



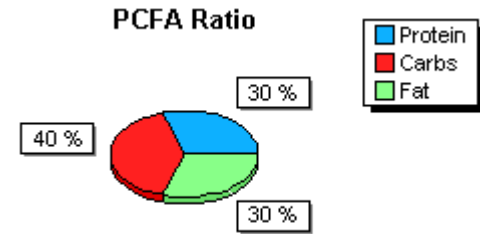
# 40-30-30 Meal Plan - 1800 calories

James Krider, MD . 760-242-1234

Avg Calories Per Day: 1781

PCFA Ratio: 30-40-30-0

Author: Phoebe Jaeckels B.S. Nutritionist



## 40-30-30 Meal Plan - 1800 calories (continued)

### Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B R</b>	Mexican Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving • Milk, Cow's, 1% Bf, Vit-a - 1/2 Cup	Vegetarian Breakfast - 1 Serving	Vegetarian Breakfast - 1 Serving • Club Soda, Carbonated - 12 Fl Oz	Breakfast Spinach Pie - 1 Serving • Coffee, Brewed, Prepared - 8 Fl Oz	Pancakes - 1/2 Serving	Water, Municipal - 8 Fl Oz • Mexican Omelette - 1 Serving
<b>M S</b>	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 - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	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 (nlea)	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 (nlea)
<b>L</b>	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Rich Cucumber Soup - 3/4 Serving • Water, Municipal - 8 Fl Oz • 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	Beef Stir Fry - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Fl Oz	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz	Curried Chicken - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • 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 • 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 • Sweet And Sour Pork - 1/2 Serving	Beef Chop Suey - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can
<b>A S</b>	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Apple, W/skin, Raw - 1 Small • 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 • Iced Tea Mix, Sugar Free - 1 Serving (nlea)	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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	Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 1 Cup • Almond, Raw - 15 Almonds
<b>D</b>	Cola, Diet, Carbonated - 1 Can • Mediterranean Chicken - 1 Serving	Beef And Bean Stew - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Mediterranean Chicken - 3/4 Serving • Water, Bottled - 8 Fl Oz • 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	Salmon With Dill Sauce - 3/4 Serving • Iced Tea Mix, Sugar Free - 1 Serving (nlea) • 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	Saute'ed Shrimp - 1 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • 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	Indonesian Chicken - 1 Serving • Cherry Seven Up, Diet - 8 Fl Oz
<b>E S</b>	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 (nlea)	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Small-extra Large - 5 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 • Walnut, English, Dried, Raw - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/3 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 12 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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
	1763 Calories; 141 Protein; 183 Carbs; 42 Dietary; 60 Fat; 14 Sat; 346 Cholest; 3818 Sodium	1825 Calories; 149 Protein; 185 Carbs; 40 Dietary; 66 Fat; 20 Sat; 505 Cholest; 4844 Sodium	1784 Calories; 142 Protein; 189 Carbs; 43 Dietary; 59 Fat; 11 Sat; 375 Cholest; 4948 Sodium	1757 Calories; 138 Protein; 183 Carbs; 35 Dietary; 59 Fat; 10 Sat; 382 Cholest; 3945 Sodium	1820 Calories; 145 Protein; 194 Carbs; 38 Dietary; 64 Fat; 14 Sat; 458 Cholest; 4391 Sodium	1751 Calories; 142 Protein; 181 Carbs; 26 Dietary; 61 Fat; 11 Sat; 190 Cholest; 5917 Sodium	1764 Calories; 142 Protein; 180 Carbs; 31 Dietary; 60 Fat; 12 Sat; 377 Cholest; 3583 Sodium

## 40-30-30 Meal Plan - 1800 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
1.13	11.47	1.94	1.31	0	14.02	4.45	0.5	0	0	5.31	0.24