



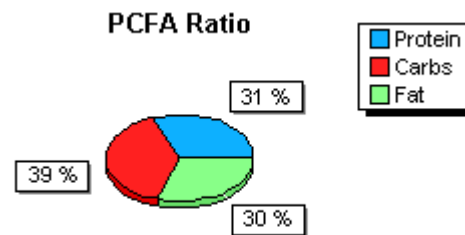
40-30-30 Meal Plan - 2800 calories

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Avg Calories Per Day: 2748

PCFA Ratio: 31-39-30-0



40-30-30 Meal Plan - 2800 calories (continued)

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Ground Turkey Omelette - 1 Servings • Scrambled Vegetable Delight - 1 Servings	Pancakes - 3/4 Serving	Ground Turkey Omelette - 3/4 Serving • Scrambled Vegetable Delight - 1 Serving	Breakfast Zucchini Pie - 1 Serving • Scrambled Vegetable Delight - 3/4 Serving	Mexican Omelette - 1 Serving • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	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 - 4 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 - 1/3 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large
L	Vegetarian Chili - 1 1/3 Servings • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Louisiana Shrimp - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Rich Cucumber Soup - 1 Serving	Turkey Meatball Soup - 3/4 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Chicken Salad - 1 Serving	Beef And Bean Stew - 1.5 Servings • 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 • Salmon With Dill Sauce - 3/4 Serving	Curried Chicken - 1.5 Servings • 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 1/2 Servings • Water, Municipal - 8 Fl Oz • Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 Large
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	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 1/4 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 - 1/2 Serving • Salmon With Dill Sauce - 1 Serving	Rosemary Chicken - 1 Serving • Saute'ed Shrimp - 1 Serving	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 1/4 Servings	Indonesian Chicken - 1 Serving • Water, Municipal - 8 Fl Oz • Louisiana Shrimp - 3/4 Serving	Chicken Cacciatore - 1 1/2 Servings • Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
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 - 16 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Cottage Cheese, 1% Fat - 1/2 Cup • Walnut, English, Dried, Raw - 1/3 Oz • Citrus Drink Mix, Blend - 8 Fl Oz • Peach, Raw - 1 Large	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 1/4 Oz • Strawberry, Pureed, Raw - 1 1/4 Cup • Almond, Raw - 7 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
	2782 Calories; 223 Protein; 291 Carbs; 63 Dietary; 95 Fat; 17 Sat; 587 Cholest; 6256 Sodium	2707 Calories; 223 Protein; 273 Carbs; 41 Dietary; 96 Fat; 21 Sat; 704 Cholest; 6255 Sodium	2767 Calories; 225 Protein; 280 Carbs; 62 Dietary; 96 Fat; 18 Sat; 723 Cholest; 7506 Sodium	2777 Calories; 231 Protein; 286 Carbs; 70 Dietary; 93 Fat; 22 Sat; 608 Cholest; 9062 Sodium	2735 Calories; 225 Protein; 282 Carbs; 63 Dietary; 94 Fat; 19 Sat; 491 Cholest; 7011 Sodium	2751 Calories; 230 Protein; 274 Carbs; 53 Dietary; 96 Fat; 19 Sat; 663 Cholest; 4079 Sodium	2718 Calories; 227 Protein; 276 Carbs; 57 Dietary; 94 Fat; 18 Sat; 792 Cholest; 6876 Sodium

40-30-30 Meal Plan - 2800 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
2.91	18.35	3.54	1.62	0.05	21.52	5.43	1.28	0	0	10.27	0.46