	5	5
1 serving	Brown Rice	98	108	3	22	1
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1 cup	STRAWBERRY, RAW	152	49	1	12	0

DAILY TOTALS

1288

1336

56

208

36

PCFA: 16-60-23-0

Thursday, November 17, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 serving	French Toast	98	145	9	21	3
8 fl oz	TEA, GREEN	237	0	0	0	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
lunch						
1/2 serving	Linguine with Quick Roasted Tomato Sauce	72	178	6	30	4
8 fl oz	DIET COKE W/LEMON	240	0	0	0	0
snack						
1/2 serving	Herbed Rice Salad	80	109	2	16	4
dinner						
1 serving	Orange flavored Black Beans	99	83	5	16	0
1 serving	Corn Tortilla Chips	30	65	2	13	1
1 serving	Chicken Fajitas	280	293	28	31	7
6.00 oz	WATER, SWEETENED, FRUIT FLAVORED	170	31	0	8	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
1 cup	STRAWBERRY, RAW	152	49	1	12	0

DAILY TOTALS

1682

1235

59

189

30

PCFA: 19-60-22-0

Friday, November 18, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1 serving	French Toast	196	291	18	43	5
am snack						
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
lunch						
1 serving	Pesto Spread	41	35	5	1	1
1 serving	Potato Salad	180	105	4	22	1
1 serving (nlea)	ICED TEA MIX, SUGAR FREE	1	3	0	0	0
snack						
1/2 cup	PEACH, JUICE PACK, CANNED	125	55	1	14	0
dinner						
1 serving	Steamed Vegetables	190	169	5	24	6
1/4 serving	Garlic Chicken	85	91	13	4	2
3.5 fl oz	WINE, RED TABLE	103	87	0	3	0
1 serving	White Rice	79	103	2	22	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1426	1386	58	179	43

PCFA: 16-51-27-6

Saturday, November 19, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Blueberry Pancakes with Blueberry Sauce	149	238	8	43	5
1 serving (nlea)	COFFEE, MOCHA FLAVORED, SUGAR FREE	7	24	0	5	0
am snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
2 tbsp	ALMOND, BLANCHED, RAW	18	107	4	3	10
lunch						
1 serving	Warm Broccoli Salad	145	207	6	24	10
100 grams	LEMON-LIME SODA, CARBONATED	100	40	0	10	0
snack						
1 serving	Corn Tortilla Chips	30	65	2	13	1
1 serving	Fresh Salsa	112	42	2	10	0
dinner						
1 serving	Potatos with Garlic and Lemon	127	113	2	19	4
3/4 serving	Crunchy Fish with tartar sauce	223	254	38	8	7
1 serving	Brown Rice	98	108	3	22	1
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1/2 cup	STRAWBERRY, RAW	76	24	1	6	0
DAILY TOTALS		1286	1396	69	205	38

PCFA: 19-57-24-0

Sunday, November 20, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 serving	Blueberry Pancakes with Blueberry Sauce	149	238	8	43	5
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
lunch						
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
1 serving	Ham and Rice Salad	161	211	14	31	4
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	WALNUT, ENGLISH, DRIED, RAW	6	41	1	1	4
dinner						
1 serving	Salmon and Pasta Salad	498	308	30	32	7
12 fl oz	BEER, LIGHT	354	103	1	6	0
1/2 serving	Salad	165	106	2	9	8
1/2 serving	Vinaigrette Dressing	18	84	0	1	9
pm snack						
1/4 cup	STRAWBERRY ICE CREAM	33	63	1	9	3
DAILY TOTALS		2259	1290	59	165	40

PCFA: 18-49-27-6

Monday, November 21, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Tomato and Cheese Omelette	226	132	17	4	5
1 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	COFFEE, BREWED, PREPARED	237	2	0	0	0
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
2 cookies	FIG NEWTON, NONFAT	29	100	1	22	0
lunch						
1 serving	Seafood Pasta Salad	244	194	21	21	3
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
8 fl oz	WATER, BOTTLED	237	0	0	0	0
snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
dinner						
1 serving	Oven Fried Yams	90	160	2	23	7
1 serving	Warm Broccoli Salad	145	207	6	24	10
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
pm snack						
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
DAILY TOTALS		2156	1318	61	178	43

PCF: 18-53-29

Tuesday, November 22, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Tomato and Cheese Omelette	226	132	17	4	5
1/2 cup	WATERMELON, RAW	76	23	0	6	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
lunch						
3/4 serving	Salmon and Pasta Salad	373	231	22	24	5
1 pint	BLUEBERRY, RAW	402	229	3	58	1
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
1 serving	Zucchini Spread	63	34	1	2	3
1/2 serving	Salad	165	106	2	9	8
dinner						
12 fl oz	CLUB SODA, CARBONATED	355	0	0	0	0
1/2 serving	White Bean and Chicken Salad	117	158	12	16	5
pm snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		2753	1314	67	169	49

PCF: 19-49-32

Wednesday, November 23, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Granola	106	374	13	67	8
8 fl oz	TEA, GREEN	237	0	0	0	0
1/2 cup	MILK, COW'S, 1% BF, VIT-A	122	51	4	6	1
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
2 tbsp	ALMOND, BLANCHED, RAW	18	107	4	3	10
lunch						
1/2 serving	Fettuccini with Smoked Salmon and Goat Cheese	122	189	10	24	5
8 fl oz	ICED TEA MIX, SUGAR FREE	237	6	0	1	0
snack						
1/2 cup	AVOCADO, RAW	73	117	1	6	11
6 saltines	SALTINE CRACKER, LOW SALT	30	118	3	25	0
dinner						
1 serving	Chicken Stew	225	204	26	13	5
12 fl oz	TAB, DIET	340	0	0	0	0
pm snack						
1/2 pint	BLUEBERRY, RAW	201	115	1	29	1
DAILY TOTALS		1850	1353	64	194	41

PCFA: 18-55-26-1

Thursday, November 24, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Tomato and Cheese Omelette	226	132	17	4	5
1 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	COFFEE, BREWED, PREPARED	237	2	0	0	0
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
2 cookies	FIG NEWTON, NONFAT	29	100	1	22	0
lunch						
1 serving	Seafood Pasta Salad	244	194	21	21	3
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
8 fl oz	WATER, BOTTLED	237	0	0	0	0
snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
dinner						
1 serving	Oven Fried Yams	90	160	2	23	7
1 serving	Warm Broccoli Salad	145	207	6	24	10
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
pm snack						
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
DAILY TOTALS		2156	1318	61	178	43

PCF: 18-53-29

Friday, November 25, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/3 serving	Broccoli and Cheese Omelette	104	81	11	2	3
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
am snack						
1 mini-bagel	CINNAMON-RAISIN BAGEL	26	71	3	14	0
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
1/2 cup	BLACKBERRY, RAW	72	31	1	7	0
lunch						
1 serving	Steamed Vegetables	190	169	5	24	6
1/2 cup	ORANGE JUICE	125	61	1	14	0
1 serving	White Bean and Chicken Salad	234	316	25	32	10
snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
2 tbsp	WALNUT, ENGLISH, DRIED, RAW	13	82	2	2	8
dinner						
1 serving	Brown Rice	98	108	3	22	1
1/3 serving	Fish Over Steamed Spinach	133	69	13	3	1
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1 cup	STRAWBERRY, RAW	152	49	1	12	0
DAILY TOTALS		1736	1320	69	193	34

PCF: 20-57-23

Saturday, November 26, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Breakfast Burrito	171	230	9	37	5
1 cup	STRAWBERRY, RAW	152	49	1	12	0
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
lunch						
1/2 serving	Cajon Tortilla Wrap	157	204	11	36	3
1/2 cup	AVOCADO, RAW	73	117	1	6	11
6 saltines	SALTINE CRACKER, LOW SALT	30	118	3	25	0
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
2 tbsp	ALMOND, BLANCHED, RAW	18	107	4	3	10
dinner						
1 serving	Chicken Fajitas	280	293	28	31	7
1 serving	Fresh Salsa	112	42	2	10	0
1/2 serving	White Rice	40	51	1	11	0
12 fl oz	BEER, LIGHT	354	103	1	6	0
DAILY TOTALS		2064	1378	63	191	38

PCFA: 18-53-24-5

Sunday, November 27, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Breakfast Burrito	171	230	9	37	5
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
am snack						
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1/2 cup	CARROT, RAW	61	25	1	6	0
lunch						
1/2 serving	Seafood Pasta Salad	122	97	11	10	1
1 cup	STRAWBERRY, RAW	152	49	1	12	0
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
snack						
1 serving	Hummus	102	129	5	19	4
1 cup	BLACKBERRY, RAW	144	62	2	14	1
dinner						
1 serving	Warm Broccoli Salad	145	207	6	24	10
1/2 serving	Cheesy Oven Fried Chicken	82	152	14	16	4
1 serving	Spinach Pasta	57	74	3	14	1
8 fl oz	WATER, BOTTLED	237	0	0	0	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
1/2 serving	Nectarine and Plum Chutney	28	30	0	7	0
DAILY TOTALS		1891	1317	54	197	39

PCF: 16-58-26

Monday, November 28, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Bran Muffin Breakfast	281	304	9	62	4
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
lunch						
1 serving	Salad	330	213	5	18	16
1 serving	Roquefort Dressing	46	57	2	2	4
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
3/4 serving	Stuffed Fish Fillets	166	161	25	5	4
1 serving	White Rice	79	103	2	22	0
1 serving	Broccoli Stirfry	429	128	13	23	2
pm snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
DAILY TOTALS		1712	1335	62	172	54

PCFA: 17-48-34-0

Tuesday, November 29, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Tomato and Cheese Omelette	226	132	17	4	5
1 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	COFFEE, BREWED, PREPARED	237	2	0	0	0
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
2 cookies	FIG NEWTON, NONFAT	29	100	1	22	0
lunch						
1 serving	Seafood Pasta Salad	244	194	21	21	3
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
8 fl oz	WATER, BOTTLED	237	0	0	0	0
snack						
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
dinner						
1 serving	Oven Fried Yams	90	160	2	23	7
1 serving	Warm Broccoli Salad	145	207	6	24	10
12.00 fl oz	NON COLA/PEPPER SODA, NO CAFFEINE, DIET	355	0	0	0	0
pm snack						
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
DAILY TOTALS		2156	1318	61	178	43

PCF: 18-53-29

Wednesday, November 30, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 serving	Bran Muffin Breakfast	141	152	4	31	2
1 cup	BLACKBERRY, RAW	144	62	2	14	1
8 fl oz	COFFEE, BREWED, DECAFFEINATED, PREPARED	237	0	0	0	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
lunch						
1 serving	Cajon Tortilla Wrap	314	408	22	72	6
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1.00 cup	LEMONADE MIX, DIET	237	7	0	2	0
snack						
3/4 serving	Oven Fried Yams	68	120	1	17	5
dinner						
1/3 serving	Chicken Cordon Bleu	90	121	19	2	4
1 serving	Broccoli Stirfry	429	128	13	23	2
1 serving	Mashed Potatos with Fennel	166	113	3	18	4
12 fl oz	BEER, LIGHT	354	103	1	6	0
pm snack						
1 serving	Fresh Salsa	112	42	2	10	0
DAILY TOTALS		2496	1414	68	218	32

PCFA: 18-58-19-5

Thursday, December 01, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
6 fl oz	COFFEE, BREWED, PREPARED	178	2	0	0	0
1/2 serving	French Toast	98	145	9	21	3
am snack						
1/4 cup	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	PEANUT BUTTER, CREAMY, REDUCED FAT	18	95	4	8	6
lunch						
1 serving	Pesto Spread	41	35	5	1	1
1 serving	Potato Salad	180	105	4	22	1
1 serving (nlea)	ICED TEA MIX, SUGAR FREE	1	3	0	0	0
snack						
1 cup	PEACH, JUICE PACK, CANNED	250	110	2	29	0
dinner						
1 serving	Steamed Vegetables	190	169	5	24	6
1/2 serving	Garlic Chicken	169	182	25	9	4
3.5 fl oz	WINE, RED TABLE	103	87	0	3	0
1 serving	White Rice	79	103	2	22	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1538	1387	62	177	42

PCFA: 18-50-27-5

Friday, December 02, 2011

DAILY AVERAGES (28 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
1982	1336	63	184	41

PCFA: 18-53-27-2
