



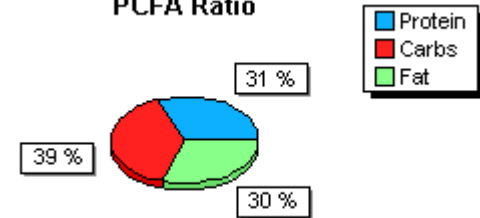
40-30-30 Meal Plan - 1500 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1484

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 - 1/2 Serving	Scrambled Vegetable Delight - 3/4 Serving	Vegetarian Breakfast - 1 Serving • Club Soda, Carbonated - 12 Fl Oz	Breakfast Spinach Pie - 1 Serving • Coffee, Brewed, Prepared - 8 Fl Oz	Mexican Omelette - 1/2 Serving	Water, Municipal - 8 Fl Oz • Mexican Omelette - 1 Serving
L	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Rich Cucumber Soup - 1 Serving • Water, Municipal - 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	Beef Stir Fry - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Fl Oz	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 - 5 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices • Chicken Kababs - 1 Serving	Beef Chop Suey - 3/4 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	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 - 9 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
D	Cola, Diet, Carbonated - 1 Can • Beef And Bean Stew - 1 Serving	Beef And Bean Stew - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Mediterranean Chicken - 1 Serving • Water, Bottled - 8 Fl Oz	Salmon With Dill Sauce - 1 Serving	Saute'ed Shrimp - 1 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 - 3 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	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 - 6 Pieces • Chicken Breast, Fat Free, Roasted - 3 Slices
	1470 Calories; 122 Protein; 146 Carbs; 34 Dietary; 50 Fat; 13 Sat; 312 Cholest; 3953 Sodium	1464 Calories; 117 Protein; 149 Carbs; 35 Dietary; 53 Fat; 17 Sat; 411 Cholest; 3780 Sodium	1511 Calories; 124 Protein; 161 Carbs; 40 Dietary; 49 Fat; 10 Sat; 283 Cholest; 3511 Sodium	1486 Calories; 119 Protein; 151 Carbs; 26 Dietary; 50 Fat; 9 Sat; 362 Cholest; 2700 Sodium	1530 Calories; 131 Protein; 153 Carbs; 34 Dietary; 55 Fat; 13 Sat; 431 Cholest; 3091 Sodium	1476 Calories; 124 Protein; 150 Carbs; 30 Dietary; 52 Fat; 8 Sat; 242 Cholest; 4685 Sodium	1450 Calories; 117 Protein; 144 Carbs; 28 Dietary; 51 Fat; 11 Sat; 346 Cholest; 2935 Sodium

40-30-30 Meal Plan - 1500 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
1.25	9.42	2.35	1.19	0	14.54	2.36	0.35	0	0	4.23	0.29