



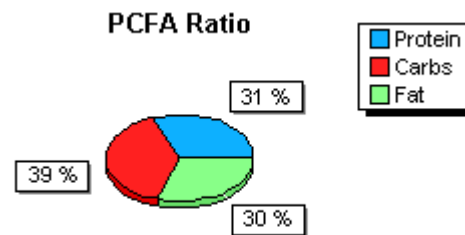
40-30-30 Meal Plan - 2300 calories

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Avg Calories Per Day: 2279

PCFA Ratio: 31-39-30-0



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

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Scrambled Vegetable Delight - 1 Serving • Ground Turkey Omelette - 1/2 Serving	Breakfast Spinach Pie - 1 Serving	Mexican Omelette - 1/2 Serving • Breakfast Fruit Salad - 1 Serving • Water, Municipal - 8 Fl Oz	Breakfast Zucchini Pie - 1 Serving • Vegetarian Breakfast - 0 Serving	Lemonade Drink Mix, Diet, Pad - 8 Fl Oz • Scrambled Vegetable Delight - 1 Serving • Pancakes - 1/3 Serving	Water, Municipal - 8 Fl Oz • Breakfast Fruit Salad - 1 Serving	Breakfast Spinach Pie - 1 Serving
M	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	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Almond, Raw - 3 Almonds • Strawberry, Raw - 13 Medium
L	Turkey Meatball Soup - 3/4 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 • Mustard Chicken - 1 Serving	Chicken Kabobs - 1 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	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	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
A	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 - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 9 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 - 1.5 Servings	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 - 3/4 Serving	Moo Goo Gai Pan - 1 Serving • Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1 Serving • Salmon With Dill Sauce - 1 Serving	Sweet And Sour Chicken With Snow Peas - 1 Serving • Saute'ed Shrimp - 1 Serving
E	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	Cottage Cheese, 1% Fat - 1/4 Cup • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1/2 Large • Almond, Blanched, Raw - 2 Tsp	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 - 1 Cup • Walnut, English, Dried, Raw - 1/3 Oz
	2263 Calories; 185 Protein; 230 Carbs; 42 Dietary; 77 Fat; 14 Sat; 508 Cholest; 6067 Sodium	2304 Calories; 189 Protein; 235 Carbs; 46 Dietary; 82 Fat; 18 Sat; 578 Cholest; 6317 Sodium	2270 Calories; 181 Protein; 233 Carbs; 37 Dietary; 77 Fat; 14 Sat; 257 Cholest; 5266 Sodium	2270 Calories; 194 Protein; 227 Carbs; 44 Dietary; 79 Fat; 18 Sat; 620 Cholest; 5654 Sodium	2295 Calories; 184 Protein; 239 Carbs; 56 Dietary; 80 Fat; 16 Sat; 469 Cholest; 7116 Sodium	2299 Calories; 182 Protein; 238 Carbs; 35 Dietary; 79 Fat; 15 Sat; 193 Cholest; 5309 Sodium	2254 Calories; 179 Protein; 239 Carbs; 53 Dietary; 79 Fat; 18 Sat; 483 Cholest; 5550 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
1.28	13.77	3.37	1.58	0.04	19.16	5.17	0.72	0	0	7.28	0.55