



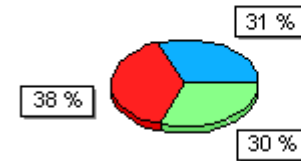
40-30-30 Meal Plan - 1300 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1273

PCF Ratio: 31-38-30

PCF Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Scrambled Vegetable Delight - 1/2 Serving	Breakfast Spinach Pie - 1/2 Serving	Mexican Omelette - 1 Serving	Breakfast Zucchini Pie - 1 Serving	Lemonade Drink Mix, Diet, Pad - 8 Fl Oz • Pancakes - 1/3 Serving	Breakfast Zucchini Pie - 1 Serving • Water, Municipal - 8 Fl Oz	Breakfast Spinach Pie - 3/4 Serving
L	Turkey Meatball Soup - 1/2 Serving • Cola, Diet, Carbonated - 1 Can	Turkey Meatball Soup - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Water, Municipal - 8 Fl Oz • Beef And Bean Stew - 1/2 Serving	Chicken Kabobs - 1/2 Serving	Mexican Burgers - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Beef Chop Suey - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Curried Chicken - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can
A	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 9 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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 • Apple, W/skin, Raw - 1 Small • Olive, Black, Pitted - 10 Pieces	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
D	Rosemary Chicken - 1 Serving • Water, Bottled - 8 Fl Oz	Chicken Apple Pie - 1 Serving • Water, Bottled - 8 Fl Oz	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Beef Chop Suey - 3/4 Serving	Indonesian Chicken - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Moo Goo Gai Pan - 3/4 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1 Serving	Sweet And Sour Chicken With Snow Peas - 1/2 Serving
E	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 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	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz • Iced Tea Mix, Sugar Free - 1 Serving (leak)	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	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 • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
	1240 Calories; 104 Protein; 124 Carbs; 20 Dietary; 42 Fat; 8 Sat; 233 Cholest; 3345 Sodium	1248 Calories; 107 Protein; 123 Carbs; 21 Dietary; 44 Fat; 9 Sat; 244 Cholest; 3041 Sodium	1307 Calories; 110 Protein; 130 Carbs; 27 Dietary; 45 Fat; 9 Sat; 333 Cholest; 4025 Sodium	1218 Calories; 103 Protein; 121 Carbs; 25 Dietary; 43 Fat; 11 Sat; 329 Cholest; 2632 Sodium	1302 Calories; 97 Protein; 131 Carbs; 29 Dietary; 50 Fat; 10 Sat; 164 Cholest; 4423 Sodium	1320 Calories; 107 Protein; 132 Carbs; 27 Dietary; 47 Fat; 12 Sat; 284 Cholest; 2906 Sodium	1276 Calories; 107 Protein; 131 Carbs; 29 Dietary; 44 Fat; 10 Sat; 261 Cholest; 2750 Sodium

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
0.89	7.55	1.77	1.39	0.01	11.25	2.3	0.37	0	0	4.37	0.32