



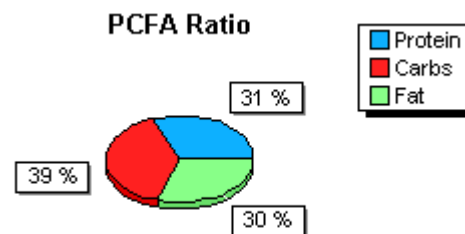
40-30-30 Meal Plan - 2800 calories

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Avg Calories Per Day: 2801

PCFA Ratio: 31-39-30-0



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

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Vegetarian Breakfast - 1 Servings • Breakfast Fruit Salad - 1 Serving	Pancakes - 1 Serving	Ground Turkey Omelette - 1 Servings • Scrambled Vegetable Delight - 1/2 Serving	Vegetarian Breakfast - 1/2 Serving • Ground Turkey Omelette - 1 Serving	Breakfast Fruit Salad - 1/2 Serving • Water, Municipal - 8 Fl Oz • Ground Turkey Omelette - 1 Serving	Pancakes - 3/4 Serving • Mexican Omelette - 1/2 Serving	Mexican Omelette - 1 Serving • Cheese, Cheddar Or Colby, Lowfat - 1 Oz • Peach, Raw - 1 Medium • Olive, Small-extra Large - 4 Large • Berry Blend Drink Mix, Sugar Free - 8 Fl Oz
M S	Turkey Breast - 2 Oz • Strawberry, Pureed, Raw - 1.5 Cups • Almond, Raw - 7 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 - 3 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 10 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	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 • 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 1/2 Servings • Cola, Diet, Carbonated - 12 Fl Oz	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 Large	Turkey Meatball Soup - 1 Serving • Chicken Breast, Baked - 2 Slices • Grape, European-type, Raw - 1/2 Cup • Almond, Raw - 6 Almonds • Cherry Seven Up, Diet - 8 Fl Oz	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 1 Serving • Water, Municipal - 8 Fl Oz • Dip, Guacamole - 1 Tbsp • Nectarine, Raw - 1 Fruit • Ham Lunch Meat, Nonfat - 4 Slices	Turkey Meatball Soup - 1/2 Serving • Mediterranean Chicken - 1 Serving	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 • Vegetarian Chili - 1 Serving • Mexican Burgers - 1 Serving
A S	Cottage Cheese, 1% Fat - 3/4 Cups • Walnut, English, Dried, Raw - 1/2 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 - 1/2 Serving	Saute'ed Shrimp - 1 1/4 Servings • Club Soda, Carbonated - 8 Fl Oz • Chicken Kabobs - 1 Servings	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 • Turkey Meatball Soup - 1 Serving	Water, Municipal - 8 Fl Oz • Braised Turkey And Cabbage - 1 Serving • Turkey Meatball Soup - 1 Serving	Chicken And Spinach - 1 Serving • Rich Cucumber Soup - 1 Serving
E S	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 - 4 Large	Cottage Cheese, 1% Fat - 1/2 Cup • Pineapple, All Varieties, Raw, Diced - 3/4 Cups • Walnut, English, Dried, Raw - 1/4 Oz
	2794 Calories; 219 Protein; 294 Carbs; 53 Dietary; 93 Fat; 16 Sat; 419 Cholest; 6365 Sodium	2795 Calories; 236 Protein; 284 Carbs; 57 Dietary; 102 Fat; 21 Sat; 468 Cholest; 5981 Sodium	2811 Calories; 224 Protein; 294 Carbs; 55 Dietary; 95 Fat; 19 Sat; 660 Cholest; 7088 Sodium	2785 Calories; 223 Protein; 282 Carbs; 57 Dietary; 97 Fat; 20 Sat; 680 Cholest; 6261 Sodium	2837 Calories; 228 Protein; 286 Carbs; 54 Dietary; 96 Fat; 19 Sat; 529 Cholest; 7952 Sodium	2797 Calories; 231 Protein; 279 Carbs; 49 Dietary; 99 Fat; 20 Sat; 664 Cholest; 6502 Sodium	2791 Calories; 211 Protein; 285 Carbs; 61 Dietary; 100 Fat; 24 Sat; 635 Cholest; 6413 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
3.44	16.23	6.73	1.41	0	19.16	5.93	0.8	0	0	8.71	0.59