

Diabetic Meal Plan - 1800 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 medium	APPLE W/SKIN, RAW	138	72	0	19	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
2 oz	PEANUT, DRY ROASTED, NO SALT	57	332	13	12	28
dinner						
1.00 servings	Jambalaya	223	301	27	41	2
1 serving	Broccoli Vinaigrette	413	159	11	27	4
2 slices	CRACKED WHEAT BREAD	50	130	4	25	2
1 tsp	OLIVE OIL	5	40	0	0	5
pm snack						
8 oz	YOGURT, STRAWBERRY, NONFAT	227	125	8	22	0
DAILY TOTALS		2246	1867	105	269	50

PCF: 22-55-23

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
1 1/2 cup	ALL-BRAN, RTE	90	234	12	67	4
am snack						
1 pear	PEAR, RAW	139	81	1	21	0
2 oz	BRIE CHEESE	57	189	12	0	16
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 1/2 cup	ICEBERG LETTUCE, RAW	83	12	1	2	0
snack						
10 large strip	CARROT, RAW	70	29	1	7	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
dinner						
4 oz	MIXED VEGETABLES, BOILED, NO SALT	113	74	3	15	0
1 cup	KALE, BOILED, NO SALT	130	39	4	7	1
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		1984	1746	105	273	44

PCF: 22-57-21

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						
2 mini-bagels	EGG BAGEL	52	145	6	28	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
2 oz	POPCORN, AIR-POPPED, WHITE	57	217	7	44	2
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
1 cup	BROCCOLI, CHOPPED, RAW	91	31	3	6	0
2 tbsps	SALSA, CHUNKY CHILI DIP, CANNED	30	9	0	2	0
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
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
8 oz	YOGURT, SKIM MILK, PLAIN	227	127	13	17	0
DAILY TOTALS		2391	1885	120	266	42

PCF: 25-55-20

Monday, November 07, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	ENGLISH MUFFIN, PLAIN	57	132	5	26	1
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
2 tbsps	PEANUT BUTTER, SMOOTH, NO SALT	32	188	8	6	16
1 cup	APPLESAUCE, UNSWEETENED W/ADDED ASCORB	244	102	0	27	0
am snack						
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
2 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	152	93	2	23	1
4 pieces	MELBA TOAST, PLAIN	20	78	2	15	1
lunch						
1 serving	Turkey Sandwich	174	312	32	31	7
2 oz	PRETZELS, HARD, PLAIN, NO SALT	57	216	5	45	2
snack						
1 tbsps	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		1596	1852	103	279	42

PCF: 22-59-20

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 1/2 cup	BLACKBERRY, RAW	216	93	3	21	1
1 1/2 cup	ALL-BRAN, RTE	90	234	12	67	4
am snack						
1 serving	Fruit Smoothie	189	81	5	16	0
lunch						
1 1/2 servings	Spinach Pasta with Olive Oil	68	281	14	33	10
1 cup	ZUCCHINI W/SKIN, BOILED, NO SALT	180	27	2	5	1
snack						
4 medium stalk	CELERY, RAW	160	26	1	5	0
2 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	32	188	8	6	16
dinner						
1 1/2 cup	TURNIP GREENS, BOILED, NO SALT	216	43	2	9	0
1 1/2 cup	BROWN RICE, LONG GRAIN, COOKED	293	325	8	67	3
1 serving	Filet Mignon	344	282	26	9	11
pm snack						
1/2 oz	MIXED FRUIT, DRIED	14	34	0	9	0
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1

DAILY TOTALS	2159	1778	103	263	48
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PCFA: 21-54-22-2

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
1 slice	CRACKED WHEAT BREAD	25	65	2	12	1
snack						
4 oz	CARROT, BABY, RAW	113	40	1	9	0
1 tsp	SALAD DRESSING, FRENCH, DIET	5	13	0	2	1
dinner						
1 cup	ASPARAGUS, BOILED	180	40	4	7	0
1 serving	Beef Roast au Jus	130	198	25	2	9
1 serving	Polenta	557	314	11	54	5
2 tsp	OLIVE OIL	9	80	0	0	9
1 slice	CRACKED WHEAT BREAD	25	65	2	12	1
pm snack						
1 medium	BANANA, RAW	118	105	1	27	0
1 tbsp	ALMOND BUTTER, NO SALT	16	101	2	3	9

DAILY TOTALS	1907	1788	91	237	56
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PCF: 20-52-28

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 1/2 cup	SPECIAL K, RTE	47	176	8	34	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
1 oz	POTATO CHIPS, LIGHT	28	134	2	19	6
snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
dinner						
1 serving	Fish with Tomatoes	269	163	18	10	6
1 1/2 cup	SPAGHETTI PASTA, COOKED, ENRICHED	210	344	17	66	0
pm snack						
1 1/2 cup	WATERMELON, RAW	228	68	1	17	0
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
6 pieces	MELBA TOAST, PLAIN	30	117	4	23	1
DAILY TOTALS		1738	1864	95	273	46

PCF: 20-58-22

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
1 1/2 cup	RASPBERRY, RAW	185	96	2	22	1
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	1
am snack						
2 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	152	93	2	23	1
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
lunch						
1 cup	OKRA, BOILED, NO SALT	160	35	3	7	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
1 large	GRAHAM CRACKER	14	59	1	11	1
DAILY TOTALS		1865	1847	99	257	51

PCF: 21-55-24

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 1/2 cup	SPECIAL K, RTE	47	176	8	34	1
1 1/2 cup	STRAWBERRY, RAW	228	73	2	18	1
am 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
lunch						
1 serving	Pasta, Kale and Chickpeas	165	213	10	39	2
2 servings	Broccoli Vinaigrette	825	318	23	55	8
1/2 oz	PARMESAN CHEESE, GRATED	14	61	5	1	4
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 serving	Vegetable Risotto	370	228	10	36	6
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		2965	1883	114	312	34

PCF: 23-62-15

Sunday, November 13, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	ALL-BRAN W/EXTRA FIBER, RTE	90	173	10	69	3
8 oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	227	77	8	11	0
1 1/2 cup	BLUEBERRY, RAW	218	124	2	32	1
am snack						
1 medium	APPLE W/SKIN, RAW	138	72	0	19	0
lunch						
1 serving	Shrimp Salad	472	158	12	9	8
2 slices	CRACKED WHEAT BREAD	50	130	4	25	2
snack						
1 1/2 cup	BROCCOLI, CHOPPED, RAW	137	46	4	9	1
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
1 serving	Broccoli Vinaigrette	413	159	11	27	4
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		2567	1843	112	315	42

PCF: 21-60-18

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
3 servings	GRAHAM CRACKER	84	356	6	64	8
lunch						
1 serving	Middle Eastern Vegetable Medley	335	282	14	50	5
1 serving	Cucumber Salad	164	47	1	4	3
snack						
3 large stalk	CELERY, RAW	186	30	1	6	0
2 tbsp	PEANUT BUTTER, SMOOTH, NO SALT	32	188	8	6	16
dinner						
1 serving	Beef Stroganoff	324	391	38	36	10
1 serving	Grilled Herbed Tomatoes	76	68	3	3	5
pm snack						
1 piece	ANGEL FOOD CAKE, CP	28	72	2	16	0
DAILY TOTALS		1592	1796	83	240	61

PCF: 18-52-30

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
1/2 cup	APRICOT, DRIED, SULFERED, UNCOOKED	65	157	2	41	0
snack						
2 tbsp	SALSA, CHUNKY CHILI DIP, CANNED	30	9	0	2	0
4 large stalk	CELERY, RAW	248	40	2	7	0
3/4 cups	RICOTTA CHEESE, WHOLE MILK	186	324	21	6	24
4 pieces	MELBA TOAST, PLAIN	20	78	2	15	1
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		1727	1891	89	253	64

PCF: 18-52-30

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 1/2 cup	RAISIN BRAN CEREAL, RTE	84	266	8	65	2
1 cup	SWEET CHERRY, RAW	117	74	1	19	0
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
3/4 cups	AVOCADO, RAW	113	180	2	10	16
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 cup	BEET, BOILED	170	75	3	17	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		2023	1736	78	272	50

PCF: 17-59-24

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 tbsp	CREAM CHEESE	29	101	2	1	10
am snack						
1 serving	Creamy Fruit Cup	153	89	3	18	1
1 large	GRAHAM CRACKER	14	59	1	11	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 1/2 cup	MUSTARD GREENS, BOILED, NO SALT	210	32	5	4	1
1 1/2 cup	BROWN RICE, LONG GRAIN, COOKED	293	325	8	67	3
pm snack						
1 fruit	MANGO, RAW	207	124	2	31	1
3/4 cups	RICOTTA CHEESE, WHOLE MILK	186	324	21	6	24
DAILY TOTALS		1967	1811	94	239	57

PCFA: 20-51-28-1

Friday, November 18, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	PRODUCT 19, RTE	45	150	3	37	1
1 1/2 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	368	136	13	18	1
1 fruit	PLUM, RAW	66	30	0	8	0
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
1 tbsp	ALMOND BUTTER, NO SALT	16	101	2	3	9
2 slice (thin)	PUMPERNICKEL BREAD	40	100	3	19	1
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
2 cubic-inchs	CHEDDAR CHEESE	34	137	8	0	11
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		2435	1755	87	273	42

PCF: 19-60-21

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
1/2 cup	AVOCADO, RAW	75	120	2	6	11
snack						
1 cup	BROCCOLI, CHOPPED, RAW	91	31	3	6	0
dinner						
2 servings	Sweet Pepper Pasta	320	392	14	78	2
1 1/2 cup	CAULIFLOWER, BOILED, NO SALT	186	43	3	8	1
1 tsp	OLIVE OIL	5	40	0	0	5
1 oz	PARMESAN CHEESE, GRATED	28	122	11	1	8
pm snack						
1 serving	Diabetic Baked Apple	202	121	4	29	0
DAILY TOTALS		2025	1753	88	253	48

PCF: 20-56-24

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 1/2 cup	RAISIN BRAN CEREAL, RTE	92	295	8	71	2
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						
2 cups	GREEN LEAF LETTUCE, RAW	72	11	1	2	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
1 serving	Vegetable Risotto	370	228	10	36	6
pm snack						
2 oz	POPCORN, AIR-POPPED	57	219	7	44	3
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1

DAILY TOTALS	2007	1845	130	276	31
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PCF: 27-58-15

Monday, November 21, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	PRODUCT 19, RTE	45	150	3	37	1
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
1/2 cup	APPLE, DRIED, UNCOOKED	43	104	0	28	0
am snack						
1 cup	STRAWBERRY, RAW	152	49	1	12	0
8 oz	YOGURT, SKIM MILK, PLAIN	227	127	13	17	0
lunch						
1 serving	Tuna Salad	348	406	44	22	15
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	1982	1846	123	263	37
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PCF: 26-56-18

Tuesday, November 22, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 serving	ENGLISH MUFFIN, PLAIN	57	132	5	26	1
2 oz	CREAM CHEESE	57	198	4	2	20
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
lunch						
1 tbsp	SALAD DRESSING, ITALIAN, DIET	15	11	0	1	1
1/4 cup	TOMATO, SUN DRIED	14	35	2	8	0
1 serving	Zucchini Quiche	139	257	10	11	20
1 slice	CRACKED WHEAT BREAD	25	65	2	12	1
snack						
2 oz	MIXED FRUIT, DRIED	57	138	1	36	0
1/2 oz	ALMOND, RAW	14	82	3	3	7
dinner						
2 cups	KALE, BOILED, NO SALT	260	73	5	15	1
1 serving	Spinach Pasta with Olive Oil	45	187	9	22	7
2 cups	LETTUCE, COS OR ROMAINE, RAW	94	16	1	3	0
1 tsp	SALAD DRESSING, ITALIAN, DIET	5	4	0	0	0
1 slice	CRACKED WHEAT BREAD	25	65	2	12	1
pm snack						
1 serving	Fruit Smoothie	189	81	5	16	0
3 servings	GRAHAM CRACKER	84	356	6	64	8

DAILY TOTALS	1197	1805	56	258	69
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PCF: 12-55-33

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
1 cup	SPECIAL K, RTE	31	117	6	23	1
am 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
lunch						
1 serving	Chicken Fajitas	114	193	13	26	4
1 cup	BLACK BEAN, BOILED, NO ADDED SALT	172	227	15	41	1
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	2217	1860	103	306	41
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PCF: 21-61-18

Thursday, November 24, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	RASPBERRY, RAW	185	96	2	22	1
1 serving	Garden Omelet	219	101	13	6	3
2 slice (thin)	PUMPERNICKEL BREAD	40	100	3	19	1
am snack						
1 cup	BLUEBERRY, RAW	145	83	1	21	0
1 cup	COTTAGE CHEESE, 1% FAT	226	163	28	6	2
lunch						
1 serving	Chicken Fajitas	114	193	13	26	4
1/4 cup	AVOCADO, RAW	38	60	1	3	5
snack						
3/4 cups	MANGO, RAW	124	74	1	19	0
8 oz	YOGURT, SKIM MILK, PLAIN	227	127	13	17	0
dinner						
1 serving	Veal Shanks	300	244	31	12	6
2 cups	ASPARAGUS, BOILED	360	79	9	15	1
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 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
DAILY TOTALS		2863	1776	137	249	33

PCFA: 30-54-16-0

Friday, November 25, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	368	136	13	18	1
1 1/2 cup	SPECIAL K, RTE	47	176	8	34	1
am snack						
3/4 cups	ORANGE, CALIFORNIA, RAW	116	57	1	14	0
1/2 cup	RICOTTA CHEESE, PART SKIM	124	171	14	6	10
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
8 floweret	CAULIFLOWER, RAW	104	26	2	6	0
dinner						
1 1/2 cup	CANTALOUPE, RAW	240	82	2	20	0
1 1/2 servings	Polenta	836	470	17	81	8
1 serving	Cajun Catfish	115	166	18	0	10
pm snack						
2 oz	COTTAGE CHEESE, 1% FAT	57	41	7	2	1
1 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	76	46	1	11	0
DAILY TOTALS		2545	1824	99	260	48

PCF: 21-56-23

Saturday, November 26, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	SPECIAL K, RTE	47	176	8	34	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						
3 oz	PRETZELS, HARD, PLAIN W/SALT	85	323	9	68	2
lunch						
1 serving	Chicken Breast with Orange sauce	62	136	5	27	2
2 servings	Grilled Herbed Tomatoes	151	136	6	5	10
snack						
1 medium pear	PEAR, RAW	166	96	1	26	0
2 oz	BRIE CHEESE	57	189	12	0	16
6 pieces	MELBA TOAST, PLAIN	30	117	4	23	1
dinner						
1 serving	Grilled Lamb Chops with Shallots and Red Wine	176	278	27	2	15
2 cups	LETTUCE, COS OR ROMAINE, RAW	94	16	1	3	0
1/2 oz	SALAD DRESSING, FRENCH, DIET	14	33	0	4	2
pm snack						
1 1/2 cup	GRAPE, AMERICAN-TYPE, RAW	138	92	1	24	0
1 serving	Applegurt	247	138	8	31	1
DAILY TOTALS		1590	1853	91	267	51

PCFA: 19-56-24-1

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
2 oz	CREAM CHEESE	57	198	4	2	20
am snack						
1 cup	BLACKBERRY, RAW	144	62	2	14	1
3/4 cups	COTTAGE CHEESE, 1% FAT	170	122	21	5	2
6 pieces	MELBA TOAST, PLAIN	30	117	4	23	1
lunch						
1 1/2 cup	BROCCOLI, CHOPPED, RAW	137	46	4	9	1
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
8 oz	YOGURT, SKIM MILK, PLAIN	227	127	13	17	0
dinner						
1 serving	Zucchini and Tomatoes	285	65	3	13	1
1 serving	Orange Pork Chops	186	288	26	38	4
2 slices	CRACKED WHEAT BREAD	50	130	4	25	2
pm snack						
1/2 cup	VANILLA ICE CREAM, LIGHT	68	115	3	15	5
DAILY TOTALS		1899	1813	118	255	41

PCF: 25-55-20

Monday, November 28, 2011

		GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
breakfast						
1 1/2 cup	PRODUCT 19, RTE	45	150	3	37	1
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
2 medium	KIWIFRUIT, RAW (CHINESE GOOSEBERRY)	152	93	2	23	1
8 fl oz	YOGURT, SKIM MILK, PLAIN	245	137	14	19	0
lunch						
1 serving	Turkey Sandwich	174	312	32	31	7
2 tbsps	SALAD DRESSING, ITALIAN, DIET	30	23	0	1	2
2 cups	LETTUCE, COS OR ROMAINE, RAW	94	16	1	3	0
snack						
1 1/2 cup	GRAPE, AMERICAN-TYPE, RAW	138	92	1	24	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
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
DAILY TOTALS		2618	1747	121	288	21

PCF: 26-63-11

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
2 oz	CREAM CHEESE	57	198	4	2	20
am snack						
1 cup	HONEYDEW MELON, RAW	170	61	1	15	0
1 medium	BANANA, RAW	118	105	1	27	0
8 fl oz	MILK, COW'S, NONFAT, VIT-A (SKIM)	245	83	8	12	0
lunch						
1 cup	NEW ZEALAND SPINACH, BOILED, NO SALT	180	22	2	4	0
1 1/2 servings	Middle Eastern Vegetable Medley	503	423	21	75	8
2 tsp	OLIVE OIL	9	80	0	0	9
snack						
8 oz	YOGURT, STRAWBERRY, NONFAT	227	125	8	22	0
dinner						
1 serving	Chinese Scallops with Rice	283	221	18	31	2
1 cup	WATER CHESTNUT, CHINESE, CANNED	140	70	1	17	0
1 1/2 cup	CHINESE CABBAGE, BOILED, NO SALT (PAK-CHOI)	255	31	4	5	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		2753	1798	92	279	42

PCF: 20-60-20

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
2 servings	Broccoli Vinaigrette	825	318	23	55	8
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 1/2 cup	KALE, BOILED, NO SALT	195	55	4	11	1
1 serving	Beef Roast au Jus	130	198	25	2	9
1 serving	Polenta	557	314	11	54	5
pm snack						
1 serving	Diabetic Baked Apple	202	121	4	29	0
DAILY TOTALS		3325	1830	128	275	33

PCF: 27-58-15

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 1/2 cup	SPECIAL K, RTE	47	176	8	34	1
am snack						
1 medium	BANANA, RAW	118	105	1	27	0
4 oz	COTTAGE CHEESE, 1% FAT	113	81	14	3	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 1/2 cup	BROWN RICE, LONG GRAIN, COOKED	293	325	8	67	3
pm snack						
2 oz	POPCORN, AIR-POPPED	57	219	7	44	3
8 fl oz	MILK, COW'S, NONFAT, NFMS, VIT-A (SKIM)	245	91	9	12	1
DAILY TOTALS		1935	1878	150	262	27

PCF: 32-55-13

Friday, December 02, 2011

DAILY AVERAGES (28 days)

GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
2147	1820	104	268	45

PCFA: 22-57-21-0
