

<b>FOOD</b>	<b>PHE (mg)</b>	<b>CALORIES</b>	<b>PROTEIN (g)</b>
<b>Breakfast</b>			
Formula	0	variable	variable
2 slices low pro bread	6	160	0.2
½ tbsp margarine	3	65	.05
1 tbsp jam	3	48	0.1
4 oz apple juice	Trace	60	trace
<b>Snack</b>			
Apple	0	106	0.4
<b>Lunch</b>			
Formula	0	variable	variable
1 cup low pro pasta (3oz dry)	16	300	0.3
½ cup sweet peppers	20	16	0.6
½ tbsp canola oil	0	60	0
¼ cup tomato sauce	24	18	0.9
2 low protein chocolate wafers	2	130	0.1
<b>Snack</b>			
¼ cup raisins	24	108	1.2
1 cup cranapple juice	Trace	160	Trace
<b>Dinner</b>			
Formula	0	variable	variable
1 cup low protein rice	46	406	2.2
½ tbsp soybean oil	0	60	0
½ cup mushrooms	28	9	0.7
¼ cup raw onions	12	16	0.5
½ cup applesauce with peaches	6	80	0.2
8oz cranapple juice	Trace	160	Trace
<b>Snack</b>			
Formula	0	variable	variable
½ cup sliced strawberries	6	21	0.4
½ cup chex/fruity pebbles	28	49	0.7
8oz apple juice	Trace	120	Trace
<b>Food Total</b>	241	2160	9.25