



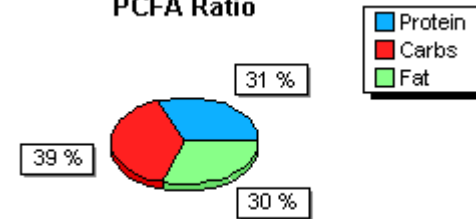
40-30-30 Meal Plan - 1100 calories

James Krider, MD . 760-242-1234

Avg Calories Per Day: 1091

PCFA Ratio: 31-39-30-0

PCFA Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Vegetarian Breakfast - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz	Pancakes - 1/2 Serving	Coffee, Brewed, Prepared - 6 Fl Oz • Vegetarian Breakfast - 1/2 Serving	Vegetarian Breakfast - 1 Serving	Breakfast Fruit Salad - 1/2 Serving • Water, Municipal - 8 Fl Oz	Pancakes - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz	Mexican Omelette - 1 Serving
L	Chicken Salad - 1/2 Serving • Cola, Diet, Carbonated - 12 Fl Oz	Sweet And Sour Pork And Cabbage - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Cola, Diet, Carbonated - 1 Can • Mediterranean Chicken - 1/2 Serving	Water, Municipal - 8 Fl Oz • Curried Chicken - 1/2 Serving	Braised Turkey And Cabbage - 1/2 Serving	Louisiana Shrimp - 1/2 Serving • Cola, Diet, Carbonated - 12 Fl Oz	Water, Municipal - 8 Fl Oz • Vegetarian Chili - 1/2 Serving
A	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/2 Oz • Apple, W/skin, Raw - 1 Cup • Peach, Raw - 1 Medium	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 3 Pieces	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	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)	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz
D	Salmon With Dill Sauce - 1/2 Serving • Water, Bottled - 8 Fl Oz	Saute'ed Shrimp - 3/4 Serving • Club Soda, Carbonated - 8 Fl Oz	Rosemary Chicken - 1/2 Serving • Water, Municipal - 8 Fl Oz	Antipasto Salad - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz	Rosemary Chicken - 1/2 Serving • Water, Bottled - 8 Fl Oz	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 1/2 Serving	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Chicken And Spinach - 1/2 Serving
E	Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz • Cottage Cheese, 1% Fat - 1/2 Cup • Iced Tea Mix, Sugar Free - 1 Serving (nlea)	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/3 Oz • Apple, W/skin, Raw - 1 Medium	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)	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Small-extra Large - 4 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)
	1117 Calories; 90 Protein; 113 Carbs; 19 Dietary; 38 Fat; 7 Sat; 185 Cholest; 2208 Sodium	1070 Calories; 86 Protein; 111 Carbs; 22 Dietary; 40 Fat; 8 Sat; 210 Cholest; 1737 Sodium	1101 Calories; 89 Protein; 115 Carbs; 22 Dietary; 36 Fat; 8 Sat; 184 Cholest; 2408 Sodium	1095 Calories; 88 Protein; 114 Carbs; 25 Dietary; 37 Fat; 8 Sat; 279 Cholest; 2024 Sodium	1068 Calories; 84 Protein; 110 Carbs; 18 Dietary; 37 Fat; 8 Sat; 123 Cholest; 2916 Sodium	1109 Calories; 93 Protein; 112 Carbs; 20 Dietary; 39 Fat; 9 Sat; 240 Cholest; 1887 Sodium	1080 Calories; 84 Protein; 110 Carbs; 21 Dietary; 36 Fat; 6 Sat; 253 Cholest; 2132 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
1.02	7.39	1.5	0.49	0	6.23	2.75	0.43	0	0	4.23	0.29