



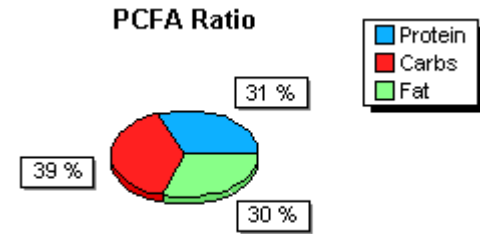
40-30-30 Meal Plan - 2800 calories

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Avg Calories Per Day: 2770

PCFA Ratio: 31-39-30-0



40-30-30 Meal Plan - 2800 calories (continued)

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Mexican Omelette - 1 Serving • Pancakes - 1 Serving	Breakfast Spinach Pie - 1 Serving • Breakfast Fruit Salad - 1/2 Serving	Breakfast Spinach Pie - 1 Serving • Pancakes - 3/4 Serving	Vegetarian Breakfast - 1 Serving • Club Soda, Carbonated - 12 Fl Oz • Ground Turkey Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving • Pancakes - 1/2 Serving	Pancakes - 1/2 Serving • Vegetarian Breakfast - 1 Serving	Water, Municipal - 8 Fl Oz • Mexican Omelette - 1 Serving • Pancakes - 1/2 Serving
M S	Turkey Breast - 1 1/3 Oz • Strawberry, Pureed, Raw - 1 1/4 Cup • Almond, Raw - 7 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 - 2 Oz • Strawberry, Pureed, Raw - 1 1/2 Cup • Almond, Raw - 8 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 • 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 • Saute'd Shrimp - 3/4 Serving	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz • Rich Cucumber Soup - 3/4 Servings	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	Water, Municipal - 8 Fl Oz • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 9 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices • Vegetarian Chili - 1 Serving	Beef Chop Suey - 1 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 1/4 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 - 12 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
D	Cola, Diet, Carbonated - 1 Can • Mexican Burgers - 1 Serving • Vegetarian Chili - 1/2 Serving	Beef And Bean Stew - 1 Servings • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rosemary Chicken - 1 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 Serving • Water, Bottled - 8 Fl Oz • Indonesian Chicken - 1 Serving	Spicy Vegetarian Tofu Primavera - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Sweet And Sour Chicken With Snow Peas - 1 Serving	Indonesian Chicken - 1 Serving • Cherry Seven Up, Diet - 8 Fl Oz • Sweet And Sour Tofu - 1/2 Serving
E S	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 - 1/4 Cup • Walnut, English, Dried, Raw - 1/6 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1/2 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 - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 14 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
	2748 Calories; 223 Protein; 277 Carbs; 58 Dietary; 100 Fat; 23 Sat; 486 Cholest; 5139 Sodium	2736 Calories; 224 Protein; 274 Carbs; 56 Dietary; 97 Fat; 25 Sat; 633 Cholest; 7463 Sodium	2816 Calories; 233 Protein; 295 Carbs; 67 Dietary; 98 Fat; 21 Sat; 595 Cholest; 6419 Sodium	2788 Calories; 219 Protein; 284 Carbs; 60 Dietary; 98 Fat; 20 Sat; 828 Cholest; 5730 Sodium	2748 Calories; 230 Protein; 276 Carbs; 54 Dietary; 99 Fat; 21 Sat; 618 Cholest; 5033 Sodium	2804 Calories; 224 Protein; 288 Carbs; 51 Dietary; 98 Fat; 16 Sat; 422 Cholest; 7760 Sodium	2749 Calories; 221 Protein; 286 Carbs; 51 Dietary; 97 Fat; 19 Sat; 469 Cholest; 4454 Sodium

40-30-30 Meal Plan - 2800 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
3.46	16.77	4.46	2.32	0.02	20.51	5.68	1.19	0	0	10.1	0.53