



# Diabetic Meal Plan - 2200 calories

Avg Calories Per Day: 2205

PCF Ratio: 22-56-22

PCF Ratio



22%



56%

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## Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>B</b>	Oatmeal, Fortified, Instant - 6 Oz	Milk, Cow's, Nonfat, Vita (skim) - 8 Oz • All-bran, Rte - 1 1/2 Cup	Milk, Cow's, Nonfat, Vita (skim) - 1 Cup • Ham And Eggs - 1 Serving • Peach, Water Pack, Canned - 1 Cup	English Muffin, Plain - 2 Servings • Milk, Cow's, Nonfat, Vita (skim) - 8 Fl Oz • Peanut Butter, Smooth, No Salt - 2 Tbsp • Applesauce, Unsweetened - 1 Cup	Milk, Cow's, Nonfat, Vita (skim) - 1 Cup • Blackberry, Raw - 1/2 Cup • All-bran, Rte - 2 Cups	Milk, Cow's, Nonfat, Vita (skim) - 1 Cup • Puffed Wheat, Fortified, Rte - 2 Oz	Milk, Cow's, Nonfat, Vita (skim) - 1 Cup • Special K, Rte - 1 1/2 Cup	
<b>R</b>	• Milk, Cow's, Nonfat (skim) - 1 Cup • Banana, Raw - 1 Medium							
<b>M</b>	Apple, Raw - 1 Medium • Milk, Cow's, Nonfat, Vita (skim) - 8 Fl Oz • Graham Cracker - 3 Crackers	Pear, Raw - 1 Pear • Brie Cheese - 2 Oz	Egg Bagel - 2 Mini-bagels • Cheddar Cheese - 3 Cubic-inches • Milk, Cow's, Nonfat, Vita (skim) - 8 Fl Oz	Cottage Cheese, 1% Fat - 6 Oz • Kiwifruit, Raw - 2 Medium • Melba Toast, Plain - 8 Pieces	Fruit Smoothie - 1 Serving	Yogurt, Strawberry, Nonfat - 8 Oz	Carrot, Raw - 1 Cup • Salad Dressing, French, Diet - 1 Oz	
<b>S</b>	Chicken Sandwich - 1 Serving • Carrot, Baby, Raw - 6 Oz	Cheese And Fruit Submarine Sandwich - 1 Serving • Salad Dressing, French, Diet - 2 Tbsp • Iceberg Lettuce, Raw - 2 Cups	Mixed Vegetables, Boiled, No Salt - 1 Cup • Tuna On Pita Bread - 1 Serving • Popcorn, Air-popped, White - 3 Oz • Cucumber Salad - 1 Serving	Turkey Sandwich - 1 Serving • Pretzels, Hard, Plain, No Salt - 2 Oz	Spinach Pasta With Olive Oil - 1 1/2 Servings • Zucchini W/ skin, Boiled, No Salt - 2 Cups • Parmesan Cheese, Grated - 1 Oz	Salmon Pasta Salad - 1 Serving • Cracked Wheat Bread - 2 Slices	Enchilada Vegetable Wrap - 1 Serving • Potato Chips, Light - 2 Oz	
<b>L</b>	Raisin, Seedless - 25 Raisins • Peanut, Dry Roasted, No Salt - 2 Oz	Carrot, Raw - 10 Large Strip • Milk, Cow's, Nonfat, Vita (skim) - 8 Fl Oz • Apple, Raw - 1 Medium	Broccoli, Raw - 1 Cup • Salsa, Chunky Chili Dip, Canned - 2 Tbsp • Apple, Raw - 1 Medium • Cheddar Cheese - 2 Cubic-inches	Salad Dressing, 1000 Island, Diet - 1 Tbsp • Carrot, Baby, Raw - 4 Oz	Celery, Raw - 4 Medium Stalk • Peanut Butter, Smooth, No Salt - 2 Tbsp	Carrot, Baby, Raw - 4 Oz • Salad Dressing, French, Diet - 1 Tsp	Apple, Raw - 1 Medium	
<b>A</b>	Jambalaya - 1 1/2 Servings • Broccoli Vinaigrette - 2 Servings • Cracked Wheat Bread - 2 Slices • Olive Oil - 1 Tsp	Mixed Vegetables, Boiled, No Salt - 4 Oz • Kale, Boiled, No Salt - 1 Cup • Eggplant - 1 Cup • Parmesan - 1 1/2 Servings • Spaghetti Pasta, Cooked, Enriched - 1 1/2 Cup • Parmesan Cheese, Grated - 1 Oz	Salad Dressing, French, Diet - 2 Oz • Sloppy Joes - 1 1/2 Servings • Cauliflower, Frozen - 1 Cup • Iceberg Lettuce, Raw - 4 Oz	Pasta, Kale And Chickpeas - 1 1/2 Servings • Parmesan Cheese, Grated - 1 Oz	Tump Greens, Boiled, No Salt - 2 Cups • Brown Rice, Long Grain, Cooked - 1 1/2 Cup • Filet Mignon - 1 Serving	Asparagus, Boiled - 1 1/2 Cup • Beef Roast Au Jus - 1 Serving • Polenta - 1 1/2 Servings • Olive Oil - 2 Tsp • Cracked Wheat Bread - 2 Slices	Fish With Tomatoes - 1 Serving • Spaghetti Pasta, Cooked, Enriched - 1 1/2 Cup • Parmesan Cheese, Grated - 1 Oz	
<b>D</b>	Yogurt, Strawberry, Nonfat - 8 Oz	Applegurt - 1 Serving	Cantaloupe, Raw - 2 Large Wedge • Milk, Cow's, Nonfat, Vita (skim) - 1 Cup • Yogurt, Skim Milk, Plain - 8 Oz	Diabetic Baked Banana - 1 Serving	Cottage Cheese, 1% Fat - 6 Oz • Mixed Fruit, Dried - 1/2 Oz • Melba Toast, Plain - 6 Pieces	Banana, Raw - 1 Medium • Almond Butter, No Salt - 1 Tbsp	Watermelon, Raw - 1 1/2 Cup • Cottage Cheese, 1% Fat - 6 Oz • Melba Toast, Plain - 8 Pieces	
<b>E</b>	2215 Calories(kcal); 133 Protein(g); 319 Carbs(g); 58 Fat(g); 10 Sat Fat(g); 318 Cholesterol(mg); 49 Fiber(g); 2109 Sodium(mg)	2235 Calories(kcal); 132 Protein(g); 340 Carbs(g); 57 Fat(g); 29 Sat Fat(g); 150 Cholesterol(mg); 67 Fiber(g); 3145 Sodium(mg)	2173 Calories(kcal); 138 Protein(g); 308 Carbs(g); 50 Fat(g); 23 Sat Fat(g); 190 Cholesterol(mg); 42 Fiber(g); 2413 Sodium(mg)	2222 Calories(kcal); 124 Protein(g); 341 Carbs(g); 46 Fat(g); 15 Sat Fat(g); 111 Cholesterol(mg); 34 Fiber(g); 3174 Sodium(mg)	2218 Calories(kcal); 129 Protein(g); 333 Carbs(g); 58 Fat(g); 20 Sat Fat(g); 124 Cholesterol(mg); 86 Fiber(g); 2660 Sodium(mg)	2160 Calories(kcal); 106 Protein(g); 307 Carbs(g); 62 Fat(g); 15 Sat Fat(g); 130 Cholesterol(mg); 29 Fiber(g); 1832 Sodium(mg)	2209 Calories(kcal); 119 Protein(g); 304 Carbs(g); 60 Fat(g); 23 Sat Fat(g); 130 Cholesterol(mg); 26 Fiber(g); 3446 Sodium(mg)	

Diabetic Meal Plan - 2200 calories (continued)

Week's Average Daily Food Exchange

	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbo- hydrates
Starch 10.89	6.18	2.25	1.1	0.38	7.33	3.41	1.96	0	0	4.54	1.55

Report's Average Daily Food Exchange

	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low-Fat Milk	Whole Milk	Fat	Other Carbo- hydrates
Starch 10.89	6.18	2.25	1.1	0.38	7.33	3.41	1.96	0	0	4.54	1.55

## Client Report for

### Client Information and Goals:

Start Date:	1/16/2007	Starting Weight:	257 pounds
Goal Date:	2/16/2007	Desired Weight:	244 pounds
Sex:	Male	Weight loss per week:	3.0 pounds
Age:	41	Starting Body Fat:	34.1%
Build:	Large	Desired Body Fat:	29.0%
Height:	71 in.	Starting BMI:	36.4
Activity Level:	Moderately Active	Desired BMI:	34.5

### Daily Exercise Calorie Goals:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
150	150	150	150	150	400	0

### Estimated Daily Calorie Requirement Summary:

Basic Calorie Requirement:	3547
Average Daily Exercise Calories:	164
Calories to Maintain Weight:	3711
Calories to lose 3.0 lbs/wk:	2211

### PCF Ratio:

Nutrient	%	Grams	Calories
Protein	25%	138.2 g	552.8
Carbohydrates	45%	248.7 g	995.0
Fat	30%	73.7 g	663.3
Saturated Fat	10%	24.6 g	221.1

### Nutrient Goals:

Nutrient	Goal Value
Calories (kcal)	2211.00
Energy (kJ)	9250.82
Protein (g)	138.19
Calories from Protein	552.75
% Calories from Protein	25.00
Carbohydrates (g)	248.74
Calories from Carbohydrates	994.95
% Calories from Carbohydrates	45.00
Fat (g)	73.70
Calories from Fat	663.30
% Calories from Fat	30.00
Saturated Fat (g)	24.56
Cholesterol (mg)	221.10
Total Dietary Fiber (g)	22.11

Water (g)	4614.93
Vitamin A (IU)	3000.00
Thiamin (mg)	1.20
Riboflavin (mg)	1.30
Niacin (mg)	16.00
Pantothenic Acid (mg)	5.00
Vitamin B-6 (mg)	1.30
Total Folate (mcg)	400.00
Vitamin B-12 (mcg)	2.40
Vitamin C (mg)	90.00
Vitamin D (IU)	200.00
Vitamin E ATE (mg)	15.00
Biotin (mcg)	30.00
Vitamin K (mcg)	120.00
Calcium (mg)	1000.00
Chromium (mcg)	35.00
Copper (mg)	0.90
Fluoride (mg)	4.00
Iodine (mcg)	150.00
Iron (mg)	8.00
Magnesium (mg)	420.00
Manganese (mg)	2.30
Molybdenum (mcg)	45.00
Phosphorus (mg)	700.00
Selenium (mcg)	55.00
Sodium (mg)	2211.00
Zinc (mg)	11.00