



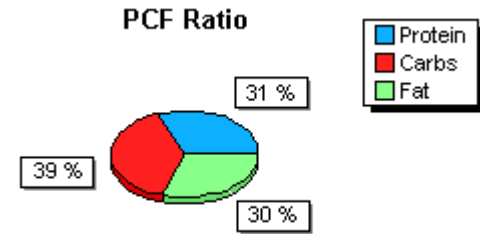
# 40-30-30 Meal Plan - 2500 calories

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Avg Calories Per Day: 2495

PCF Ratio: 31-39-30



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

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B R</b>	Scrambled Vegetable Delight - 1 Serving • Ground Turkey Omelette - 1/2 Serving	Breakfast Spinach Pie - 1 Serving • Breakfast Fruit Salad - 1/2 Serving	Mexican Omelette - 1 Serving • Breakfast Fruit Salad - 1/2 Serving	Breakfast Zucchini Pie - 1/2 Serving • Vegetarian Breakfast - 3/4 Serving	Mexican Omelette - 1 Serving	Breakfast Zucchini Pie - 3/4 Serving • Water, Municipal - 8 Fl Oz • Breakfast Fruit Salad - 1 Serving	Breakfast Spinach Pie - 1 Serving • Breakfast Fruit Salad - 1/2 Serving
<b>M S</b>	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 7 Pieces • Chicken Breast, Fat Free, Roasted - 4 Slices • Grape, American-type, Raw - 1/2 Cup	Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 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 - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 1 1/2 Cup • Almond, Raw - 9 Almonds	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 2 Fruits • Olive, Black, Pitted - 8 Pieces • Chicken Breast, Fat Free, Roasted - 4 Slices	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
<b>L</b>	Turkey Meatball Soup - 1 Serving • Cola, Diet, Carbonated - 1 Can	Turkey Meatball Soup - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 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	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 • Chicken With Garden Vegetables - 1 Serving	Chicken Kabobs - 1 Serving • Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 Large	Mexican Burgers - 1 Serving • Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 7 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	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 • Chicken Breast, Fat Free, Roasted - 2 Slices
<b>A S</b>	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 - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 14 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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 • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 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	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
<b>D</b>	Rosemary Chicken - 3/4 Serving • Water, Bottled - 8 Fl Oz • Vegetarian Chili - 1 Serving	Chicken Apple Pie - 1 Serving • Water, Bottled - 8 Fl Oz • Saute'ed Shrimp - 1 Serving	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Beef Chop Suey - 1 Serving • Almond, Raw - 8 Almonds • Nectarine, Raw - 1 Fruit • Turkey Breast, Smoked - 2 Slices	Indonesian Chicken - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Louisiana Shrimp - 1 Serving	Moo Goo Gai Pan - 1 Serving • Water, Bottled - 8 Fl Oz • Rich Cucumber Soup - 3/4 Serving	Spicy Vegetarian Tofu Primavera - 1 Serving • Salmon With Dill Sauce - 1/2 Serving	Sweet And Sour Chicken With Snow Peas - 1 Serving • Saute'ed Shrimp - 1 Serving
<b>E S</b>	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	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	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 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices	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
	2492 Calories; 202 Protein; 253 Carbs; 47 Dietary; 85 Fat; 16 Sat; 511 Cholest; 6798 Sodium	2515 Calories; 207 Protein; 255 Carbs; 45 Dietary; 89 Fat; 18 Sat; 548 Cholest; 7269 Sodium	2473 Calories; 200 Protein; 255 Carbs; 44 Dietary; 86 Fat; 15 Sat; 412 Cholest; 6303 Sodium	2449 Calories; 208 Protein; 247 Carbs; 47 Dietary; 84 Fat; 17 Sat; 716 Cholest; 5780 Sodium	2492 Calories; 198 Protein; 253 Carbs; 58 Dietary; 87 Fat; 20 Sat; 618 Cholest; 8472 Sodium	2513 Calories; 199 Protein; 259 Carbs; 43 Dietary; 87 Fat; 19 Sat; 337 Cholest; 6130 Sodium	2530 Calories; 204 Protein; 265 Carbs; 54 Dietary; 87 Fat; 18 Sat; 487 Cholest; 6635 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
1.63	15.74	3.8	1.92	0.07	20.9	5.42	0.61	0	0	7.58	0.62