



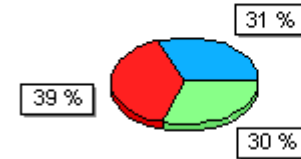
40-30-30 Meal Plan - 2300 calories

James Krider, MD. 760-242-1234

Avg Calories Per Day: 2293

PCF Ratio: 31-39-30

PCF Ratio



Author: Phoebe Jaeckels B.S. Nutritionist

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Vegetarian Breakfast - 1 Servings	Pancakes - 1 Serving	Coffee, Brewed, Prepared - 6 Fl Oz • Ground Turkey Omelette - 1/2 Serving	Vegetarian Breakfast - 1 Serving	Water, Municipal - 8 Fl Oz • Ground Turkey Omelette - 1 Serving	Pancakes - 1/2 Serving • Mexican Omelette - 1 Serving	Mexican Omelette - 1 Serving
M	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	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 - 8 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/3 Cup • Almond, Raw - 6 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Orange, All Varieties, Raw - 1 Fruit • Olive, Black, Pitted - 4 Pieces • Chicken Breast, Fat Free, Roasted - 2 Slices
L	Chicken Salad - 1 Servings • Cola, Diet, Carbonated - 12 Fl Oz • Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/3 Cup • Almond, Raw - 5 Almonds	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	Turkey Meatball Soup - 1 Serving • 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 • Curried Chicken - 1.5 Servings	Turkey Meatball Soup - 1 Serving • Cheese, Cheddar Or Colby, Lowfat - 1.5 Oz • Almond, Raw - 3 Almonds • Strawberry, Raw - 15 Medium	Louisiana Shrimp - 1 Serving • Cola, Diet, Carbonated - 12 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 • Mexican Burgers - 1 Serving
A	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/3 Oz • Apple, W/skin, Raw - 1 Medium	Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 13 Almonds	Cheese, Cheddar Or Colby, Lowfat - 3 Oz • Orange, All Varieties, Raw - 2 Fruits • Olive, Black, Pitted - 5 Pieces	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	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 • Spicy Vegetarian Tofu Primavera - 1 Serving	Saute'ed Shrimp - 1 Serving • Club Soda, Carbonated - 8 Fl Oz	Rosemary Chicken - 1 Serving • Water, Municipal - 8 Fl Oz • Saute'ed Shrimp - 1 Serving	Antipasto Salad - 1 Serving • Salmon With Dill Sauce - 1 Serving	Rosemary Chicken - 1 Serving • Water, Bottled - 8 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 • Braised Turkey And Cabbage - 1 Serving	Coffee, Brewed, Decaffeinated, Prepared - 6 Fl Oz • Chicken And Spinach - 1 Serving • Rich Cucumber Soup - 1 Serving
E	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	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 - 10 Large	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
	2304 Calories; 184 Protein; 242 Carbs; 44 Dietary; 75 Fat; 13 Sat; 393 Cholest; 4674 Sodium	2230 Calories; 186 Protein; 225 Carbs; 42 Dietary; 82 Fat; 18 Sat; 387 Cholest; 4495 Sodium	2422 Calories; 193 Protein; 251 Carbs; 43 Dietary; 83 Fat; 16 Sat; 441 Cholest; 6670 Sodium	2294 Calories; 187 Protein; 232 Carbs; 45 Dietary; 82 Fat; 17 Sat; 463 Cholest; 3732 Sodium	2261 Calories; 185 Protein; 224 Carbs; 42 Dietary; 78 Fat; 17 Sat; 437 Cholest; 6032 Sodium	2290 Calories; 186 Protein; 227 Carbs; 43 Dietary; 82 Fat; 17 Sat; 661 Cholest; 5070 Sodium	2250 Calories; 171 Protein; 230 Carbs; 49 Dietary; 81 Fat; 20 Sat; 629 Cholest; 5025 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
2.53	13.27	5.05	1.25	0	14.28	5.23	0.94	0	0	7.11	0.33