



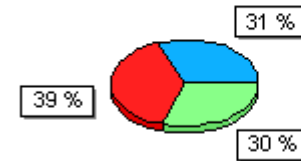
40-30-30 Meal Plan - 1100 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1093

PCF Ratio: 31-39-30

PCF Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Scrambled Vegetable Delight - 1/2 Serving • Hot Chocolate, Cocoa - 1/2 Cup	Breakfast Spinach Pie - 1/2 Serving	Mexican Omelette - 1/2 Serving	Breakfast Zucchini Pie - 1/2 Serving • Water, Municipal - 8 Fl Oz	Lemonade Drink Mix, Diet, Pad - 8 Fl Oz • Pancakes - 1/2 Serving	Breakfast Zucchini Pie - 3/4 Serving • Water, Municipal - 8 Fl Oz	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Breakfast Spinach Pie - 1/2 Serving
L	Turkey Meatball Soup - 1/2 Serving • Cola, Diet, Carbonated - 1 Can	Turkey Meatball Soup - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Water, Municipal - 8 Fl Oz • Beef And Bean Stew - 3/4 Serving	Mexican Burgers - 1/2 Serving	Mexican Burgers - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Beef Chop Suey - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Curried Chicken - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can
A	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 (plea)	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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 • Iced Tea Mix, Sugar Free - 1 Serving (plea)	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
D	Rosemary Chicken - 1/2 Serving • Water, Bottled - 8 Fl Oz	Chicken Apple Pie - 1 Serving • Water, Bottled - 8 Fl Oz	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Beef Chop Suey - 1/2 Serving	Indonesian Chicken - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Moo Goo Gai Pan - 1/2 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1/2 Serving	Sweet And Sour Chicken With Snow Peas - 1/2 Serving
E	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 - 1/3 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	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 (plea)	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Chicken Breast, Fat Free, Roasted - 2 Slices • Olive, Black, Pitted - 5 Pieces	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 • Iced Tea Mix, Sugar Free - 1 Serving (plea)
	1122 Calories; 90 Protein; 117 Carbs; 18 Dietary; 37 Fat; 8 Sat; 216 Cholest; 2917 Sodium	1111 Calories; 93 Protein; 110 Carbs; 19 Dietary; 40 Fat; 8 Sat; 215 Cholest; 2349 Sodium	1098 Calories; 94 Protein; 110 Carbs; 23 Dietary; 37 Fat; 7 Sat; 229 Cholest; 3915 Sodium	1117 Calories; 89 Protein; 112 Carbs; 21 Dietary; 39 Fat; 10 Sat; 241 Cholest; 2152 Sodium	1097 Calories; 91 Protein; 110 Carbs; 23 Dietary; 39 Fat; 8 Sat; 166 Cholest; 3856 Sodium	1047 Calories; 86 Protein; 105 Carbs; 21 Dietary; 37 Fat; 10 Sat; 228 Cholest; 2457 Sodium	1062 Calories; 88 Protein; 111 Carbs; 24 Dietary; 36 Fat; 8 Sat; 192 Cholest; 2479 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
0.89	7	1.35	1.08	0.01	8.5	2.21	0.35	0	0	3.63	0.28