



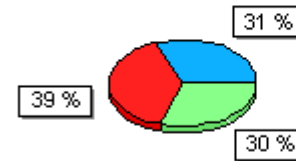
# 40-30-30 Meal Plan - 1300 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1281

PCFA Ratio: 31-39-30-0

PCFA Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

## Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b>	Ground Turkey Omelette - 1/2 Serving	Pancakes - 1/2 Serving	Ground Turkey Omelette - 1 Serving	Breakfast Zucchini Pie - 3/4 Serving	Mexican Omelette - 1 Serving	Vegetarian Breakfast - 1 Serving	Pancakes - 1/2 Serving • Cola, Diet, Carbonated - 8 Fl Oz
<b>R</b>							
<b>L</b>	Vegetarian Chili - 1/2 Serving • Water, Bottled - 8 Fl Oz • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Louisiana Shrimp - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Turkey Meatball Soup - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Beef And Bean Stew - 3/4 Serving • Water, Municipal - 8 Fl Oz	Chicken Salad - 1/2 Serving • Water, Municipal - 8 Fl Oz	Curried Chicken - 1 Serving	Louisiana Shrimp - 1/2 Serving • Water, Municipal - 8 Fl Oz
<b>A</b>	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices	Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 6 Almonds	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices
<b>S</b>							
<b>D</b>	Chicken With Garden Vegetables - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Sweet And Sour Pork - 1 Serving	Rosemary Chicken - 1/2 Serving	Moo Goo Gai Pan - 1/2 Serving • Club Soda, Carbonated - 6 Fl Oz	Antipasto Salad - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 12 Fl Oz	Indonesian Chicken - 1/2 Serving • Water, Municipal - 8 Fl Oz	Chicken Cacciatore - 1 Serving
<b>E</b>	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 2 Cups • Almond, Raw - 10 Almonds	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices
	1281 Calories; 98 Protein; 137 Carbs; 29 Dietary; 44 Fat; 7 Sat; 217 Cholest; 3463 Sodium	1305 Calories; 109 Protein; 131 Carbs; 16 Dietary; 45 Fat; 9 Sat; 250 Cholest; 4856 Sodium	1319 Calories; 111 Protein; 128 Carbs; 24 Dietary; 45 Fat; 9 Sat; 343 Cholest; 3798 Sodium	1203 Calories; 103 Protein; 119 Carbs; 27 Dietary; 40 Fat; 10 Sat; 269 Cholest; 4509 Sodium	1248 Calories; 99 Protein; 128 Carbs; 33 Dietary; 43 Fat; 10 Sat; 307 Cholest; 3320 Sodium	1296 Calories; 107 Protein; 130 Carbs; 27 Dietary; 45 Fat; 9 Sat; 316 Cholest; 1682 Sodium	1314 Calories; 112 Protein; 132 Carbs; 24 Dietary; 46 Fat; 9 Sat; 282 Cholest; 3454 Sodium

## 40-30-30 Meal Plan - 1300 calories (continued)

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### Week's Average Daily Food Exchange

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
1.66	9.56	0.92	0.79	0.03	8.43	2.64	0.56	0	0	5.14	0.25