



40-30-30 Meal Plan - 2300 calories

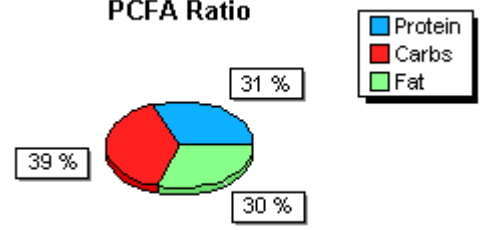
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Avg Calories Per Day: 2285

PCFA Ratio: 31-39-30-0

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PCFA Ratio



40-30-30 Meal Plan - 2300 calories (continued)

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Mexican Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving	Breakfast Spinach Pie - 1 Serving	Vegetarian Breakfast - 1 Serving • Club Soda, Carbonated - 12 Fl Oz • Ground Turkey Omelette - 1/2 Serving	Breakfast Spinach Pie - 1 Serving	Vegetarian Breakfast - 1.5 Servings	Water, Municipal - 8 Fl Oz • Mexican Omelette - 1 Serving • Pancakes - 1/2 Serving
M S	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 • 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	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
L	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Rich Cucumber Soup - 1 Serving • Water, Municipal - 8 Fl Oz	Beef Stir Fry - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Fl Oz • Saute'd Shrimp - 1 Serving	Chicken Salad - 1.5 Servings • Water, Municipal - 8 Fl Oz	Curried Chicken - 1 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	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 • Louisiana Shrimp - 1 Serving	Beef Chop Suey - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
A S	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	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 3/4 Cups • 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	Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 13 Almonds
D	Cola, Diet, Carbonated - 1 Can • Mexican Burgers - 1 Serving • Saute'd Shrimp - 1.5 Servings	Beef And Bean Stew - 1 Servings • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rosemary Chicken - 3/4 Serving	Mediterranean Chicken - 1 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 - 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	Saute'd Shrimp - 1/2 Servings • Water, Bottled - 8 Fl Oz • Chicken Breast, Fat Free, Roasted - 2 Slices • Sweet And Sour Tofu - 1 Serving	Spicy Vegetarian Tofu Primavera - 1 Servings • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Turkey Meatball Soup - 1/2 Serving	Indonesian Chicken - 1 Serving • Cherry Seven Up, Diet - 8 Fl Oz
E S	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 - 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 - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 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
	2235 Calories; 172 Protein; 230 Carbs; 54 Dietary; 81 Fat; 19 Sat; 539 Cholest; 5374 Sodium	2268 Calories; 188 Protein; 228 Carbs; 51 Dietary; 81 Fat; 23 Sat; 605 Cholest; 6008 Sodium	2287 Calories; 184 Protein; 243 Carbs; 59 Dietary; 79 Fat; 17 Sat; 524 Cholest; 6170 Sodium	2315 Calories; 183 Protein; 238 Carbs; 49 Dietary; 78 Fat; 14 Sat; 551 Cholest; 5146 Sodium	2321 Calories; 189 Protein; 243 Carbs; 45 Dietary; 83 Fat; 17 Sat; 423 Cholest; 4661 Sodium	2267 Calories; 185 Protein; 229 Carbs; 39 Dietary; 77 Fat; 14 Sat; 667 Cholest; 5828 Sodium	2305 Calories; 190 Protein; 234 Carbs; 43 Dietary; 81 Fat; 16 Sat; 459 Cholest; 4135 Sodium

40-30-30 Meal Plan - 2300 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
2.16	13.97	3.72	2.02	0	20.26	4.49	0.64	0	0	6.74	0.56