



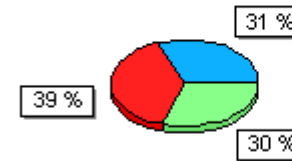
40-30-30 Meal Plan - 1300 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1287

PCFA Ratio: 31-39-30-0

PCFA Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 1

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|--|--|--|---|---|
| B | Mexican Omelette - 1 Serving | Breakfast Spinach Pie - 1 Serving | Pancakes - 1/2 Serving | Vegetarian Breakfast - 3/4 Serving • Club Soda, Carbonated - 12 Fl Oz | Breakfast Spinach Pie - 1/2 Serving | Mexican Omelette - 1/2 Serving | Water, Municipal - 8 Fl Oz • Mexican Omelette - 3/4 Serving |
| R | | | | | | | |
| 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 • Mediterranean Chicken - 3/4 Serving | Chicken Salad - 3/4 Serving • Water, Municipal - 8 Fl Oz | Curried Chicken - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can | Water, Municipal - 8 Fl Oz • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 3 Pieces • Antipasto Salad - 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 | 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 - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds | Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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 - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds |
| S | | | | | | | |
| D | Cola, Diet, Carbonated - 1 Can • Chicken Cacciatore - 1 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 | Saute'ed Shrimp - 1 Serving • Water, Bottled - 8 Fl Oz | Spicy Vegetarian Tofu Primavera - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can | Indonesian Chicken - 1 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 | 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 - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large | Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/4 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 |
| | 1252 Calories; 103 Protein; 122 Carbs; 27 Dietary; 44 Fat; 10 Sat; 302 Cholest; 3128 Sodium | 1275 Calories; 106 Protein; 128 Carbs; 31 Dietary; 46 Fat; 16 Sat; 388 Cholest; 3064 Sodium | 1316 Calories; 108 Protein; 138 Carbs; 22 Dietary; 45 Fat; 8 Sat; 185 Cholest; 1907 Sodium | 1271 Calories; 102 Protein; 129 Carbs; 23 Dietary; 43 Fat; 8 Sat; 288 Cholest; 2531 Sodium | 1314 Calories; 105 Protein; 142 Carbs; 28 Dietary; 45 Fat; 9 Sat; 307 Cholest; 2457 Sodium | 1249 Calories; 100 Protein; 130 Carbs; 24 Dietary; 42 Fat; 8 Sat; 205 Cholest; 3765 Sodium | 1334 Calories; 107 Protein; 134 Carbs; 25 Dietary; 47 Fat; 10 Sat; 297 Cholest; 2419 Sodium |

40-30-30 Meal Plan - 1300 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 |
|--------|----------------|-----------|-----------------|---------------|-----------|-------|-----------|--------------|------------|------|---------------------|
| 1.06 | 7.88 | 1.8 | 0.98 | 0 | 11.44 | 2.37 | 0.45 | 0 | 0 | 4.22 | 0.24 |