



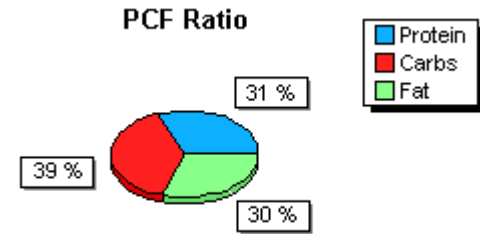
# 40-30-30 Meal Plan - 1800 calories

James Krider, MD . 760-242-1234

Author: Phoebe Jaeckels B.S. Nutritionist

Avg Calories Per Day: 1785

PCF Ratio: 31-39-30



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

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b> <b>R</b>	Scrambled Vegetable Delight - 1 Serving	Breakfast Spinach Pie - 1 Serving	Ground Turkey Omelette - 1 Serving	Breakfast Zucchini Pie - 1 Serving	Lemonade Drink Mix, Diet, Pad - 8 Fl Oz • Scrambled Vegetable Delight - 1/2 Serving	Breakfast Zucchini Pie - 1 Serving • Water, Municipal - 8 Fl Oz	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Breakfast Spinach Pie - 1 Serving
<b>M</b> <b>S</b>	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 Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 1 1/2 Cup • Almond, Raw - 9 Almonds	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	
<b>L</b>	Turkey Meatball Soup - 1 Serving • Cola, Diet, Carbonated - 1 Can	Turkey Meatball Soup - 1 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 • Beef Chop Suey - 1 Serving	Chicken Kabobs - 1 Serving	Mexican Burgers - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 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	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 • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 5 Pieces
<b>A</b> <b>S</b>	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	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)	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)	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
<b>D</b>	Rosemary Chicken - 1 Serving • Water, Bottled - 8 Fl Oz	Chicken Apple Pie - 1 Serving • Water, Bottled - 8 Fl Oz	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Stuffed Pork Chops With Vegetables - 3/4 Serving	Indonesian Chicken - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Moo Goo Gai Pan - 3/4 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1 Serving	Sweet And Sour Chicken With Snow Peas - 1 Serving
<b>E</b> <b>S</b>	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	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	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
	1812 Calories; 147 Protein; 186 Carbs; 32 Dietary; 62 Fat; 12 Sat; 379 Cholest; 4828 Sodium	1801 Calories; 152 Protein; 178 Carbs; 32 Dietary; 64 Fat; 15 Sat; 391 Cholest; 4540 Sodium	1828 Calories; 152 Protein; 185 Carbs; 42 Dietary; 62 Fat; 14 Sat; 410 Cholest; 5678 Sodium	1767 Calories; 151 Protein; 176 Carbs; 36 Dietary; 62 Fat; 14 Sat; 408 Cholest; 4142 Sodium	1756 Calories; 137 Protein; 183 Carbs; 42 Dietary; 61 Fat; 12 Sat; 310 Cholest; 6208 Sodium	1743 Calories; 142 Protein; 176 Carbs; 34 Dietary; 62 Fat; 15 Sat; 339 Cholest; 4058 Sodium	1786 Calories; 144 Protein; 188 Carbs; 41 Dietary; 62 Fat; 14 Sat; 349 Cholest; 4361 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
1.16	10.16	2.64	1.79	0.02	16.45	3.34	0.35	0	0	5.1	0.39