



40-30-30 Meal Plan - 2100 calories

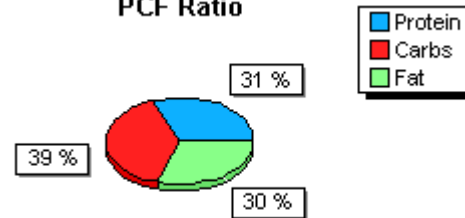
James Krider, MD . 760-242-1234

Author: Phoebe Jaeckels B.S. Nutritionist

Avg Calories Per Day: 2090

PCF Ratio: 31-39-30

PCF Ratio



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

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Vegetarian Breakfast - 3/4 Serving • Breakfast Fruit Salad - 3/4 Serving	Pancakes - 1/2 Serving	Ground Turkey Omelette - 3/4 Serving	Vegetarian Breakfast - 1 Serving	Breakfast Fruit Salad - 3/4 Serving • Water, Municipal - 8 Fl Oz • Ground Turkey Omelette - 1/2 Serving	Pancakes - 1/2 Serving • Mexican Omelette - 1/2 Serving	Mexican Omelette - 1 Serving
M S	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	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 3 Pieces	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
L	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 • Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 Large	Turkey Meatball Soup - 3/4 Serving	Water, Municipal - 8 Fl Oz • Curried Chicken - 1 Serving • Black Bean Stew - 1/2 Serving	Turkey Meatball Soup - 1 Serving	Louisiana Shrimp - 1 Serving • Cola, Diet, Carbonated - 12 Fl 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
A S	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	Peach, Raw - 1 Medium • Chicken Breast, Baked - 2 Slices • Almond, Raw - 7 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	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 - 7 Almonds
D	Salmon With Dill Sauce - 1 Serving • Water, Bottled - 8 Fl Oz	Saute'ed Shrimp - 3/4 Serving • Club Soda, Carbonated - 8 Fl Oz • Chicken Kabobs - 3/4 Serving	Rosemary Chicken - 1 Serving • Water, Municipal - 8 Fl Oz • Saute'ed Shrimp - 1 Serving	Antipasto Salad - 1 Serving • Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Salmon With Dill Sauce - 1/2 Serving	Water, Bottled - 8 Fl Oz • Turkey Meatball Soup - 1 Serving	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 1 Serving	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Chicken And Spinach - 1 Serving • Rich Cucumber Soup - 3/4 Serving
E S	Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz • Cottage Cheese, 1% Fat - 1/2 Cup	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 • Iced Tea Mix, Sugar Free - 1 Serving (plea)	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
	2106 Calories; 166 Protein; 224 Carbs; 38 Dietary; 68 Fat; 12 Sat; 326 Cholest; 4562 Sodium	2071 Calories; 171 Protein; 211 Carbs; 43 Dietary; 76 Fat; 17 Sat; 315 Cholest; 4712 Sodium	2049 Calories; 169 Protein; 201 Carbs; 39 Dietary; 72 Fat; 14 Sat; 446 Cholest; 5428 Sodium	2128 Calories; 165 Protein; 233 Carbs; 46 Dietary; 69 Fat; 15 Sat; 408 Cholest; 4137 Sodium	2099 Calories; 166 Protein; 212 Carbs; 33 Dietary; 72 Fat; 15 Sat; 324 Cholest; 6805 Sodium	2079 Calories; 169 Protein; 213 Carbs; 39 Dietary; 73 Fat; 14 Sat; 561 Cholest; 4524 Sodium	2099 Calories; 162 Protein; 215 Carbs; 43 Dietary; 74 Fat; 15 Sat; 486 Cholest; 4408 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
2.39	12.66	4.64	0.83	0	13.87	4.65	0.64	0	0	6.42	0.46