



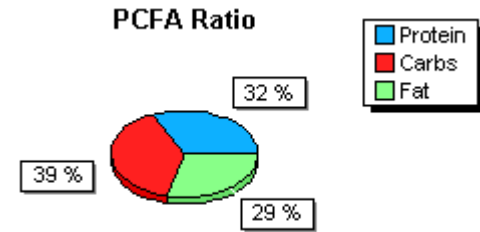
40-30-30 Meal Plan - 1800 calories

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Avg Calories Per Day: 1781

PCFA Ratio: 32-39-29-0



40-30-30 Meal Plan - 1800 calories (continued)

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Ground Turkey Omelette - 1/2 Serving	Pancakes - 1/2 Serving • Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz	Ground Turkey Omelette - 1 Serving	Breakfast Zucchini Pie - 1 Serving • Milk, Cow's, 1% Bf, Nfms, Vit-a - 1 Cup	Mexican Omelette - 1 Serving • Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Vegetarian Breakfast - 1 Serving • Lemonade Drink Mix, Sugar Free - 8 Fl Oz • Pancakes - 1/3 Serving	Pancakes - 1/2 Serving • Cola, Diet, Carbonated - 8 Fl Oz • Scrambled Vegetable Delight - 1/2 Serving
M S	Cottage Cheese, 1% Fat - 3/4 Cups • Pineapple, All Varieties, Raw, Diced - 1 Cup • Walnut, English, Dried, Raw - 1/3 Oz • Iced Tea Mix, Sugar Free - 1 Serving (plea)	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices	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	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 • Iced Tea Mix, Sugar Free - 1 Serving (plea)	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 - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large
L	Vegetarian Chili - 1/2 Serving • Water, Bottled - 8 Fl Oz • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	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 - 3/4 Serving • Water, Municipal - 8 Fl Oz • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz	Turkey Meatball Soup - 1/2 Serving	Louisiana Shrimp - 3/4 Serving • Water, Municipal - 8 Fl Oz
A S	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 • Iced Tea Mix, Sugar Free - 1 Serving (plea)	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 • Walnut, English, Dried, Raw - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 6 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	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 (plea)	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 • Club Soda, Carbonated - 12 Fl Oz	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 S	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 2 Cups • Almond, Raw - 10 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 12 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	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 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
	1804 Calories; 143 Protein; 191 Carbs; 36 Dietary; 61 Fat; 10 Sat; 250 Cholest; 4526 Sodium	1752 Calories; 149 Protein; 177 Carbs; 23 Dietary; 59 Fat; 11 Sat; 419 Cholest; 6639 Sodium	1726 Calories; 143 Protein; 168 Carbs; 30 Dietary; 59 Fat; 12 Sat; 390 Cholest; 5233 Sodium	1822 Calories; 150 Protein; 187 Carbs; 40 Dietary; 61 Fat; 15 Sat; 378 Cholest; 6388 Sodium	1773 Calories; 142 Protein; 184 Carbs; 43 Dietary; 60 Fat; 13 Sat; 363 Cholest; 5226 Sodium	1809 Calories; 146 Protein; 185 Carbs; 32 Dietary; 62 Fat; 12 Sat; 402 Cholest; 2942 Sodium	1784 Calories; 152 Protein; 180 Carbs; 35 Dietary; 61 Fat; 12 Sat; 450 Cholest; 4247 Sodium

40-30-30 Meal Plan - 1800 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
1.94	13.11	1.24	0.95	0.05	11.21	4.14	0.88	0	0	6.96	0.3