



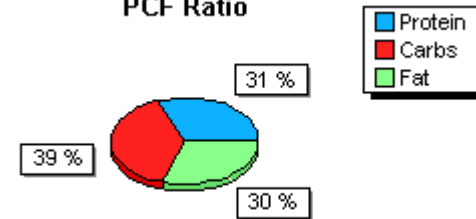
40-30-30 Meal Plan - 1100 calories

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Avg Calories Per Day: 1090

PCF Ratio: 31-39-30

PCF Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Mexican Omelette - 1/2 Serving	Breakfast Spinach Pie - 1/2 Serving • Milk, Cow's, 1% Bf, Vit-a - 1/2 Cup	Breakfast Fruit Salad - 1/2 Serving	Vegetarian Breakfast - 1/2 Serving • Club Soda, Carbonated - 12 Fl Oz	Breakfast Spinach Pie - 1/2 Serving • Coffee, Brewed, Prepared - 8 Fl Oz	Mexican Omelette - 3/4 Serving • Milk, Cow's, 1% Bf, Vit-a - 1/2 Cup	Water, Municipal - 8 Fl Oz • Mexican Omelette - 1/2 Serving
L	Beef Chop Suey - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Rich Cucumber Soup - 1/2 Serving • Water, Municipal - 8 Fl Oz	Non Cola/pepper Soda, No Caffeine, Diet - 1 Fl Oz • Chicken Salad - 1/2 Serving	Chicken Salad - 1/2 Serving • Water, Municipal - 8 Fl Oz	Curried Chicken - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Water, Municipal - 8 Fl Oz • Chicken Kabobs - 1/2 Serving	Beef Chop Suey - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can
A	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 • Iced Tea Mix, Sugar Free - 1 Serving (nlea)	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 - 1/2 Cup • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz		Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds
D	Cola, Diet, Carbonated - 1 Can • Beef Chop Suey - 3/4 Serving	Beef And Bean Stew - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Water, Bottled - 8 Fl Oz • Chicken And Spinach - 1 Serving	Salmon With Dill Sauce - 3/4 Serving • Iced Tea Mix, Sugar Free - 1 Serving (nlea)	Saute'ed Shrimp - 3/4 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Indonesian Chicken - 3/4 Serving • Cherry Seven Up, Diet - 8 Fl Oz
E		Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • 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 • Iced Tea Mix, Sugar Free - 1 Serving (nlea)	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	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
	1062 Calories; 85 Protein; 109 Carbs; 22 Dietary; 37 Fat; 11 Sat; 181 Cholest; 1992 Sodium	1079 Calories; 88 Protein; 110 Carbs; 25 Dietary; 38 Fat; 13 Sat; 281 Cholest; 2739 Sodium	1125 Calories; 89 Protein; 118 Carbs; 16 Dietary; 37 Fat; 6 Sat; 89 Cholest; 2463 Sodium	1097 Calories; 87 Protein; 110 Carbs; 18 Dietary; 38 Fat; 7 Sat; 222 Cholest; 2088 Sodium	1094 Calories; 88 Protein; 119 Carbs; 22 Dietary; 37 Fat; 8 Sat; 264 Cholest; 2366 Sodium	1058 Calories; 89 Protein; 106 Carbs; 20 Dietary; 36 Fat; 6 Sat; 223 Cholest; 2664 Sodium	1115 Calories; 89 Protein; 113 Carbs; 21 Dietary; 39 Fat; 8 Sat; 225 Cholest; 2165 Sodium

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
0.75	6.55	1.9	0.69	0	9.24	2.15	0.6	0	0	3.05	0.21