



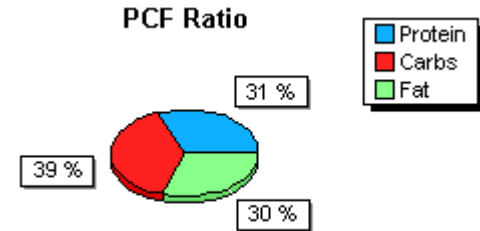
40-30-30 Meal Plan - 1500 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 1482

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 - 3/4 Serving	Breakfast Spinach Pie - 3/4 Serving	Mexican Omelette - 3/4 Serving	Breakfast Zucchini Pie - 3/4 Serving	Breakfast Fruit Salad - 1/2 Serving	Breakfast Zucchini Pie - 3/4 Serving • Water, Municipal - 8 Fl Oz	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Breakfast Spinach Pie - 3/4 Serving
L	Turkey Meatball Soup - 1 Serving • Cola, Diet, Carbonated - 1 Can	Turkey Meatball Soup - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 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	Water, Municipal - 8 Fl Oz • Moo Goo Gai Pan - 1 Serving	Chicken Kabobs - 1 Serving	Antipasto Salad - 1 Serving	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Curried Chicken - 1 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	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 - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 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 - 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 • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
D	Rosemary Chicken - 3/4 Serving • Water, Bottled - 8 Fl Oz	Chicken Apple Pie - 3/4 Serving • Water, Bottled - 8 Fl Oz	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Beef Chop Suey - 3/4 Serving	Indonesian Chicken - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Beef Stir Fry - 1 Serving	Spicy Vegetarian Tofu Primavera - 1 Serving	Sweet And Sour Chicken With Snow Peas - 1 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 - 1/4 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 (neea)	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	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
	1472 Calories; 122 Protein; 148 Carbs; 25 Dietary; 50 Fat; 10 Sat; 307 Cholest; 4071 Sodium	1488 Calories; 125 Protein; 147 Carbs; 26 Dietary; 53 Fat; 12 Sat; 307 Cholest; 3894 Sodium	1479 Calories; 124 Protein; 150 Carbs; 32 Dietary; 51 Fat; 10 Sat; 308 Cholest; 5598 Sodium	1485 Calories; 127 Protein; 149 Carbs; 31 Dietary; 52 Fat; 12 Sat; 317 Cholest; 3237 Sodium	1482 Calories; 119 Protein; 155 Carbs; 33 Dietary; 50 Fat; 10 Sat; 157 Cholest; 4872 Sodium	1455 Calories; 118 Protein; 148 Carbs; 30 Dietary; 52 Fat; 13 Sat; 248 Cholest; 3149 Sodium	1510 Calories; 125 Protein; 158 Carbs; 34 Dietary; 51 Fat; 12 Sat; 286 Cholest; 3816 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
0.79	9.07	2.23	1.11	0.02	14.26	2.55	0.32	0	0	4.82	0.38