



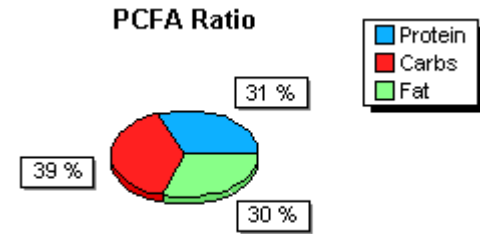
# 40-30-30 Meal Plan - 1800 calories

James Krider, MD . 760-242-1234

Author: Phoebe Jaeckels B.S. Nutritionist

Avg Calories Per Day: 1785

PCFA Ratio: 31-39-30-0



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

### Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b> <b>R</b>	Coffee, Brewed, Decaffeinated, Prepared - 8 Fl Oz • Breakfast Fruit Salad - 1 Serving	Pancakes - 1/2 Serving	Coffee, Brewed, Prepared - 6 Fl Oz • Ground Turkey Omelette - 3/4 Serving	Vegetarian Breakfast - 1 Serving	Breakfast Fruit Salad - 1 Serving • Water, Municipal - 8 Fl Oz • Ground Turkey Omelette - 1/2 Serving	Mexican Omelette - 1/2 Serving	Mexican Omelette - 1 Serving
<b>M</b> <b>S</b>	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	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	Apple, W/skin, Raw - 1/2 Medium • Almond, Raw - 6 Almonds • Chicken Breast, Fat Free, Roasted - 3 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 - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	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 - 5 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices
<b>L</b>	Chicken Salad - 1 Serving • Cola, Diet, Carbonated - 12 Fl Oz	Sweet And Sour Pork And Cabbage - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 10 Fl Oz	Turkey Meatball Soup - 3/4 Serving	Water, Municipal - 8 Fl Oz • Curried Chicken - 1 Serving • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Turkey Meatball Soup - 3/4 Serving	Louisiana Shrimp - 1 Serving • Cola, Diet, Carbonated - 12 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 • Vegetarian Chili - 1 Serving
<b>A</b> <b>S</b>	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/3 Oz • Apple, W/skin, Raw - 1 Medium	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	Chicken Breast, Baked - 3 Slices • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz • Orange, All Varieties, Raw - 1 Fruit	Turkey Breast - 1.5 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 1 1/2 Cup • Almond, Raw - 8 Almonds
<b>D</b>	Salmon With Dill Sauce - 3/4 Serving • Water, Bottled - 8 Fl Oz	Saute'ed Shrimp - 1 Serving • Club Soda, Carbonated - 8 Fl Oz • Chicken Kabobs - 1/4 Serving	Rosemary Chicken - 1 Serving • Water, Municipal - 8 Fl Oz	Antipasto Salad - 1 Serving • Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz	Rosemary Chicken - 1/2 Serving • Water, Bottled - 8 Fl Oz	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 1 Serving	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Mediterranean Chicken - 1 Serving
<b>E</b> <b>S</b>	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Peach, Raw - 2 Medium • Olive, Small-extra Large - 8 Large	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/3 Oz • Apple, W/skin, Raw - 1 Medium	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 - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • 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 • Iced Tea Mix, Sugar Free - 1 Serving (meal)
	1752 Calories; 134 Protein; 193 Carbs; 34 Dietary; 56 Fat; 9 Sat; 156 Cholest; 4390 Sodium	1799 Calories; 145 Protein; 183 Carbs; 37 Dietary; 67 Fat; 15 Sat; 296 Cholest; 3246 Sodium	1751 Calories; 147 Protein; 171 Carbs; 32 Dietary; 60 Fat; 11 Sat; 346 Cholest; 5019 Sodium	1795 Calories; 149 Protein; 182 Carbs; 39 Dietary; 62 Fat; 14 Sat; 376 Cholest; 4077 Sodium	1822 Calories; 144 Protein; 186 Carbs; 30 Dietary; 62 Fat; 12 Sat; 269 Cholest; 5486 Sodium	1777 Calories; 143 Protein; 179 Carbs; 34 Dietary; 62 Fat; 13 Sat; 508 Cholest; 4606 Sodium	1801 Calories; 141 Protein; 187 Carbs; 42 Dietary; 61 Fat; 10 Sat; 323 Cholest; 4546 Sodium

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

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**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
1.82	12.26	3.16	0.56	0	10.09	4.55	0.53	0	0	5.33	0.45