



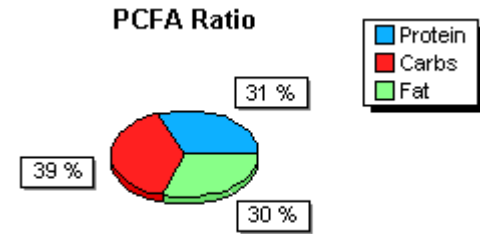
40-30-30 Meal Plan - 2500 calories

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Avg Calories Per Day: 2475

PCFA Ratio: 31-39-30-0



40-30-30 Meal Plan - 2500 calories (continued)

Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Mexican Omelette - 1 Serving • Pancakes - 1/2 Serving	Breakfast Spinach Pie - 1 Serving • Breakfast Fruit Salad - 1/4 Serving	Breakfast Spinach Pie - 1 Serving	Vegetarian Breakfast - 1 Serving • Club Soda, Carbonated - 12 Fl Oz • Ground Turkey Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving • Coffee, Brewed, Prepared - 8 Fl Oz	Pancakes - 1/2 Serving • Vegetarian Breakfast - 3/4 Serving	Water, Municipal - 8 Fl Oz • Mexican Omelette - 3/4 Serving • Pancakes - 3/4 Serving
M S	Turkey Breast - 1.5 Oz • Strawberry, Pureed, Raw - 1.5 Cups • Almond, Raw - 9 Almonds	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 - 8 Almonds	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds	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
L	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can	Rich Cucumber Soup - 1 Serving • Water, Municipal - 8 Fl Oz	Beef Stir Fry - 1.5 Servings • Non Cola/pepper Soda, No Caffeine, Diet - 1 Fl Oz	Chicken Salad - 1 Serving • Water, Municipal - 8 Fl Oz • Rich Cucumber Soup - 1/2 Serving	Curried Chicken - 1.5 Servings • 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	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 • Chicken Kabobs - 1 Serving	Beef Chop Suey - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
A S	Cheese, Cheddar Or Colby, Lowfat - 2 Oz • Apple, W/skin, Raw - 1 Small • 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	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 Almonds	Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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	Chicken Breast, Baked - 3 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 12 Almonds
D	Cola, Diet, Carbonated - 1 Can • Mexican Burgers - 1.5 Servings	Beef And Bean Stew - 1 Servings • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rosemary Chicken - 1 Serving	Mediterranean Chicken - 1.5 Servings • Water, Bottled - 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	Salmon With Dill Sauce - 1 Serving	Saute'ed Shrimp - 1 Serving • Water, Bottled - 8 Fl Oz • Antipasto Salad - 1 Serving	Spicy Vegetarian Tofu Primavera - 1.5 Servings • 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	Indonesian Chicken - 1 Serving • Cherry Seven Up, Diet - 8 Fl Oz
E S	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	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	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 - 1/3 Cup • Almond, Raw - 7 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
	2441 Calories; 192 Protein; 247 Carbs; 55 Dietary; 89 Fat; 22 Sat; 471 Cholest; 5301 Sodium	2507 Calories; 208 Protein; 252 Carbs; 52 Dietary; 88 Fat; 23 Sat; 614 Cholest; 6575 Sodium	2504 Calories; 203 Protein; 266 Carbs; 65 Dietary; 84 Fat; 18 Sat; 476 Cholest; 6924 Sodium	2478 Calories; 196 Protein; 252 Carbs; 53 Dietary; 86 Fat; 17 Sat; 751 Cholest; 4806 Sodium	2445 Calories; 204 Protein; 248 Carbs; 56 Dietary; 87 Fat; 21 Sat; 547 Cholest; 5880 Sodium	2482 Calories; 207 Protein; 254 Carbs; 47 Dietary; 87 Fat; 15 Sat; 364 Cholest; 6133 Sodium	2468 Calories; 203 Protein; 253 Carbs; 46 Dietary; 87 Fat; 18 Sat; 434 Cholest; 3905 Sodium

40-30-30 Meal Plan - 2500 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
2.49	15.46	3.79	2.22	0	21.75	4.62	0.85	0	0	8.21	0.41