



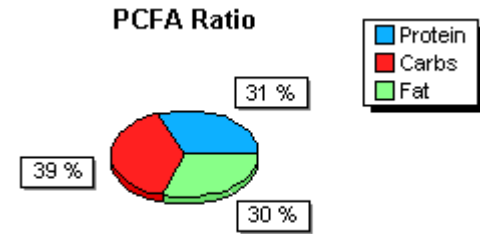
40-30-30 Meal Plan - 2500 calories

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Avg Calories Per Day: 2474

PCFA Ratio: 31-39-30-0



40-30-30 Meal Plan - 2500 calories (continued)

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Ground Turkey Omelette - 1 Serving • Scrambled Vegetable Delight - 3/4 Serving	Pancakes - 1 Serving	Ground Turkey Omelette - 1 Serving	Breakfast Zucchini Pie - 1 Serving	Mexican Omelette - 1 Serving • Water, Municipal - 8 Fl Oz	Vegetarian Breakfast - 1 Serving • Pancakes - 1/2 Serving	Pancakes - 3/4 Serving • Cola, Diet, Carbonated - 8 Fl Oz • Scrambled Vegetable Delight - 3/4 Serving
M S	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	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	Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 6 Pieces • Chicken Breast, Fat Free, Roasted - 5 Slices	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 • 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 Serving • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Louisiana Shrimp - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rich Cucumber Soup - 1 Serving	Turkey Meatball Soup - 3/4 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 • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Curried Chicken - 3/4 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 Servings • 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 - 1/3 Cup • Pineapple, All Varieties, Raw, Diced - 1/2 Cup • Walnut, English, Dried, Raw - 1/5 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 - 1/3 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Turkey Breast - 1.5 Oz • Strawberry, Pureed, Raw - 1.5 Cups • 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	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices
D	Chicken With Garden Vegetables - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Sweet And Sour Pork - 1 Serving	Rosemary Chicken - 1 Serving • Saute'ed Shrimp - 3/4 Serving	Moo Goo Gai Pan - 1 Serving • Club Soda, Carbonated - 6 Fl Oz • Beef Chop Suey - 1 Serving	Antipasto Salad - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 12 Fl Oz • Chicken Kabobs - 1 1/4 Servings	Indonesian Chicken - 1 Serving • Water, Municipal - 8 Fl Oz • Louisiana Shrimp - 1 Serving	Chicken Cacciatore - 1 1/2 Servings • 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 - 5 Slices • Grape, European-type, Raw - 1 Cup • Almond, Raw - 14 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	Dip, Guacamole - 2 Tbsp • Nectarine, Raw - 1.5 Fruits • Ham Lunch Meat, Nonfat - 7 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
	2471 Calories; 196 Protein; 259 Carbs; 56 Dietary; 85 Fat; 15 Sat; 531 Cholest; 5583 Sodium	2462 Calories; 205 Protein; 249 Carbs; 40 Dietary; 88 Fat; 20 Sat; 614 Cholest; 7492 Sodium	2448 Calories; 199 Protein; 243 Carbs; 51 Dietary; 85 Fat; 16 Sat; 540 Cholest; 7230 Sodium	2509 Calories; 205 Protein; 255 Carbs; 59 Dietary; 88 Fat; 20 Sat; 460 Cholest; 8869 Sodium	2443 Calories; 200 Protein; 255 Carbs; 62 Dietary; 84 Fat; 17 Sat; 433 Cholest; 7001 Sodium	2496 Calories; 207 Protein; 253 Carbs; 47 Dietary; 86 Fat; 17 Sat; 669 Cholest; 3654 Sodium	2486 Calories; 210 Protein; 253 Carbs; 52 Dietary; 86 Fat; 16 Sat; 631 Cholest; 5512 Sodium

40-30-30 Meal Plan - 2500 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
2.9	17.2	2.33	1.38	0.05	19.03	4.88	1.04	0	0	10.06	0.39