



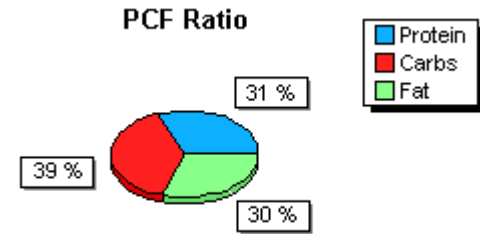
40-30-30 Meal Plan - 2100 calories

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Avg Calories Per Day: 2077

PCF Ratio: 31-39-30



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

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Scrambled Vegetable Delight - 1 Serving	Breakfast Spinach Pie - 1 Serving	Mexican Omelette - 1 Serving • Pancakes - 1/4 Serving	Breakfast Zucchini Pie - 1 Serving	Lemonade Drink Mix, Diet, Pad - 8 Fl Oz • Scrambled Vegetable Delight - 1 Serving	Breakfast Zucchini Pie - 1 Serving • Water, Municipal - 8 Fl Oz • Breakfast Fruit Salad - 3/4 Serving	Breakfast Spinach Pie - 3/4 Serving • Breakfast Fruit Salad - 3/4 Serving
M S	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 7 Pieces • Chicken Breast, Fat Free, Roasted - 4 Slices • Grape, American-type, Raw - 1/2 Cup	Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 Large	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	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 1 1/2 Cup • Almond, Raw - 9 Almonds	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	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
L	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 • 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 • Spicy Vegetarian Tofu Primavera - 1 Serving	Chicken Kabobs - 3/4 Serving • Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 Large	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
A S	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 - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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	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 - 1 Serving • Water, Bottled - 8 Fl Oz • Vegetarian Chili - 1/2 Serving	Chicken Apple Pie - 1 Serving • Water, Bottled - 8 Fl Oz • Saute'ed Shrimp - 3/4 Serving	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Beef Chop Suey - 1 Serving	Indonesian Chicken - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Louisiana Shrimp - 1/2 Serving	Moo Goo Gai Pan - 1 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1 Serving	Sweet And Sour Chicken With Snow Peas - 1 Serving
E S	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
	2097 Calories; 169 Protein; 216 Carbs; 37 Dietary; 71 Fat; 13 Sat; 391 Cholest; 5758 Sodium	2085 Calories; 173 Protein; 211 Carbs; 39 Dietary; 74 Fat; 16 Sat; 490 Cholest; 5794 Sodium	2097 Calories; 172 Protein; 211 Carbs; 39 Dietary; 74 Fat; 14 Sat; 371 Cholest; 5146 Sodium	2052 Calories; 175 Protein; 204 Carbs; 39 Dietary; 71 Fat; 16 Sat; 551 Cholest; 5169 Sodium	2061 Calories; 163 Protein; 216 Carbs; 52 Dietary; 71 Fat; 15 Sat; 430 Cholest; 7056 Sodium	2095 Calories; 166 Protein; 215 Carbs; 39 Dietary; 74 Fat; 17 Sat; 331 Cholest; 5130 Sodium	2052 Calories; 165 Protein; 215 Carbs; 41 Dietary; 69 Fat; 14 Sat; 312 Cholest; 5687 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
1.15	12.32	3.21	1.8	0.02	17.52	4.56	0.47	0	0	6.61	0.51