



# DrJez PPT Single Day Report

Date: Saturday

## PCFA Ratio



■ Protein (22%) 
 ■ Carbs (60%) 
 ■ Fat (18%) 
 ■ Alcohol (0%)

<b>Breakfast</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>
100% WHOLE WHEAT BAGEL	1 bagel	99	250	11	49	6	2	0	450	
FLAX PLUS CEREAL, RTE	1/2 cup	20	67	3	15	5	1	0	127	
MILK, COW'S, NONFAT (SKIM)	1 cup	245	86	8	12	0	0	0	127	
WHEY PROTEIN	1/2 scoop	15	60	12	1	0	1	1	25	
BANANA, RAW	1 medium	118	105	1	27	3	0	0	1	
MARGARINE, SOFT, CANOLA	1 tbsp	14	100	0	0	0	11	2	100	
<b>Meal Total:</b>		<b>511</b>	<b>667</b>	<b>35</b>	<b>103</b>	<b>14</b>	<b>15</b>	<b>3</b>	<b>830</b>	

<b>Morning 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>
RECOVERY DRINK, FRENCH VANILLA	1 scoop	40	145	5	31	0	0	0	212	
<b>Meal Total:</b>		<b>40</b>	<b>145</b>	<b>5</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>212</b>	

<b>Lunch</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>
DICED CHICKEN, RED ONION & GREEN PEPPER PIZZA	2 slices	212	340	20	46	4	9	4	920	
SALAD, TOSSED W/O DRESSING	1.5 cups	207	33	3	7	0	0	0	54	
SALAD DRESSING, ITALIAN, NONFAT	2 tbsp	28	13	0	2	0	0	0	316	
<b>Meal Total:</b>		<b>447</b>	<b>386</b>	<b>23</b>	<b>55</b>	<b>4</b>	<b>9</b>	<b>4</b>	<b>1,290</b>	

<b>Afternoon 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>
GRANOLA BAR, FLAX PLUS	1 bar	40	150	3	27	2	4	1	90	
APPLE W/O SKIN, RAW	1 medium	128	61	0	16	2	0	0	0	

## DrJez PPT Single Day Report (continued)

Afternoon Snack	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
<b>Meal Total:</b>		168	211	3	43	4	4	1	90

### Dinner

Chicken Cacciatore	1 serving	827	438	36	47	11	14	2	238
FROZEN YOGURT, VANILLA CHOCOLATE SWIRL, NONFAT	1/2 cup	65	100	3	19	0	0	0	45
<b>Meal Total:</b>		892	538	39	66	11	14	2	283

### Evening Snack

CRACKERBREAD, 7 GRAIN CRISP'N LIGHT	3 slices	16	60	2	13	1	0	0	35
CHEDDAR OR AMERICAN CHEESE, NONFAT	3 cubic-inchs	48	71	11	6	0	0	0	733
<b>Meal Total:</b>		64	131	13	19	1	0	0	768
<b>Daily Total:</b>		<b>2,122</b>	<b>2,079</b>	<b>118</b>	<b>319</b>	<b>34</b>	<b>43</b>	<b>10</b>	<b>3,474</b>