



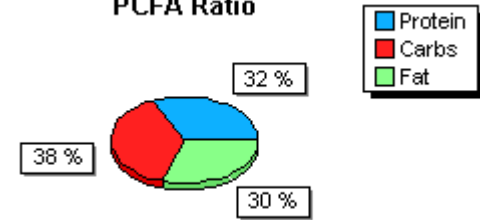
40-30-30 Meal Plan - 1500 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1494

PCFA Ratio: 32-38-30-0

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	Ground Turkey Omelette - 3/4 Serving	Breakfast Zucchini Pie - 1 Serving	Mexican Omelette - 1 Serving	Vegetarian Breakfast - 1 Serving	Pancakes - 1/2 Serving • Cola, Diet, Carbonated - 8 Fl Oz
R	Serving					• Lemonade Drink Mix, Sugar Free - 8 Fl Oz	
L	Vegetarian Chili - 3/4 Serving • Water, Bottled - 8 Fl Oz	Louisiana Shrimp - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Turkey Meatball Soup - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Beef And Bean Stew - 1 Serving • Water, Municipal - 8 Fl Oz	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz	Curried Chicken - 1 Serving	Louisiana Shrimp - 1 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	Water, Municipal - 8 Fl Oz • Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/4 Oz • Peach, Raw - 1 Large	Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/3 Oz • Peach, Raw - 1 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 6 Almonds	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	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 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Sweet And Sour Pork - 1 Serving	Rosemary Chicken - 3/4 Serving	Moo Goo Gai Pan - 3/4 Serving • Club Soda, Carbonated - 6 Fl Oz	Antipasto Salad - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 12 Fl Oz	Indonesian Chicken - 1 Serving • Water, Municipal - 8 Fl Oz	Chicken Cacciatore - 1 Serving
E	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 2 Cups • Almond, Raw - 10 Almonds	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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 • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Cheese, Cheddar Or Colby, Lowfat - 1.5 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	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
	1501 Calories; 117 Protein; 159 Carbs; 34 Dietary; 52 Fat; 8 Sat; 216 Cholest; 3314 Sodium	1494 Calories; 125 Protein; 151 Carbs; 20 Dietary; 51 Fat; 10 Sat; 364 Cholest; 5172 Sodium	1468 Calories; 122 Protein; 140 Carbs; 25 Dietary; 51 Fat; 10 Sat; 283 Cholest; 3739 Sodium	1490 Calories; 125 Protein; 147 Carbs; 36 Dietary; 52 Fat; 14 Sat; 324 Cholest; 5124 Sodium	1461 Calories; 118 Protein; 149 Carbs; 39 Dietary; 50 Fat; 12 Sat; 334 Cholest; 4059 Sodium	1538 Calories; 127 Protein; 153 Carbs; 31 Dietary; 53 Fat; 11 Sat; 355 Cholest; 1792 Sodium	1503 Calories; 128 Protein; 151 Carbs; 28 Dietary; 52 Fat; 10 Sat; 395 Cholest; 3770 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
1.88	10.77	1.11	0.83	0.05	11.08	2.47	0.8	0	0	5.97	0.29