



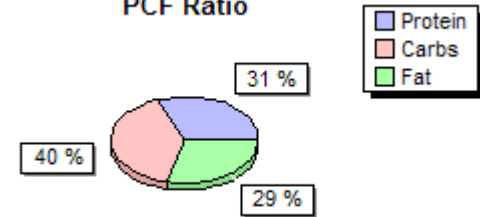
40-30-30 Meal Plan - 1300 calories

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Avg Calories Per Day: 1299

PCF Ratio: 31-40-29

PCF Ratio



Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B	Mexican Omelette - 1 Serving	Breakfast Spinach Pie - 1 Serving	Pancakes - 1/2 Serving	Vegetarian Breakfast - 3/4 Serving	Breakfast Spinach Pie - 1/2 Serving	Mexican Omelette - 1/2 Serving	Water, Municipal - 8 Fl Oz Mexican Omelette - 3/4 Serving
R				Club Soda, Carbonated - 12 Fl Oz			
L	Beef Chop Suey - 1/2 Serving Non Cola/pepper Soda, W/o Caffeine, Diet - 1 Can	Rich Cucumber Soup - 1/2 Serving Water, Municipal - 8 Fl Oz	Non Cola/pepper Soda, W/o Caffeine, Diet - 1 Fl Oz Mediterranean Chicken - 3/4 Serving	Chicken Salad - 3/4 Serving Water, Municipal - 8 Fl Oz	Curried Chicken - 1 Serving Non Cola/pepper Soda, W/o Caffeine, Diet - 1 Can	Water, Municipal - 8 Fl Oz Cheese, Cheddar Or Colby, Lowfat - 1 Oz Orange, All Varieties, Raw - 1 Fruit Olive, Black, Pitted - 3 Pieces Antipasto Salad - 1/2 Serving	Beef Chop Suey - 1/2 Serving Non Cola/pepper Soda, W/o Caffeine, Diet - 1 Can
A	Cheese, Cheddar Or Colby, Lowfat - 2 Oz Apple, 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	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	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 - 2 Slices Grape, European-type, Raw - 1/2 Cup Almond, Raw - 8 Almonds
S	Cola, Diet, Carbonated - 1 Can Chicken Cacciatore - 1 Serving	Beef And Bean Stew - 1/2 Serving Non Cola/pepper Soda, W/o Caffeine, Diet - 1 Can	Water, Bottled - 8 Fl Oz Chicken And Spinach - 1 Serving	Salmon With Dill Sauce - 3/4 Serving	Saute'ed Shrimp - 1 Serving Water, Bottled - 8 Fl Oz	Spicy Vegetarian Tofu Primavera - 1 Serving Non Cola/pepper Soda, W/o Caffeine, Diet - 1 Can	Indonesian Chicken - 1 Serving Cherry Seven Up, Diet - 8 Fl Oz
E		Cheese, Cheddar Or Colby, Lowfat - 2 Oz Orange, All Varieties, Raw - 1 Fruit Olive, Small-extra Large - 5 Large	Cottage Cheese, 1% Fat - 1/2 Cup Pineapple, Raw - 3/4 Cups Walnut, English, Dried, Raw - 1/4 Oz	Cottage Cheese, 1% Fat - 1/2 Cup Walnut, English, Dried, Raw - 1/4 Oz Citrus Drink Mix - 8 Fl Oz Peach, Raw - 1 Large	Cottage Cheese, 1% Fat - 1/2 Cup Walnut, English, Dried, Raw - 1/4 Oz Citrus Drink Mix - 8 Fl Oz Peach, Raw - 1 Large	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 - 5 Pieces Chicken Breast, Fat-free - 2 Slices
	1281 Calories(kcal); 103 Protein(g); 129 Carbs(g); 44 Fat(g); 10 Sat Fat(g); 311 Cholest(mg); 28 Fiber(g); 3175 Sodium(mg)	1275 Calories(kcal); 106 Protein(g); 131 Carbs(g); 45 Fat(g); 15 Sat Fat(g); 393 Cholest(mg); 34 Fiber(g); 2969 Sodium(mg)	1314 Calories(kcal); 108 Protein(g); 135 Carbs(g); 46 Fat(g); 8 Sat Fat(g); 184 Cholest(mg); 23 Fiber(g); 1926 Sodium(mg)	1290 Calories(kcal); 102 Protein(g); 134 Carbs(g); 43 Fat(g); 8 Sat Fat(g); 288 Cholest(mg); 24 Fiber(g); 2369 Sodium(mg)	1329 Calories(kcal); 104 Protein(g); 148 Carbs(g); 44 Fat(g); 9 Sat Fat(g); 307 Cholest(mg); 30 Fiber(g); 2454 Sodium(mg)	1269 Calories(kcal); 100 Protein(g); 133 Carbs(g); 43 Fat(g); 8 Sat Fat(g); 205 Cholest(mg); 25 Fiber(g); 3815 Sodium(mg)	1337 Calories(kcal); 107 Protein(g); 133 Carbs(g); 47 Fat(g); 10 Sat Fat(g); 303 Cholest(mg); 26 Fiber(g); 2472 Sodium(mg)