



# DrJez PPT Single Day Report

Date: Monday

PCF Ratio



■ Protein (21%)
 ■ Carbs (60%)
 ■ Fat (19%)

<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>
OATMEAL, FORTIFIED, INSTANT	6 oz	170	94	4	16	3	2	0	77	
MILK, COW'S, NONFAT (SKIM)	1 cup	245	86	8	12	0	0	0	127	
BANANA, RAW	1 medium	118	105	1	27	3	0	0	1	
PEANUT BUTTER, CREAMY	1 tbsp	16	95	4	3	1	8	1	0	
HEALTHY BEGINNINGS, OATMEAL BREAD	2 slices	96	180	10	34	6	3	0	250	
<b>Meal Total:</b>		<b>645</b>	<b>559</b>	<b>28</b>	<b>92</b>	<b>13</b>	<b>14</b>	<b>2</b>	<b>455</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>
Chicken Sandwich	1 serving	173	227	18	27	2	6	1	474	
CARROT, BABY, RAW	6 oz	170	60	1	14	3	0	0	133	
WATER, BOTTLED	24 fl oz	710	0	0	0	0	0	0	0	
Mixed Fruit Salad	1 serving	256	175	3	33	6	5	1	7	
<b>Meal Total:</b>		<b>1,309</b>	<b>462</b>	<b>22</b>	<b>73</b>	<b>11</b>	<b>11</b>	<b>1</b>	<b>614</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>
ENERGY BAR, CRUNCHY PEANUT BUTTER	1 bar	68	250	12	40	5	6	2	250	
WATER, BOTTLED	24 fl oz	710	0	0	0	0	0	0	0	
<b>Meal Total:</b>		<b>778</b>	<b>250</b>	<b>12</b>	<b>40</b>	<b>5</b>	<b>6</b>	<b>2</b>	<b>250</b>	

<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>
Jambalaya	1 servings	223	301	27	41	1	2	0	181	
Broccoli Vinaigrette	1 servings	413	159	11	27	11	4	0	134	
Green Salad	1 serving	349	83	4	17	6	1	0	469	

### DrJez PPT 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)
YOGURT, STRAWBERRY, NONFAT	8 oz	227	125	8	22	0	0	0	102
ALMOND, RAW	2 tbsp	12	66	2	2	1	6	0	0
<b>Meal Total:</b>		239	191	10	25	1	6	1	102
<b>Daily Total:</b>		<b>3,955</b>	<b>2,006</b>	<b>113</b>	<b>315</b>	<b>48</b>	<b>44</b>	<b>7</b>	<b>2,205</b>