



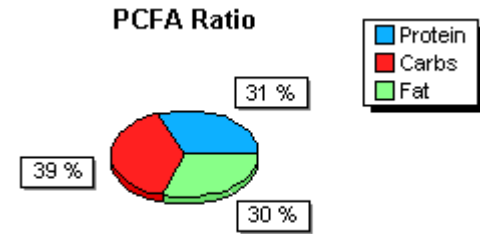
40-30-30 Meal Plan - 2100 calories

James Krider, MD . 760-242-1234

Author: Phoebe Jaeckels B.S. Nutritionist

Avg Calories Per Day: 2037

PCFA Ratio: 31-39-30-0



40-30-30 Meal Plan - 2100 calories (continued)

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Scrambled Vegetable Delight - 1 Serving	Pancakes - 3/4 Serving	Ground Turkey Omelette - 1 Serving	Ground Turkey Omelette - 1 Serving	Mexican Omelette - 1 Serving	Vegetarian Breakfast - 1 Serving • Lemonade Drink Mix, Sugar Free - 8 Fl Oz • Pancakes - 1/2 Serving	Pancakes - 1/2 Serving • Cola, Diet, Carbonated - 8 Fl Oz • Scrambled Vegetable Delight - 1 Serving
M S	Cottage Cheese, 1% Fat - 3/4 Cups • Pineapple, All Varieties, Raw, Diced - 1 Cup • Walnut, English, Dried, Raw - 1/3 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 • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices	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 • Iced Tea Mix, Sugar Free - 1 Serving (olea)	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
L	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	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rich Cucumber Soup - 1 Serving	Turkey Meatball Soup - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Chicken Salad - 1 Serving	Beef And Bean Stew - 1 Serving • Water, Municipal - 8 Fl Oz • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz • Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Curried Chicken - 1 Serving • 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	Louisiana Shrimp - 1 Serving • Water, Municipal - 8 Fl Oz
A S	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 • Lemonade Mix, Diet, Prepared - 6 Fl Oz	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
D	Chicken With Garden Vegetables - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Sweet And Sour Pork - 1 Serving	Rosemary Chicken - 1 Serving	Moo Goo Gai Pan - 1 Serving • Club Soda, Carbonated - 6 Fl Oz	Antipasto Salad - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 12 Fl Oz • Chicken Kabobs - 1/2 Serving	Indonesian Chicken - 3/4 Serving • Water, Municipal - 8 Fl Oz	Chicken Cacciatore - 3/4 Serving • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
E S	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 2 Cups • Almond, Raw - 10 Almonds	Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 12 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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	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
	1788 Calories; 142 Protein; 193 Carbs; 40 Dietary; 60 Fat; 10 Sat; 329 Cholest; 4190 Sodium	2090 Calories; 173 Protein; 211 Carbs; 33 Dietary; 76 Fat; 18 Sat; 461 Cholest; 7032 Sodium	2105 Calories; 173 Protein; 207 Carbs; 43 Dietary; 73 Fat; 14 Sat; 436 Cholest; 6267 Sodium	2059 Calories; 172 Protein; 209 Carbs; 50 Dietary; 68 Fat; 13 Sat; 412 Cholest; 7962 Sodium	2019 Calories; 164 Protein; 210 Carbs; 50 Dietary; 69 Fat; 14 Sat; 388 Cholest; 5882 Sodium	2130 Calories; 178 Protein; 213 Carbs; 40 Dietary; 75 Fat; 14 Sat; 446 Cholest; 3305 Sodium	2071 Calories; 173 Protein; 214 Carbs; 45 Dietary; 71 Fat; 14 Sat; 611 Cholest; 4527 Sodium

40-30-30 Meal Plan - 2100 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
2.52	14.9	1.55	1.11	0.04	13.24	4.67	0.8	0	0	7.98	0.33