



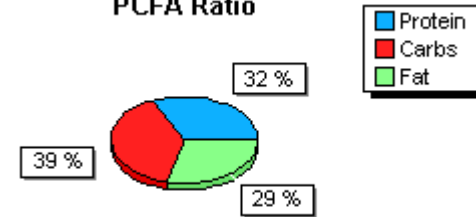
40-30-30 Meal Plan - 1100 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1101

PCFA Ratio: 32-39-29-0

PCFA Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Ground Turkey Omelette - 1/2 Serving	Pancakes - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz	Ground Turkey Omelette - 1/2 Serving	Breakfast Zucchini Pie - 1/2 Serving	Mexican Omelette - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz	Vegetarian Breakfast - 1 Serving • Lemonade Drink Mix, Sugar Free - 8 Fl Oz	Pancakes - 1/2 Serving • Cola, Diet, Carbonated - 8 Fl Oz
L	Vegetarian Chili - 3/4 Serving • Water, Bottled - 8 Fl Oz	Louisiana Shrimp - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Turkey Meatball Soup - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Beef And Bean Stew - 3/4 Serving • Water, Municipal - 8 Fl Oz	Chicken Salad - 1/2 Serving • Water, Municipal - 8 Fl Oz	Curried Chicken - 1/2 Serving • Lemonade Mix, Pink, Diet - 1/8 Cap/tub	Louisiana Shrimp - 1/2 Serving • Water, Municipal - 8 Fl Oz
A	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 - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz • Iced Tea Mix, Sugar Free - 1 Serving (meal)	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	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 6 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	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 (meal)	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices
D	Chicken With Garden Vegetables - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Herbal Tea, Chamomile, Brewed - 6 Fl Oz • Sweet And Sour Pork - 1/2 Serving	Rosemary Chicken - 1/2 Serving • Herbal Tea, Brewed - 8 Fl Oz	Moo Goo Gai Pan - 1/2 Serving • Club Soda, Carbonated - 6 Fl Oz	Antipasto Salad - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 12 Fl Oz	Indonesian Chicken - 1/2 Serving • Water, Municipal - 8 Fl Oz	Chicken Cacciatore - 1/2 Serving
E	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 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	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 - 5 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 • Lemonade Mix, Diet, Prepared - 6 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
	1129 Calories; 88 Protein; 118 Carbs; 25 Dietary; 39 Fat; 6 Sat; 178 Cholest; 2660 Sodium	1130 Calories; 98 Protein; 113 Carbs; 15 Dietary; 39 Fat; 7 Sat; 236 Cholest; 3406 Sodium	1068 Calories; 90 Protein; 104 Carbs; 18 Dietary; 36 Fat; 7 Sat; 220 Cholest; 3303 Sodium	1106 Calories; 95 Protein; 110 Carbs; 25 Dietary; 36 Fat; 9 Sat; 212 Cholest; 4403 Sodium	1052 Calories; 83 Protein; 111 Carbs; 29 Dietary; 36 Fat; 9 Sat; 201 Cholest; 2930 Sodium	1128 Calories; 90 Protein; 116 Carbs; 23 Dietary; 38 Fat; 8 Sat; 292 Cholest; 1515 Sodium	1092 Calories; 94 Protein; 110 Carbs; 19 Dietary; 38 Fat; 7 Sat; 252 Cholest; 2769 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
1.4	8.15	0.95	0.57	0.03	7.16	2.28	0.49	0	0	4.52	0.24