

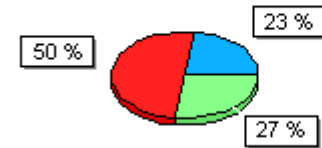


# Sample Seven-Day Meal Plan

Avg Calories Per Day: 1512

PCF Ratio: 23-50-27

PCF Ratio



## Week #1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B</b>	Banana Breakfast Shake - 1 Serving	Special K, Rte - 1 Cup	Oatmeal, Instant, Regular - 1 Packet	Special K, Rte - 1 Cup	Strawberry Yogurt Breakfast Split - 1 Serving	Oatmeal, Instant, Regular - 1 Packet	Strawberry Yogurt Breakfast Split - 1 Serving
<b>R</b>	Coffee With Sugar And Half-and-half - 1 Serving	Coffee With Sugar And Half-and-half - 1 Serving	Toast With Butter - 1 Serving	Coffee With Sugar And Half-and-half - 1 Serving	Coffee With Sugar And Half-and-half - 1 Serving	Toast With Butter - 1 Serving	Coffee With Sugar And Half-and-half - 1 Serving
<b>M</b>	Carrot, Raw - 1/2 Cup	Yogurt, All Flavors, Light - 6 Oz	Cheese, Cheddar Or Colby, Low Salt - 2 Oz	Egg, Chicken, Hard-boiled - 1 Large	Cheese, Cheddar Or Colby, Low Salt - 2 Oz	Carrot, Raw - 1/2 Cup	Egg, Chicken, Hard-boiled - 1 Large
<b>S</b>	Herbal Tea, Brewed - 8 Fl Oz	Herbal Tea, Brewed - 8 Fl Oz	Ritz Cracker - 1 Serving	Graham Cracker - 1 Oz	Ritz Cracker - 1 Serving	Herbal Tea, Brewed - 8 Fl Oz	Graham Cracker - 1 Oz
<b>L</b>	Wheat Crackers, Nonfat - 5 Crackers					Wheat Crackers, Nonfat - 5 Crackers	
<b>L</b>	Grilled Fresh Tuna W/ Bean Salad - 1 Serving	Chicken Salad Sandwich - 1 Serving	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup	Broccoli Tofu Gratin - 1 Serving	Plain Bagel, Enriched - 1 Bagel	Beef Fried Rice - 1 Serving	Grilled Ham And Cheese Sandwich - 1 Serving
<b>L</b>	Iced Tea Mix, Sugarless - 1 Serving (nlea)	Chili W/o Beans, Canned - 1/2 Cup	Grilled Ham And Cheese Sandwich - 1 Serving	Cola, W/caffeine, Diet, Carbonated - 12 Fl Oz	Peanut Butter Spread, Super Chunk - 1 Tbsp	Italian Salad, Lowfat - 1 Serving	Vegetable Soup, Lowfat, Rts - 1 Cup
<b>L</b>	Apple, Raw - 1/2 Cup	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup	Vegetable Soup, Lowfat, Rts - 1 Cup		Jam & Preserves - 1 Tbsp	Iced Tea Mix, Sugarless - 1 Serving (nlea)	Milk, Cow's, Nonfat, Vit-a (skim) - 1 Cup
<b>A</b>	Cantalope Crush - 1 Serving	Broccoli, Raw - 1/2 Cup	Chocolate Chip Cookie, Soft Batch - 1 Cookie	Apple, Raw - 1 Cup	Celery, Raw - 1/2 Cup	Broccoli, Raw - 1/2 Cup	Yogurt, All Flavors, Light - 6 Oz
<b>S</b>	Tea, Brewed, Decaffeinated (black Tea) - 8 Fl Oz	Salad Dressing, Ranch, Nonfat - 2 Tbsp		Hot Tea, Sweetened - 1 Serving		Salad Dressing, Ranch, Nonfat - 2 Tbsp	Herbal Tea, Brewed - 8 Fl Oz
<b>D</b>	Easy Halibut Steaks - 1 Serving	Beef Fried Rice - 1 Serving	Apple Pork Chops - 1 Serving	Grilled Fresh Tuna W/ Bean Salad - 1 Serving	Pasta Blasta - 1 Serving	Mexican Skillet Chicken - 1 Serving	Apple Pork Chops - 1 Serving
<b>D</b>	Green Vegetables With Sesame Ginger Dressing - 1 Serving	Italian Salad, Lowfat - 1 Serving	Caesar Salad, Lowfat - 1 Serving	Iced Tea Mix, Sugarless - 1 Serving (nlea)	Iced Tea Mix, Sugarless - 1 Serving (nlea)	Green Vegetables With Sesame Ginger Dressing - 1 Serving	Caesar Salad, Lowfat - 1 Serving
<b>D</b>	Dinner Roll With Butter - 1 Serving	Iced Tea Mix, Sugarless - 1 Serving (nlea)	Dinner Roll With Butter - 1 Serving	Apple, Raw - 1/2 Cup			Dinner Roll With Butter - 1 Serving
<b>D</b>	Milk, Cow's, Nonfat (skim) - 1 Cup		Iced Tea Mix, Sugarless - 1 Serving (nlea)				Iced Tea Mix, Sugarless - 1 Serving (nlea)
<b>E</b>	Yogurt, All Flavors, Light - 6 Oz	Apple, Raw - 1 Cup	Yogurt, All Flavors, Light - 6 Oz	Cantalope Crush - 1 Serving	Yogurt, All Flavors, Light - 6 Oz	Cheese, Cheddar Or Colby, Low Salt - 2 Oz	Apple, Raw - 1 Cup
<b>S</b>	Herbal Tea, Brewed - 8 Fl Oz	Hot Tea, Sweetened - 1 Serving	Herbal Tea, Brewed - 8 Fl Oz	Tea, Brewed, Decaffeinated (black Tea) - 8 Fl Oz	Herbal Tea, Brewed - 8 Fl Oz	Ritz Cracker - 1 Serving	Hot Tea, Sweetened - 1 Serving
		Egg, Chicken, Hard-boiled - 1 Large					
	1512 Calories(kcal); 130 Protein(g); 181 Carbs(g); 31 Fat(g); 11 Sat Fat(g); 205 Cholest(mg); 21 Fiber(g); 1699 Sodium(mg)	1498 Calories(kcal); 79 Protein(g); 188 Carbs(g); 48 Fat(g); 16 Sat Fat(g); 457 Cholest(mg); 16 Fiber(g); 3645 Sodium(mg)	1523 Calories(kcal); 78 Protein(g); 183 Carbs(g); 54 Fat(g); 25 Sat Fat(g); 174 Cholest(mg); 15 Fiber(g); 3358 Sodium(mg)	1461 Calories(kcal); 93 Protein(g); 181 Carbs(g); 44 Fat(g); 18 Sat Fat(g); 368 Cholest(mg); 19 Fiber(g); 2021 Sodium(mg)	1534 Calories(kcal); 83 Protein(g); 203 Carbs(g); 44 Fat(g); 18 Sat Fat(g); 140 Cholest(mg); 16 Fiber(g); 1048 Sodium(mg)	1513 Calories(kcal); 71 Protein(g); 179 Carbs(g); 58 Fat(g); 24 Sat Fat(g); 265 Cholest(mg); 18 Fiber(g); 3881 Sodium(mg)	1513 Calories(kcal); 71 Protein(g); 179 Carbs(g); 58 Fat(g); 24 Sat Fat(g); 265 Cholest(mg); 18 Fiber(g); 3881 Sodium(mg)

## Sample Seven-Day Meal Plan (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
6.12	5.77	1.85	1.57	0	1.79	3.14	1.63	0	0	2.9	0.24

### Report'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
6.12	5.77	1.85	1.57	0	1.79	3.14	1.63	0	0	2.9	0.24