



40-30-30 Meal Plan - 2100 calories

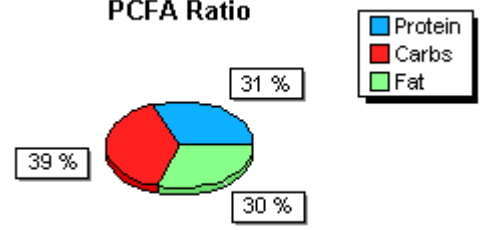
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Avg Calories Per Day: 1796

PCFA Ratio: 31-39-30-0

Author: Phoebe Jaeckels B.S. Nutritionist

PCFA Ratio



40-30-30 Meal Plan - 2100 calories (continued)

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Mexican Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving	Breakfast Spinach Pie - 3/4 Serving	Vegetarian Breakfast - 1 Serving • Club Soda, Carbonated - 12 Fl Oz	Breakfast Spinach Pie - 1 Serving	Vegetarian Breakfast - 3/4 Serving	Water, Municipal - 8 Fl Oz • Mexican Omelette - 3/4 Serving
M S	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Water, Municipal - 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	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Water, Municipal - 8 Fl Oz • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Almond, Raw - 3 Almonds • Strawberry, Raw - 13 Medium	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 (nea)	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
L	Beef Chop Suey - 1/2 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Rich Cucumber Soup - 3/4 Serving	Beef Stir Fry - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Fl Oz	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz	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 • Chicken Breast, Fat Free, Roasted - 2 Slices	Water, Municipal - 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 • Mexican Burgers - 1 Serving	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can
A S	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Apple, W/skin, Raw - 1 Small • 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 - 1 Cup • Walnut, English, Dried, Raw - 1/3 Oz	Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 12 Almonds	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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
D	Cola, Diet, Carbonated - 1 Can • Stuffed Pork Chops With Vegetables - 1 Serving	Beef And Bean Stew - 1 Servings • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Mediterranean Chicken - 1 Serving • Water, Bottled - 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	Salmon With Dill Sauce - 1 Serving	Saute'ed Shrimp - 1 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Indonesian Chicken - 1 Serving • Cherry Seven Up, Diet - 8 Fl Oz
E S	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 (nea)	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Small-extra Large - 5 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 • Walnut, English, Dried, Raw - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	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	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 - 3 Slices
	1792 Calories; 146 Protein; 183 Carbs; 41 Dietary; 60 Fat; 15 Sat; 336 Cholest; 5440 Sodium	1799 Calories; 148 Protein; 182 Carbs; 44 Dietary; 64 Fat; 20 Sat; 489 Cholest; 4912 Sodium	1792 Calories; 143 Protein; 192 Carbs; 45 Dietary; 61 Fat; 13 Sat; 338 Cholest; 4943 Sodium	1796 Calories; 144 Protein; 185 Carbs; 34 Dietary; 60 Fat; 10 Sat; 409 Cholest; 3820 Sodium	1794 Calories; 148 Protein; 183 Carbs; 41 Dietary; 65 Fat; 15 Sat; 443 Cholest; 3695 Sodium	1805 Calories; 142 Protein; 184 Carbs; 35 Dietary; 63 Fat; 13 Sat; 331 Cholest; 5437 Sodium	1797 Calories; 149 Protein; 179 Carbs; 33 Dietary; 62 Fat; 13 Sat; 339 Cholest; 3641 Sodium

40-30-30 Meal Plan - 2100 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
1.4	11.31	2.45	1.66	0	15.74	3.61	0.39	0	0	4.8	0.31