



40-30-30 Meal Plan - 2300 calories

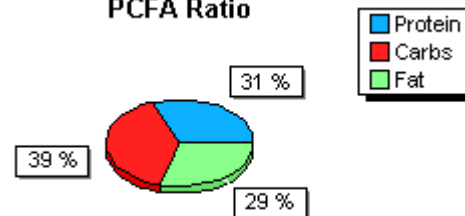
James Krider, MD . 760-242-1234

Avg Calories Per Day: 2291

PCFA Ratio: 31-39-29-0

Author: Phoebe Jaeckels B.S. Nutritionist

PCFA Ratio



40-30-30 Meal Plan - 2300 calories (continued)

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Ground Turkey Omelette - 3/4 Serving • Scrambled Vegetable Delight - 3/4 Serving	Pancakes - 3/4 Serving	Ground Turkey Omelette - 1 Serving	Breakfast Zucchini Pie - 1 Serving	Mexican Omelette - 1 Serving • Water, Municipal - 8 Fl Oz	Vegetarian Breakfast - 1 Serving • Lemonade Drink Mix, Sugar Free - 8 Fl Oz • Pancakes - 1/2 Serving	Pancakes - 1/2 Serving • Cola, Diet, Carbonated - 8 Fl Oz • Scrambled Vegetable Delight - 1 Serving
M S	Cottage Cheese, 1% Fat - 3/4 Cups • Pineapple, All Varieties, Raw, Diced - 1 Cup • Walnut, English, Dried, Raw - 1/3 Oz	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices	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	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	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	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
L	Vegetarian Chili - 3/4 Serving • Water, Bottled - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Louisiana Shrimp - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rich Cucumber Soup - 1/2 Serving	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Chicken Salad - 1 Serving • Chicken And Spinach - 1.5 Servings	Beef And Bean Stew - 1 Serving • Water, Municipal - 8 Fl Oz • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Curried Chicken - 1 Serving • 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	Louisiana Shrimp - 1 1/4 Servings • Water, Municipal - 8 Fl Oz
A S	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	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 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 • Walnut, English, Dried, Raw - 1/4 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 6 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices
D	Chicken With Garden Vegetables - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Sweet And Sour Pork - 1 Serving	Rosemary Chicken - 1 Serving • Club Soda, Carbonated - 12 Fl Oz	Moo Goo Gai Pan - 1 Serving • Club Soda, Carbonated - 6 Fl Oz • Beef Chop Suey - 3/4 Serving	Antipasto Salad - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 12 Fl Oz • Chicken Kabobs - 1 Serving	Indonesian Chicken - 3/4 Serving • Water, Municipal - 8 Fl Oz • Louisiana Shrimp - 1/2 Serving	Chicken Cacciatore - 1 Servings • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds • Lemonade Mix, Diet, Prepared - 6 Fl Oz
E S	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 2 Cups • Almond, Raw - 10 Almonds	Chicken Breast, Baked - 5 Slices • Grape, European-type, Raw - 1 Cup • Almond, Raw - 14 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/4 Oz • Peach, Raw - 1 Large	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 5 Slices	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 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
	2312 Calories; 185 Protein; 243 Carbs; 51 Dietary; 79 Fat; 14 Sat; 472 Cholest; 5295 Sodium	2258 Calories; 190 Protein; 230 Carbs; 34 Dietary; 78 Fat; 17 Sat; 580 Cholest; 7423 Sodium	2315 Calories; 189 Protein; 232 Carbs; 44 Dietary; 79 Fat; 14 Sat; 476 Cholest; 5587 Sodium	2291 Calories; 189 Protein; 234 Carbs; 55 Dietary; 79 Fat; 19 Sat; 424 Cholest; 7917 Sodium	2262 Calories; 185 Protein; 235 Carbs; 57 Dietary; 77 Fat; 16 Sat; 414 Cholest; 6532 Sodium	2319 Calories; 194 Protein; 232 Carbs; 44 Dietary; 81 Fat; 16 Sat; 560 Cholest; 3621 Sodium	2280 Calories; 191 Protein; 235 Carbs; 49 Dietary; 77 Fat; 15 Sat; 683 Cholest; 5031 Sodium

40-30-30 Meal Plan - 2300 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
2.51	16.89	1.45	1.27	0.05	17.22	4.72	0.97	0	0	9.2	0.4