

Diabetic Meal Plan - 1400 calories
Full Plan

Friday, November 04, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
6 oz	OATMEAL, FORTIFIED, INSTANT	170	116	4	20	2
1 cup	MILK, COW'S, NONFAT (SKIM)	245	83	8	12	0
1 medium	BANANA, RAW	118	105	1	27	0
am snack						
1/2 medium	APPLE W/SKIN, RAW	69	36	0	10	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
lunch						
1 serving	Chicken Sandwich	173	224	18	27	5
6 oz	CARROT, BABY, RAW	170	60	1	14	0
snack						
25 raisins	RAISIN, SEEDLESS	13	39	0	10	0
1 oz	PEANUT, DRY ROASTED, NO SALT	28	166	7	6	14
dinner						
1.00 servings	Jambalaya	223	301	27	41	2
1 serving	Broccoli Vinaigrette	413	159	11	27	4
pm snack						
8 oz	YOGURT, STRAWBERRY, NONFAT	227	125	8	22	0
DAILY TOTALS		2094	1496	94	229	29

PCF: 24-59-17

Saturday, November 05, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	227	93	9	13	1
3/4 cups	ALL-BRAN, RTE	45	117	6	33	2
am snack						
1 pear	PEAR, RAW	139	81	1	21	0
1 oz	BRIE CHEESE	28	95	6	0	8
lunch						
1 serving	Cheese and Fruit Submarine sandwich	144	220	17	14	11
1 tbsp	SALAD DRESSING, FRENCH, DIET	16	38	0	5	2
1/2 cup	ICEBERG LETTUCE, RAW	28	4	0	1	0
snack						
10 large strip	CARROT, RAW	70	29	1	7	0
dinner						
4 oz	MIXED VEGETABLES, BOILED, NO SALT	113	74	3	15	0
1/2 cup	KALE, BOILED, NO SALT	65	20	2	3	0
1 serving	Eggplant Parmesan	285	288	19	35	8
1 cup	SPAGHETTI PASTA, COOKED, ENRICHED	140	230	11	44	0
pm snack						
1 serving	Applegurt	247	138	8	31	1
DAILY TOTALS		1546	1424	83	223	34

PCF: 22-58-20

Sunday, November 06, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 serving	Ham and Eggs	142	199	14	28	3
am snack						
1 mini-bagel	EGG BAGEL	26	72	3	14	1
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
lunch						
1 cup	MIXED VEGETABLES, BOILED, NO SALT	182	118	5	24	0
1 serving	Tuna on Pita Bread	66	83	10	8	1
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 cup	BROCCOLI, CHOPPED, RAW	91	31	3	6	0
2 tbsp	SALSA, CHUNKY CHILI DIP, CANNED	30	9	0	2	0
1 cubic-inch	CHEDDAR CHEESE	17	69	4	0	6
dinner						
2 oz	SALAD DRESSING, FRENCH, DIET	57	132	0	17	8
1 serving	Sloppy Joes	98	104	15	10	1
1 cup	CAULIFLOWER, FROZEN	132	32	3	6	0
4 oz	ICEBERG LETTUCE, RAW	113	16	1	3	0
pm snack						
2 large wedge	CANTALOUPE, RAW	204	69	2	17	0
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
DAILY TOTALS		2065	1400	93	191	33

PCF: 26-53-21

Monday, November 07, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	ENGLISH MUFFIN, PLAIN	57	132	5	26	1
4 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	122	45	4	6	0
2 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	32	188	8	6	16
3/4 cups	APPLESAUCE, UNSWEETENED W/ADDED ASCORB	183	77	0	21	0
am snack						
2 oz	COTTAGE CHEESE, 1% FAT	57	41	7	2	1
2 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	152	93	2	23	1
lunch						
1 serving	Turkey Sandwich	174	312	32	31	7
snack						
1 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	15	30	0	4	2
4 oz	CARROT, BABY, RAW	113	40	1	9	0
dinner						
1 serving	Pasta, Kale and Chickpeas	165	213	10	39	2
1 oz	PARMESAN CHEESE, GRATED	28	122	11	1	8
pm snack						
1 serving	Diabetic Baked Banana	182	154	5	37	1
DAILY TOTALS		1280	1447	84	204	38

PCF: 22-54-23

Tuesday, November 08, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 cup	BLACKBERRY, RAW	144	62	2	14	1
1 cup	ALL-BRAN, RTE	60	156	8	45	3
am snack						
1 serving	Fruit Smoothie	189	81	5	16	0
lunch						
1 serving	Spinach Pasta with Olive Oil	45	187	9	22	7
1 cup	ZUCCHINI W/SKIN, BOILED, NO SALT	180	27	2	5	1
snack						
4 medium stalk	CELERY, RAW	160	26	1	5	0
1 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	16	94	4	3	8
dinner						
1 cup	TURNIP GREENS, BOILED, NO SALT	144	29	2	6	0
1 cup	BROWN RICE, LONG GRAIN, COOKED	195	216	5	45	2
1 serving	Filet Mignon	344	282	26	9	11
pm snack						
1/2 oz	MIXED FRUIT, DRIED	14	34	0	9	0
3 oz	COTTAGE CHEESE, 1% FAT	85	61	11	2	1
DAILY TOTALS		1821	1338	83	193	33

PCFA: 23-53-21-3

Wednesday, November 09, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
1 1/2 oz	PUFFED WHEAT, FORTIFIED, RTE	43	155	6	34	1
am snack						
8 oz	YOGURT, STRAWBERRY, NONFAT	227	125	8	22	0
lunch						
1 serving	Salmon Pasta Salad	214	398	19	40	18
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
1 tsp	SALAD DRESSING, FRENCH, DIET	5	13	0	2	1
dinner						
1/2 cup	ASPARAGUS, BOILED	90	20	2	4	0
1 serving	Beef Roast au Jus	130	198	25	2	9
1 serving	Polenta	557	314	11	54	5
pm snack						
1 medium	BANANA, RAW	118	105	1	27	0
DAILY TOTALS		1742	1458	82	206	36

PCF: 22-56-22

Thursday, November 10, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 cup	SPECIAL K, RTE	31	117	6	23	1
am snack						
1 oz	SALAD DRESSING, FRENCH, DIET	28	66	0	8	4
1 cup	CARROT, RAW	122	50	1	12	0
lunch						
1 serving	Enchilada Vegetable Wrap	280	509	21	49	26
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
1 serving	Fish with Tomatoes	269	163	18	10	6
1 cup	SPAGHETTI PASTA, COOKED, ENRICHED	140	230	11	44	0
pm snack						
1 1/2 cup	WATERMELON, RAW	228	68	1	17	0
2 oz	COTTAGE CHEESE, 1% FAT	57	41	7	2	1
DAILY TOTALS		1538	1399	74	196	38

PCF: 21-55-24

Friday, November 11, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 slice (thin)	PUMPERNICKEL BREAD	40	100	3	19	1
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
am snack						
2 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	152	93	2	23	1
1 cubic-inch	CHEDDAR CHEESE	17	69	4	0	6
lunch						
1/2 cup	OKRA, BOILED, NO SALT	80	18	1	4	0
1 serving	Barbecue Chicken Sandwich	191	301	30	33	4
snack						
1 fruit	NECTARINE, RAW	136	60	1	14	0
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
dinner						
1 1/2 servings	Tuscan Style Pasta	154	420	12	67	12
2 cups	HONEYDEW MELON, RAW	340	122	2	31	0
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1457	1525	76	218	42

PCF: 20-56-24

Saturday, November 12, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 cup	SPECIAL K, RTE	31	117	6	23	1
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
lunch						
1 serving	Pasta, Kale and Chickpeas	165	213	10	39	2
2 servings	Broccoli Vinaigrette	825	318	23	55	8
snack						
1 medium pear	PEAR, RAW	166	96	1	26	0
2 cubic-inchs	MONTEREY CHEESE	34	127	8	0	10
dinner						
1 serving	Citrus Filet of Sole	179	138	21	9	1
1/2 serving	Vegetable Risotto	185	114	5	18	3
1 medium	ARTICHOKE, RAW (GLOBE OR FRENCH)	128	60	4	13	0
pm snack						
1 serving	Diabetic Baked Apple	202	121	4	29	0
DAILY TOTALS		2278	1493	91	252	26

PCF: 23-63-15

Sunday, November 13, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	ALL-BRAN W/EXTRA FIBER, RTE	60	115	7	46	2
8 oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	227	77	8	11	0
1 cup	BLUEBERRY, RAW	145	83	1	21	0
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
lunch						
1 serving	Shrimp Salad	472	158	12	9	8
snack						
1 cup	BROCCOLI, CHOPPED, RAW	91	31	3	6	0
2 tsp	SALAD DRESSING, FRENCH, DIET	11	25	0	3	1
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
dinner						
1 serving	Turkey Chili	264	342	28	42	7
1 cup	BROWN RICE, LONG GRAIN, COOKED	195	216	5	45	2
pm snack						
1 wedge	CANTALOUPE, RAW	102	35	1	8	0
1 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	76	46	1	11	0
5 oz	COTTAGE CHEESE, 1% FAT	141	102	18	4	1

DAILY TOTALS

1956

1439

91

226

35

PCF: 23-57-20

Monday, November 14, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 fruit	ORANGE, CALIFORNIA, RAW	140	69	1	18	0
2 tbsp	CREAM CHEESE	29	101	2	1	10
2 slice (thin)	RYE BREAD	40	104	3	19	1
am snack						
1 serving	Creamy Fruit Cup	153	89	3	18	1
2 servings	GRAHAM CRACKER	56	237	4	43	6
lunch						
1 serving	Middle Eastern Vegetable Medley	335	282	14	50	5
snack						
3 large stalk	CELERY, RAW	186	30	1	6	0
dinner						
1 serving	Beef Stroganoff	324	391	38	36	10
pm snack						
1 piece	ANGEL FOOD CAKE, CP	28	72	2	16	0

DAILY TOTALS

1292

1375

69

205

34

PCF: 20-59-22

Tuesday, November 15, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	Ham and Eggs	142	199	14	28	3
2 slice (thin)	RYE BREAD	40	104	3	19	1
am snack						
1 fruit	ORANGE, CALIFORNIA, RAW	140	69	1	18	0
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
lunch						
1 serving	Italian Grilled Cheese and Tomato Sandwich	163	294	15	24	16
snack						
2 tbsp	SALSA, CHUNKY CHILI DIP, CANNED	30	9	0	2	0
4 large stalk	CELERY, RAW	248	40	2	7	0
1/4 cup	RICOTTA CHEESE, WHOLE MILK	62	108	7	2	8
dinner						
1 cup	ZUCCHINI W/SKIN, BOILED, NO SALT	180	27	2	5	1
1 tbsp	SALAD DRESSING, 1000 ISLAND, DIET	15	30	0	4	2
1 serving	Chicken Breast with Orange sauce	62	136	5	27	2
2 slice (thin)	PUMPERNICKEL BREAD	40	100	3	19	1
pm snack						
1 medium	BANANA, RAW	118	105	1	27	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
DAILY TOTALS		1518	1440	70	193	47

PCF: 19-52-28

Wednesday, November 16, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 cup	RAISIN BRAN CEREAL, RTE	56	178	5	43	1
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
lunch						
1 1/2 cup	GRAPE, AMERICAN-TYPE, RAW	138	92	1	24	0
1 cup	SPINACH, BOILED, NO SALT	180	41	5	7	0
1 serving	Chicken Sandwich	173	224	18	27	5
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
2 tbsp	SALSA, CHUNKY CHILI DIP, CANNED	30	9	0	2	0
dinner						
1/2 cup	BEET, BOILED	85	37	1	8	0
2 tsp	OLIVE OIL	9	80	0	0	9
1 fruit	PLUM, RAW	66	30	0	8	0
1 serving	Pasta Primavera	106	142	7	26	1
1 oz	PARMESAN CHEESE, GRATED	28	122	11	1	8
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1681	1356	70	214	32

PCF: 20-60-20

Thursday, November 17, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
2 mini-bagels	CINNAMON-RAISIN BAGEL	52	142	5	29	1
2 tbsps	CREAM CHEESE	29	101	2	1	10
am snack						
1 serving	Creamy Fruit Cup	153	89	3	18	1
lunch						
2 tsp	SALAD DRESSING, ITALIAN, DIET	10	8	0	0	1
2.00 whole	TOMATO, RED, RIPE, RAW, WHOLE	246	44	2	10	0
1 serving	Ham Sandwich	175	295	17	36	10
snack						
8 floweret	CAULIFLOWER, RAW	104	26	2	6	0
dinner						
1 serving	Grilled Pork Tenderloin	144	180	24	8	4
1 cup	MUSTARD GREENS, BOILED, NO SALT	140	21	3	3	0
1 1/2 cup	BROWN RICE, LONG GRAIN, COOKED	293	325	8	67	3
pm snack						
1/2 fruit	MANGO, RAW	104	62	1	16	0
1/4 cup	RICOTTA CHEESE, WHOLE MILK	62	108	7	2	8

DAILY TOTALS

1655

1463

76

208

39

PCFA: 20-55-23-1

Friday, November 18, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	PRODUCT 19, RTE	30	100	2	25	0
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
lunch						
1 serving	Shrimp Salad	472	158	12	9	8
4.00 slice	TOMATO, RED, RIPE, RAW	80	14	1	3	0
snack						
1 cup	PEACH, WATER PACK, CANNED	244	59	1	15	0
1 cubic-inch	CHEDDAR CHEESE	17	69	4	0	6
dinner						
1 cup	MUSHROOM, BOILED, NO SALT	156	44	3	8	1
1/2 serving	Vegetable Risotto	185	114	5	18	3
1 serving	Crab Cakes	169	250	23	28	5
1 cup	SPAGHETTI PASTA, SPINACH, COOKED	140	182	6	37	1
pm snack						
1 serving	Pear Smoothie	302	174	3	42	1

DAILY TOTALS

2159

1359

71

224

25

PCF: 20-64-16

Saturday, November 19, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	SPECIAL K, RTE	47	176	8	34	1
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
am snack						
1 wedge	CANTALOUPE, RAW	102	35	1	8	0
8 oz	YOGURT, SKIM MILK, PLAIN	227	127	13	17	0
lunch						
1 serving	Zucchini and Tomatoes	285	65	3	13	1
1 serving	Salmon Pasta Salad	214	398	19	40	18
snack						
1 cup	BROCCOLI, CHOPPED, RAW	91	31	3	6	0
dinner						
1 1/2 servings	Sweet Pepper Pasta	240	294	10	58	2
1 1/2 cup	CAULIFLOWER, BOILED, NO SALT	186	43	3	8	1
2 tbsp	PARMESAN CHEESE, GRATED	10	43	4	0	3
pm snack						
1 serving	Diabetic Baked Apple	202	121	4	29	0
DAILY TOTALS		1847	1416	76	227	27

PCF: 21-62-17

Sunday, November 20, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
8 oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	227	93	9	13	1
1 cup	RAISIN BRAN CEREAL, RTE	61	196	5	47	1
am snack						
1 cup	CANTALOUPE, RAW	160	54	1	13	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
lunch						
1/2 cup	GREEN LEAF LETTUCE, RAW	18	3	0	1	0
1 tbsp	SALAD DRESSING, FRENCH, DIET	16	38	0	5	2
1 serving	Turkey Sandwich	174	312	32	31	7
snack						
2 tsp	PEANUT BUTTER, SMOOTH, NO SALT	11	63	3	2	5
2 slice (thin)	RYE BREAD	40	104	3	19	1
dinner						
4 oz	MIXED VEGETABLES, BOILED, NO SALT	113	74	3	15	0
1 serving	Lemon Red Snapper	186	180	35	1	3
pm snack						
2 oz	POPCORN, AIR-POPPED	57	219	7	44	3
DAILY TOTALS		1307	1420	108	203	24

PCF: 30-56-15

Monday, November 21, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	PRODUCT 19, RTE	30	100	2	25	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
am snack						
3/4 cups	STRAWBERRY, RAW	114	36	1	9	0
lunch						
1/2 serving	Tuna Salad	174	203	22	11	7
2 slice (thin)	PUMPERNICKEL BREAD	40	100	3	19	1
snack						
1 large	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	91	56	1	14	0
8 oz	YOGURT, SKIM MILK, PLAIN	227	127	13	17	0
dinner						
1 serving	Steak Kabobs	389	409	30	34	17
3/4 cups	BROWN RICE, LONG GRAIN, COOKED	146	162	4	34	1
pm snack						
1 piece	ANGEL FOOD CAKE, CP	28	72	2	16	0
DAILY TOTALS		1484	1349	86	191	29

PCF: 25-56-19

Tuesday, November 22, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	ENGLISH MUFFIN, PLAIN	57	132	5	26	1
1 oz	CREAM CHEESE	28	99	2	1	10
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
lunch						
1 serving	Turkey Sandwich	174	312	32	31	7
1 tbsp	SALAD DRESSING, ITALIAN, DIET	15	11	0	1	1
1/4 cup	TOMATO, SUN DRIED	14	35	2	8	0
snack						
1 oz	MIXED FRUIT, DRIED	28	69	1	18	0
1/2 oz	ALMOND, RAW	14	82	3	3	7
dinner						
1 cup	KALE, BOILED, NO SALT	130	36	2	7	1
1 serving	Spinach Pasta with Olive Oil	45	187	9	22	7
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
1 tsp	SALAD DRESSING, ITALIAN, DIET	5	4	0	0	0
pm snack						
1 serving	Fruit Smoothie	189	81	5	16	0
2 servings	GRAHAM CRACKER	56	237	4	43	6
DAILY TOTALS		920	1399	67	204	40

PCF: 18-56-25

Wednesday, November 23, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 wedge	CANTALOUPE, RAW	102	35	1	8	0
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
1 cup	ALL-BRAN, RTE	60	156	8	45	3
1 cup	STRAWBERRY, RAW	152	49	1	12	0
am snack						
1 cup	GRAPE, AMERICAN-TYPE, RAW	92	62	1	16	0
lunch						
1 serving	Chicken Fajitas	114	193	13	26	4
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
1/4 cup	AVOCADO, RAW	38	60	1	3	5
dinner						
1 serving	Salmon in Parchment	413	517	28	55	21
1 serving	Broccoli Vinaigrette	413	159	11	27	4
pm snack						
1 piece	ANGEL FOOD CAKE, CP	28	72	2	16	0
DAILY TOTALS		1770	1432	74	230	39

PCF: 19-59-22

Thursday, November 24, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1/2 cup	RASPBERRY, RAW	62	32	1	7	0
1 serving	Garden Omelet	219	101	13	6	3
2 slice (thin)	PUMPERNICKEL BREAD	40	100	3	19	1
am snack						
1/2 cup	BLUEBERRY, RAW	73	41	1	11	0
lunch						
1 serving	Chicken Fajitas	114	193	13	26	4
1/4 cup	AVOCADO, RAW	38	60	1	3	5
snack						
1 cup	MANGO, RAW	165	99	1	25	1
dinner						
1 serving	Veal Shanks	300	244	31	12	6
1 cup	ASPARAGUS, BOILED	180	40	4	7	0
1 cup	CASABA MELON, RAW	170	48	2	11	0
1 serving	Vegetable Risotto	370	228	10	36	6
pm snack						
1 small	BANANA, RAW	101	90	1	23	0
1/2 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	123	45	4	6	0
DAILY TOTALS		1953	1321	86	193	29

PCFA: 25-56-19-1

Friday, November 25, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
1 cup	SPECIAL K, RTE	31	117	6	23	1
am snack						
1/2 cup	ORANGE, CALIFORNIA, RAW	77	38	1	10	0
1/4 cup	RICOTTA CHEESE, PART SKIM	62	86	7	3	5
lunch						
1 serving	Pita Pizza	71	207	12	24	8
1 cup	SNAP BEAN, RAW (GREEN BEAN)	110	34	2	8	0
snack						
8 oz	CARROT, BABY, RAW	227	79	1	19	0
2 oz	SALAD DRESSING, FRENCH, DIET	57	132	0	17	8
4 floweret	CAULIFLOWER, RAW	52	13	1	3	0
dinner						
1/2 cup	CANTALOUPE, RAW	80	27	1	7	0
1 serving	Polenta	557	314	11	54	5
1 serving	Cajun Catfish	115	166	18	0	10
pm snack						
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
1 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	76	46	1	11	0
DAILY TOTALS		1873	1432	83	193	40

PCF: 23-53-24

Saturday, November 26, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	SPECIAL K, RTE	31	117	6	23	1
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
1 small	PEACH, RAW	79	31	1	8	0
am snack						
2 oz	PRETZELS, HARD, PLAIN W/SALT	57	215	6	45	1
lunch						
1 serving	Chicken Breast with Orange sauce	62	136	5	27	2
1 serving	Grilled Herbed Tomatoes	76	68	3	3	5
snack						
1 medium pear	PEAR, RAW	166	96	1	26	0
1 oz	BRIE CHEESE	28	95	6	0	8
dinner						
1 serving	Grilled Lamb Chops with Shallots and Red Wine	176	278	27	2	15
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
1/2 oz	SALAD DRESSING, FRENCH, DIET	14	33	0	4	2
pm snack						
1 cup	GRAPE, AMERICAN-TYPE, RAW	92	62	1	16	0
1 serving	Applegurt	247	138	8	31	1
DAILY TOTALS		1319	1368	72	198	36

PCFA: 20-56-23-2

Sunday, November 27, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	ENGLISH MUFFIN, PLAIN	57	132	5	26	1
1 fruit	NECTARINE, RAW	136	60	1	14	0
1 oz	CREAM CHEESE	28	99	2	1	10
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
1/2 cup	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
lunch						
1 cup	BROCCOLI, CHOPPED, RAW	91	31	3	6	0
3 oz	TUNA, CANNED IN WATER	85	99	22	0	1
2 slices	CRACKED WHEAT BREAD	50	130	4	25	2
1 cup	CELERY, RAW	101	16	1	3	0
snack						
1 medium	BANANA, RAW	118	105	1	27	0
dinner						
1 serving	Zucchini and Tomatoes	285	65	3	13	1
1 serving	Orange Pork Chops	186	288	26	38	4
1 slice	CRACKED WHEAT BREAD	25	65	2	12	1
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1487	1349	89	197	28

PCF: 25-56-18

Monday, November 28, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	PRODUCT 19, RTE	30	100	2	25	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
am snack						
1 small	PEACH, RAW	79	31	1	8	0
1 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	76	46	1	11	0
lunch						
1 serving	Turkey Sandwich	174	312	32	31	7
1 tbsp	SALAD DRESSING, ITALIAN, DIET	15	11	0	1	1
1 cup	LETTUCE, COS OR ROMAINE, RAW	47	8	1	2	0
snack						
1 cup	GRAPE, AMERICAN-TYPE, RAW	92	62	1	16	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
dinner						
1 serving	Crab Cakes	169	250	23	28	5
1 serving	Mashed Potatoes	192	145	4	32	0
1 serving	Broccoli Vinaigrette	413	159	11	27	4
pm snack						
1 serving	Creamy Fruit Cup	153	89	3	18	1
DAILY TOTALS		1929	1380	96	223	19

PCF: 26-62-12

Tuesday, November 29, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
2 mini-bagels	CINNAMON-RAISIN BAGEL, TOASTED	48	141	5	28	1
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 oz	CREAM CHEESE	28	99	2	1	10
am snack						
1/2 cup	HONEYDEW MELON, RAW	85	31	0	8	0
1 medium	BANANA, RAW	118	105	1	27	0
lunch						
1/2 cup	NEW ZEALAND SPINACH, BOILED, NO SALT	90	11	1	2	0
1 serving	Middle Eastern Vegetable Medley	335	282	14	50	5
1 tsp	OLIVE OIL	5	40	0	0	5
snack						
8 oz	YOGURT, STRAWBERRY, NONFAT	227	125	8	22	0
dinner						
1 serving	Chinese Scallops with Rice	283	221	18	31	2
1/2 cup	WATER CHESTNUT, CHINESE, CANNED	70	35	1	9	0
1 cup	CHINESE CABBAGE, BOILED, NO SALT (PAK-CHOI)	170	20	3	3	0
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
pm snack						
1 piece	ANGEL FOOD CAKE, CP	28	72	2	16	0
DAILY TOTALS		1978	1348	71	222	25

PCF: 20-64-16

Wednesday, November 30, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	OATMEAL, PREPARED, NO ADDED SALT	233	147	6	25	2
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
am snack						
1 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
1 1/2 cup	STRAWBERRY, RAW	228	73	2	18	1
lunch						
1 serving	Barbecue Chicken Sandwich	191	301	30	33	4
1 serving	Broccoli Vinaigrette	413	159	11	27	4
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
1 cup	PODDED, BOILED, NO ADDED SALT	160	83	6	14	1
dinner						
1 cup	KALE, BOILED, NO SALT	130	36	2	7	1
1 serving	Beef Roast au Jus	130	198	25	2	9
1/2 serving	Polenta	279	157	6	27	3
pm snack						
1 serving	Diabetic Baked Apple	202	121	4	29	0
DAILY TOTALS		2569	1496	110	216	26

PCF: 29-56-15

 Thursday, December 01, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 cup	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1 cup	SPECIAL K, RTE	31	117	6	23	1
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
2 oz	COTTAGE CHEESE, 1% FAT	57	41	7	2	1
lunch						
1 serving	Chicken Chef Salad	405	365	64	8	7
2 slice (thin)	RYE BREAD	40	104	3	19	1
snack						
1 medium pear	PEAR, RAW	166	96	1	26	0
1 oz	BRIE CHEESE	28	95	6	0	8
dinner						
1 serving	Citrus Filet of Sole	179	138	21	9	1
1 cup	BROWN RICE, LONG GRAIN, COOKED	195	216	5	45	2
pm snack						
1 oz	POPCORN, AIR-POPPED	28	110	4	22	1
DAILY TOTALS		1492	1470	126	193	23

PCF: 34-52-14

Friday, December 02, 2011

DAILY AVERAGES (28 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
1715	1414	84	210	32

PCFA: 23-57-20-0
