

Heart Healthy Meal Plan - 1800 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
1 serving	Linguine with Quick Roasted Tomato Sauce	144	357	13	60	9
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 serving	Salad	330	213	5	18	16
1 serving	Vinaigrette Dressing	37	167	0	2	18
pm snack						
1/4 cup	STRAWBERRY ICE CREAM	33	63	1	9	3
DAILY TOTALS		2580	1795	73	234	62

PCFA: 16-50-30-4

Saturday, November 05, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Bran Muffin Breakfast	281	304	9	62	4
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
1 serving	Steamed Vegetables	190	169	5	24	6
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
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	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						
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		2387	1790	83	239	66

PCFA: 18-51-31-0

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 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
1 pint	BLUEBERRY, RAW	402	229	3	58	1
snack						
1 cup	PEACH, JUICE PACK, CANNED	250	110	2	29	0
dinner						
1 serving	Steamed Vegetables	190	169	5	24	6
1 serving	Garlic Chicken	338	363	50	17	8
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		2207	1943	99	265	50

PCFA: 20-53-23-4

Monday, November 07, 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 serving	Cajon Tortilla Wrap	314	408	22	72	6
1/3 cup	AVOCADO, RAW	49	78	1	4	7
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
1 serving	Steamed Vegetables	190	169	5	24	6
snack						
3 tbsp	ALMOND, BLANCHED, RAW	27	160	6	5	14
dinner						
1 serving	Chicken Fajitas	280	293	28	31	7
1 serving	Fresh Salsa	112	42	2	10	0
1 serving	White Rice	79	103	2	22	0
12 fl oz	BEER, LIGHT	354	103	1	6	0
pm snack						
1 serving	Nectarine and Plum Chutney	55	59	0	15	0
DAILY TOTALS		2491	1877	82	277	48

PCFA: 17-57-22-4

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
1 slice	WHOLE WHEAT BREAD, PFR, TOASTED	42	128	4	24	2
1 tbsp	BUTTER, WHIPPED, LIGHT W/SALT	9	45	0	1	5
am snack						
1 mini-bagel	CINNAMON-RAISIN BAGEL	26	71	3	14	0
1/2 oz	CREAM CHEESE, NEUFCHATEL, BRICK, REDUCED	14	35	2	1	3
1/2 cup	BLACKBERRY, RAW	72	31	1	7	0
lunch						
1 servings	Steamed Vegetables	190	169	5	24	6
1 cup	ORANGE JUICE	249	122	2	29	0
1 serving	Orange flavored Black Beans	99	83	5	16	0
snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
4 tbsp	WALNUT, ENGLISH, DRIED, RAW	25	164	4	3	16
dinner						
1 serving	Brown Rice	98	108	3	22	1
1/2 serving	Fish Over Steamed Spinach	200	104	19	5	2
1 serving	Sauteed Carrots	89	63	1	10	3
1 serving	Warm Broccoli Salad	145	207	6	24	10
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		2222	1847	91	251	60

PCF: 19-53-28

Wednesday, November 09, 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
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
lunch						
1 serving	Seafood Pasta Salad	244	194	21	21	3
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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
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 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		2397	1801	87	271	46

PCF: 19-59-22

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 serving	Omelettes Plain	273	231	32	2	10
2 slices	OAT BRAN BREAD, DIET, TOASTED	38	91	4	19	1
am snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
1 tbsp	ALMOND, BLANCHED, RAW	9	53	2	2	5
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
lunch						
8 fl oz	WATER, BOTTLED	237	0	0	0	0
2 servings	Herbed Rice Salad	320	435	7	65	16
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 1/2 servings	White Rice	119	154	3	33	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		2840	1807	90	218	68

PCF: 19-47-33

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
1/3 serving	Granola	35	125	4	22	3
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
1 serving	Golden Rice	110	123	3	26	1
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
1/3 serving	Chicken Breast stuffed with Cheese	117	133	19	2	5
pm snack						
3 mini-bagels	CINNAMON-RAISIN BAGEL	78	213	8	43	1
1/2 oz	CREAM CHEESE, NEUFCHATTEL, BRICK, REDUCED	14	35	2	1	3
DAILY TOTALS		2444	1769	90	243	52

PCF: 20-54-26

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
1 slice	WHOLE WHEAT BREAD, PFR, TOASTED	42	128	4	24	2
1 tbsp	BUTTER, WHIPPED, LIGHT W/SALT	9	45	0	1	5
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 serving	Salmon and Pasta Salad	498	308	30	32	7
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 serving	White Bean and Chicken Salad	234	316	25	32	10
1 serving	Brown Rice	98	108	3	22	1
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		3183	1844	94	226	72

PCF: 20-47-33

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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
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						
1 serving	Oven Fried Yams	90	160	2	23	7
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
dinner						
1/2 serving	Chicken Cordon Bleu	136	182	28	3	6
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		3006	1901	91	303	40

PCFA: 18-60-18-4

Monday, November 14, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
3 mini-bagels	CINNAMON-RAISIN BAGEL	78	213	8	43	1
1/2 oz	CREAM CHEESE, NEUFCHATEL, BRICK, REDUCED	14	35	2	1	3
1 pint	BLUEBERRY, RAW	402	229	3	58	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
1 tbsp	WALNUT, ENGLISH, DRIED, RAW	6	41	1	1	4
lunch						
1 serving	Ham and Rice Salad	161	211	14	31	4
1.00 cup	LEMONADE MIX, DIET	237	7	0	2	0
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
snack						
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1 cup	CARROT, RAW	122	50	1	12	0
1 serving	Zucchini Spread	63	34	1	2	3
dinner						
1 serving	Hot Red Rice Salad	222	164	6	32	2
1 serving	Broiled Fish Steak	205	270	38	1	12
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		2760	1790	92	273	45

PCF: 20-58-22

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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
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
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1/2 cup	CARROT, RAW	61	25	1	6	0
snack						
1 serving	Pesto Spread	41	35	5	1	1
1 cup	STRAWBERRY, RAW	152	49	1	12	0
1/4 cup	ALMOND, BLANCHED, RAW	36	214	8	7	19
dinner						
1/2 serving	Chicken Breast stuffed with Cheese	175	199	29	3	7
0.50 servings	Basmati Rice with Orange Mustard Dressing	39	100	2	18	2
1 serving	Sauteed Carrots	89	63	1	10	3
3.5 fl oz	WINE, RED TABLE	103	87	0	3	0
pm snack						
1 cookies	FIG NEWTON, NONFAT	15	50	1	11	0
DAILY TOTALS		1968	1643	72	205	54

PCFA: 17-49-29-5

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
3 tbsp	ALMOND, BLANCHED, RAW	27	160	6	5	14
lunch						
1 serving	Warm Broccoli Salad	145	207	6	24	10
100 grams	LEMON-LIME SODA, CARBONATED	100	40	0	10	0
0.50 servings	Basmati Rice with Orange Mustard Dressing	39	100	2	18	2
snack						
1 serving	Corn Tortilla Chips	30	65	2	13	1
1 serving	Fresh Salsa	112	42	2	10	0
dinner						
1 serving	Crunchy Fish with tartar sauce	297	338	51	11	9
1 serving	Brown Rice	98	108	3	22	1
12 fl oz	BEER, LIGHT	354	103	1	6	0
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1 cup	STRAWBERRY, RAW	152	49	1	12	0
DAILY TOTALS		1712	1648	84	220	44

PCFA: 20-52-23-5

Thursday, November 17, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	French Toast	196	291	18	43	5
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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
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
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
snack						
1 serving	Herbed Rice Salad	160	218	4	33	8
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	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		2227	1811	80	280	46

PCFA: 17-60-22-0

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
1 serving	Salad	330	213	5	18	16
1 serving	Roquefort Dressing	46	57	2	2	4
snack						
1 cup	PEACH, JUICE PACK, CANNED	250	110	2	29	0
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
dinner						
1 1/4 servings	Steamed Vegetables	237	211	7	30	7
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		2191	1905	80	240	66

PCFA: 16-49-30-4

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 1/2 servings	Warm Broccoli Salad	217	310	9	37	15
100 grams	LEMON-LIME SODA, CARBONATED	100	40	0	10	0
1/2 serving	Fettuccini with Smoked Salmon and Goat Cheese	122	189	10	24	5
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 serving	Crunchy Fish with tartar sauce	297	338	51	11	9
1 serving	Brown Rice	98	108	3	22	1
12 fl oz	BEER, LIGHT	354	103	1	6	0
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1 cup	STRAWBERRY, RAW	152	49	1	12	0
DAILY TOTALS		1985	1900	95	256	50

PCFA: 20-53-23-5

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
1/2 cup	BROCCOLI FLOWER CLUSTERS, RAW	36	10	1	2	0
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
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
3/4 serving	Broiled Fish Steak	154	202	28	1	9
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 tbsp	WALNUT, ENGLISH, DRIED, RAW	6	41	1	1	4
1/2 serving	Granola	53	187	7	33	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		2532	1766	96	204	60

PCFA: 21-45-30-4

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
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	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
0.50 servings	Basmati Rice with Orange Mustard Dressing	39	100	2	18	2
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
1/3 serving	Chicken Cordon Bleu	90	121	19	2	4
1 serving	White Rice	79	103	2	22	0
pm snack						
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
1/2 oz	CREAM CHEESE, NEUFCHATEL, BRICK, REDUCED	14	35	2	1	3
DAILY TOTALS		2495	1704	85	236	49

PCF: 20-55-26

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 cup	WATERMELON, RAW	152	46	1	11	0
8 fl oz	HERBAL TEA, BREWED	237	2	0	0	0
1 serving	Granola	106	374	13	67	8
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 serving	Salmon and Pasta Salad	498	308	30	32	7
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
1/2 serving	Salad	165	106	2	9	8
dinner						
12 fl oz	CLUB SODA, CARBONATED	355	0	0	0	0
1 serving	White Bean and Chicken Salad	234	316	25	32	10
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		2976	1831	99	237	64

PCF: 21-49-30

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 serving	Fettuccini with Smoked Salmon and Goat Cheese	244	379	20	49	9
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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
dinner						
1 serving	Chicken Stew	225	204	26	13	5
12 fl oz	TAB, DIET	340	0	0	0	0
1 serving	Brown Rice	98	108	3	22	1
pm snack						
1/2 pint	BLUEBERRY, RAW	201	115	1	29	1
DAILY TOTALS		2239	1824	84	273	48

PCFA: 18-58-23-1

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
1 serving	Breakfast Burrito	171	230	9	37	5
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
1 serving	Spinach Pasta	57	74	3	14	1
1 serving	Roquefort Dressing	46	57	2	2	4
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
1 serving	Chicken Triangles	48	81	8	8	2
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
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
DAILY TOTALS		2609	1822	83	256	55

PCFA: 18-55-26-0

Friday, November 25, 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 cup	BLACKBERRY, RAW	144	62	2	14	1
lunch						
1 serving	Steamed Vegetables	190	169	5	24	6
1/2 cup	ORANGE JUICE	125	61	1	14	0
1.00 servings	Potatos with Garlic and Lemon	127	113	2	19	4
snack						
1 cup	WATERMELON, RAW	152	46	1	11	0
3 tbsp	WALNUT, ENGLISH, DRIED, RAW	19	123	3	3	12
dinner						
2 servings	Brown Rice	195	216	5	45	2
3/4 serving	Fish Over Steamed Spinach	300	156	28	7	2
1 serving	Salad	330	213	5	18	16
1 serving	Roquefort Dressing	46	57	2	2	4
pm snack						
1 piece	ANGEL FOOD CAKE MIX	50	129	3	29	0
1 cup	STRAWBERRY, RAW	152	49	1	12	0
DAILY TOTALS		2556	1816	96	237	60

PCFA: 20-50-29-0

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 serving	Cajon Tortilla Wrap	314	408	22	72	6
1/2 cup	AVOCADO, RAW	73	117	1	6	11
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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
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
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		2487	1790	82	270	43

PCFA: 18-58-21-4

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
1 slice	WHOLE WHEAT BREAD, PFR, TOASTED	42	128	4	24	2
1 tbsp	BUTTER, WHIPPED, LIGHT W/SALT	9	45	0	1	5
am snack						
2 tbsp	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
1/2 cup	CARROT, RAW	61	25	1	6	0
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
lunch						
1 serving	Seafood Pasta Salad	244	194	21	21	3
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 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		2278	1801	84	263	52

PCF: 18-57-25

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
1 serving	Cajon Tortilla Wrap	314	408	22	72	6
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 tbsps	SALAD DRESSING, RANCH, LIGHT	30	77	0	3	7
DAILY TOTALS		2081	1796	92	245	62

PCFA: 19-51-29-0

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
1/2 serving	Granola	53	187	7	33	4
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 tbsps	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
1/2 serving	Garlic Chicken	169	182	25	9	4
12 fl oz	BEER, LIGHT	354	103	1	6	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		2377	1790	94	226	51

PCFA: 21-50-25-4

Wednesday, November 30, 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
6 oz	YOGURT, FRUIT, LOWFAT	170	173	7	32	2
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						
1 serving	Oven Fried Yams	90	160	2	23	7
1 serving	Golden Rice	110	123	3	26	1
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
DAILY TOTALS		2827	1860	82	303	38

PCFA: 17-62-18-4

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 serving	French Toast	196	291	18	43	5
1 fruit	ORANGE, ALL VARIETIES, RAW	131	62	1	15	0
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
lunch						
1 serving	Pesto Spread	41	35	5	1	1
2 servings	Potato Salad	361	211	7	45	1
1 serving (nlea)	ICED TEA MIX, SUGAR FREE	1	3	0	0	0
1 cup	WATERMELON, RAW	152	46	1	11	0
snack						
1 cup	PEACH, JUICE PACK, CANNED	250	110	2	29	0
1/3 serving	Granola	35	125	4	22	3
dinner						
1 serving	Steamed Vegetables	190	169	5	24	6
3/4 serving	Garlic Chicken	254	272	38	13	6
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		2201	1865	91	266	45

PCFA: 19-56-21-4

Friday, December 02, 2011

DAILY AVERAGES (28 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2438	1812	87	251	53

PCFA: 19-54-26-2
