



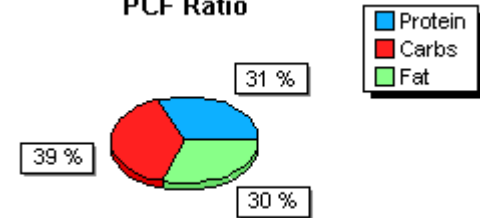
40-30-30 Meal Plan - 1500 calories

James Krider, MD . 760-242-1234

Avg Calories Per Day: 1499

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	Pancakes - 1/2 Serving	Ground Turkey Omelette - 1/2 Serving	Vegetarian Breakfast - 1 Serving	Breakfast Fruit Salad - 3/4 Serving • Water, Municipal - 8 Fl Oz	Pancakes - 1/2 Serving	Mexican Omelette - 1 Serving
L	Chicken Salad - 1 Serving • Cola, Diet, Carbonated - 12 Fl Oz	Sweet And Sour Pork And Cabbage - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Turkey Meatball Soup - 1/2 Serving • 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 • Curried Chicken - 1 Serving	Turkey Meatball Soup - 3/4 Serving	Louisiana Shrimp - 3/4 Serving • Cola, Diet, Carbonated - 12 Fl Oz • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces • Chicken Breast, Fat Free, Basted - 2 Slices	Water, Municipal - 8 Fl Oz • Vegetarian Chili - 1 Serving
A	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/3 Oz • Apple, W/skin, Raw - 1 Medium	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1/2 Fruit • Olive, Black, Pitted - 3 Pieces • Peach, Raw - 1/2 Cup	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 9 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 - 2 Oz • Strawberry, Pureed, Raw - 1 1/2 Cup • Almond, Raw - 8 Almonds
D	Salmon With Dill Sauce - 1/2 Serving • Water, Bottled - 8 Fl Oz	Saute'ed 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 - 1 Serving • Water, Bottled - 8 Fl Oz	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 3/4 Serving	Chicken And Spinach - 1 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 - 1/3 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 - 1.5 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Small-extra Large - 5 Large	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
	1481 Calories; 120 Protein; 156 Carbs; 30 Dietary; 48 Fat; 9 Sat; 315 Cholest; 3091 Sodium	1488 Calories; 118 Protein; 153 Carbs; 31 Dietary; 56 Fat; 13 Sat; 279 Cholest; 2459 Sodium	1492 Calories; 123 Protein; 150 Carbs; 25 Dietary; 50 Fat; 10 Sat; 249 Cholest; 4053 Sodium	1487 Calories; 122 Protein; 152 Carbs; 35 Dietary; 51 Fat; 12 Sat; 329 Cholest; 2804 Sodium	1515 Calories; 122 Protein; 154 Carbs; 21 Dietary; 51 Fat; 10 Sat; 155 Cholest; 4698 Sodium	1509 Calories; 124 Protein; 153 Carbs; 28 Dietary; 54 Fat; 12 Sat; 342 Cholest; 3027 Sodium	1524 Calories; 119 Protein; 155 Carbs; 29 Dietary; 52 Fat; 9 Sat; 290 Cholest; 2987 Sodium

40-30-30 Meal Plan - 1500 calories (continued)

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
1.59	9.69	2.62	0.56	0	9.33	3.4	0.59	0	0	5.41	0.31