



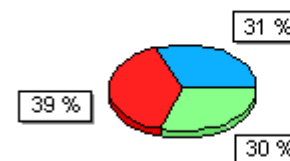
40-30-30 Meal Plan - 1300 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1295

PCF Ratio: 31-39-30

PCF Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Vegetarian Breakfast - 1 Serving • Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz	Pancakes - 1/2 Serving	Coffee, Brewed, Prepared - 6 Fl Oz • Scrambled Vegetable Delight - 1/2 Serving	Vegetarian Breakfast - 1 Serving	Breakfast Fruit Salad - 1/2 Serving • Water, Municipal - 8 Fl Oz	Pancakes - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz	Mexican Omelette - 3/4 Serving
L	Chicken Salad - 1/2 Serving • Cola, Diet, Carbonated - 12 Fl Oz	Sweet And Sour Pork And Cabbage - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Turkey Meatball Soup - 1/2 Serving • Cherry Seven Up, Diet - 8 Fl Oz	Water, Municipal - 8 Fl Oz • Curried Chicken - 1/2 Serving	Turkey Meatball Soup - 3/4 Serving	Louisiana Shrimp - 3/4 Serving • Cola, Diet, Carbonated - 12 Fl Oz	Water, Municipal - 8 Fl Oz • Vegetarian Chili - 1 Serving
A	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/2 Oz • Apple, W/skin, Raw - 1 Medium	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 9 Almonds	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds	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	Salmon With Dill Sauce - 1/2 Serving • Water, Bottled - 8 Fl Oz	Saute'd Shrimp - 1 Serving • Club Soda, Carbonated - 8 Fl Oz	Rosemary Chicken - 3/4 Serving • Water, Municipal - 8 Fl Oz	Antipasto Salad - 1 Serving	Rosemary Chicken - 3/4 Serving • Water, Bottled - 8 Fl Oz	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 1/2 Serving	Chicken And Spinach - 3/4 Serving
E	Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz • Cottage Cheese, 1% Fat - 1/2 Cup	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Peach, Raw - 2 Medium • Olive, Small-extra Large - 8 Large	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/2 Oz • Apple, W/skin, Raw - 1 Medium	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Small-extra Large - 6 Large	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 6 Large • Apple, W/skin, Raw - 1/2 Cup	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
	1323 Calories; 106 Protein; 136 Carbs; 24 Dietary; 45 Fat; 8 Sat; 290 Cholest; 2442 Sodium	1279 Calories; 104 Protein; 131 Carbs; 26 Dietary; 48 Fat; 10 Sat; 256 Cholest; 2487 Sodium	1287 Calories; 102 Protein; 129 Carbs; 23 Dietary; 46 Fat; 10 Sat; 199 Cholest; 3052 Sodium	1306 Calories; 106 Protein; 136 Carbs; 31 Dietary; 45 Fat; 10 Sat; 305 Cholest; 2635 Sodium	1319 Calories; 107 Protein; 131 Carbs; 18 Dietary; 45 Fat; 9 Sat; 142 Cholest; 4181 Sodium	1285 Calories; 108 Protein; 130 Carbs; 23 Dietary; 45 Fat; 11 Sat; 302 Cholest; 2290 Sodium	1268 Calories; 98 Protein; 130 Carbs; 24 Dietary; 43 Fat; 7 Sat; 212 Cholest; 2479 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
1.15	8.06	2.12	0.52	0	8.24	3.04	0.5	0	0	4.97	0.26