



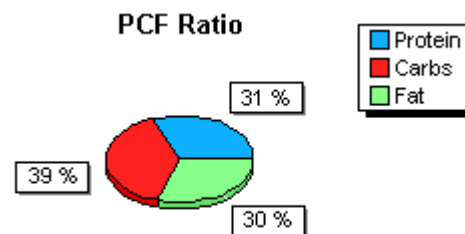
# 40-30-30 Meal Plan - 2800 calories

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Avg Calories Per Day: 2770

PCF Ratio: 31-39-30



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

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b>	Scrambled Vegetable Delight - 3/4 Serving • Ground Turkey Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving • Breakfast Fruit Salad - 3/4 Servings	Mexican Omelette - 1/2 Servings • Breakfast Fruit Salad - 1 Serving	Breakfast Zucchini Pie - 3/4 Serving • Vegetarian Breakfast - 1 Serving	Lemonade Drink Mix, Diet, Pad - 8 Fl Oz • Vegetarian Breakfast - 1 Serving • Pancakes - 1/2 Serving	Breakfast Zucchini Pie - 1 Serving • Water, Municipal - 8 Fl Oz • Breakfast Fruit Salad - 3/4 Serving	Breakfast Spinach Pie - 1/2 Serving • Breakfast Fruit Salad - 1 Serving
<b>M</b>	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 - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 8 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 - 2 Oz • Orange, All Varieties, Raw - 2 Fruits • Olive, Black, Pitted - 10 Pieces • Chicken Breast, Fat Free, Roasted - 4 Slices	Cheese, Cheddar Or Colby, Lowfat - 1 1/4 Oz • Orange, All Varieties, Raw - 1 1/4 Fruit • Olive, Black, Pitted - 7 Pieces • Chicken Breast, Fat Free, Roasted - 3 Slices
<b>L</b>	Turkey Meatball Soup - 1 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 • Stuffed Pork Chops With Vegetables - 1 Serving	Chicken Kabobs - 1/2 Serving • Grape, American-type, Raw - 1/2 Cup • Beef Lunch Meat, Sliced - 1 Oz • Olive, Small-extra Large - 5 Large • Rich Cucumber Soup - 3/4 Serving	Mexican Burgers - 1 Serving • Chicken Breast, Baked - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Chicken And Spinach - 1 Serving • Chicken Kabobs - 1/2 Serving	Curried Chicken - 1 1/2 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
<b>A</b>	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 - 4 Slices • Grape, European-type, Raw - 3/4 Cups • Almond, Raw - 14 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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 • 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 • Iced Tea Mix, Sugar Free - 1 Serving (plea)	Turkey Breast - 1 Oz • Strawberry, Pureed, Raw - 1 Cup • Almond, Raw - 5 Almonds
<b>D</b>	Rosemary Chicken - 1 Serving • Water, Bottled - 8 Fl Oz • Vegetarian Chili - 1 Serving	Chicken Apple Pie - 1 3/4 Servings • Water, Bottled - 8 Fl Oz • Saute'ed Shrimp - 1 Serving	Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Beef Chop Suey - 1 1/2 Servings	Indonesian Chicken - 1 Serving • Non Cola/pepper Soda, No Caffeine, Diet - 1 Can • Louisiana Shrimp - 1 Serving	Moo Goo Gai Pan - 1 Serving • Water, Bottled - 8 Fl Oz • Rich Cucumber Soup - 1/2 Serving	Spicy Vegetarian Tofu Primavera - 3/4 Serving • Salmon With Dill Sauce - 1 Serving	Sweet And Sour Chicken With Snow Peas - 1 Serving • Saute'ed Shrimp - 1 Serving
<b>E</b>	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	Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	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 - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
	2762 Calories; 224 Protein; 277 Carbs; 52 Dietary; 95 Fat; 18 Sat; 594 Cholest; 7450 Sodium	2832 Calories; 234 Protein; 287 Carbs; 50 Dietary; 100 Fat; 20 Sat; 581 Cholest; 7712 Sodium	2759 Calories; 222 Protein; 287 Carbs; 54 Dietary; 93 Fat; 20 Sat; 337 Cholest; 8721 Sodium	2783 Calories; 229 Protein; 281 Carbs; 56 Dietary; 98 Fat; 23 Sat; 974 Cholest; 6011 Sodium	2748 Calories; 220 Protein; 284 Carbs; 61 Dietary; 97 Fat; 21 Sat; 617 Cholest; 7994 Sodium	2752 Calories; 219 Protein; 280 Carbs; 43 Dietary; 96 Fat; 20 Sat; 468 Cholest; 5884 Sodium	2756 Calories; 219 Protein; 288 Carbs; 56 Dietary; 96 Fat; 18 Sat; 424 Cholest; 7719 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
1.91	17.62	4.16	2.03	0.02	22.58	6.19	0.72	0	0	8.54	0.87