



# Volleyball Athlete Single Day Report

Date: Monday

PCF Ratio



Protein (19%) Carbs (59%) Fat (22%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Egg-Tortilla Quick Foldover	1 serving	265	234	19	30	10	7	1	744
HONEYDEW MELON, RAW	2 wedges	250	90	1	23	2	0	0	45
GRAPE JUICE, UNSWEETENED	6 fl oz	190	116	1	28	0	0	0	6
YOGURT SMOOTHIE, MIXED BERRY, NONFAT	7 fl oz	207	80	5	15	0	0	0	85
<b>Meal Total:</b>		911	520	27	96	12	8	1	879

## Morning Snack

NUTRITION BAR, CHOCOLATE PECAN PIE	1 bar	48	180	10	25	3	5	3	190
<b>Meal Total:</b>		48	180	10	25	3	5	3	190

## Lunch

Strawberry Mango Salad Sandwich	1 serving	398	413	23	60	10	12	1	725
CARROT, RAW	8 strips	32	13	0	3	1	0	0	22
<b>Meal Total:</b>		430	426	23	63	11	12	1	747

## Afternoon Snack

TRISCUIT WHEAT CRACKER, LOWER SODIUM	6 crackers	28	130	3	19	3	5	1	50
SESAME BUTTER, TAHINI	1 tbsp	15	86	3	4	1	7	1	11
BANANA, RAW	1 small	101	90	1	23	3	0	0	1
<b>Meal Total:</b>		144	305	7	46	7	13	2	62

## Dinner

## Volleyball Athlete Single Day Report (continued)

<b>Dinner</b>		<b>Serving Size</b>	<b>Gram Wt.</b>	<b>Calories (kcal)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Fat (g)</b>	<b>Sat fat (g)</b>	<b>Sodium (mg)</b>
Moroccan Salmon and Peppers w/ Barley	1 serving	678	507	36	69	13	13	2	82	
<b>Meal Total:</b>		678	507	36	69	13	13	2	82	
<b>Evening Snack</b>		<b>Serving Size</b>	<b>Gram Wt.</b>	<b>Calories (kcal)</b>	<b>Protein (g)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Fat (g)</b>	<b>Sat fat (g)</b>	<b>Sodium (mg)</b>
POPCORN, BUTTER, REDUCED FAT	1 bag	31	110	4	23	4	2	0	240	
<b>Meal Total:</b>		31	110	4	23	4	2	0	240	
<b>Daily Total:</b>		<b>2,242</b>	<b>2,048</b>	<b>106</b>	<b>322</b>	<b>51</b>	<b>52</b>	<b>9</b>	<b>2,200</b>	