



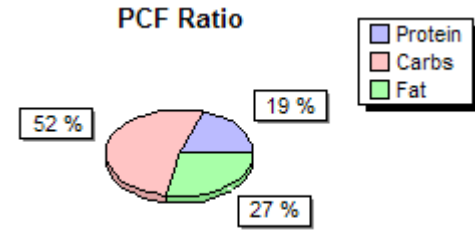
# Heart Healthy Meal Plan - 1300 calories

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Avg Calories Per Day: 1305

PCF Ratio: 19-51-27

PCF Ratio



## Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R	Herbal Tea, Brewed Blueberry Pancakes With Blueberry Sauce	Bran Muffin Breakfast Orange Juice, Raw	Coffee, Brewed, Prepared French Toast	Breakfast Burrito Strawberry, Raw Coffee, Brewed, Prepared	Broccoli And Cheese Omelette Apple, Raw Herbal Tea, Brewed	Breakfast Burrito Apple, Raw	Herbal Tea, Brewed Omelettes Plain Oat Bran Bread, Lower Calorie, Toasted
M S	Blackberry, Raw	Strawberry, Raw Walnut, English, Dried, Raw	Walnut, English, Dried, Raw Apple, Raw Peanut Butter Spread, Creamy	Blackberry, Raw	Cinnamon-raisin Bagel Cream Cheese, Brick, Lower Fat Blackberry, Raw	Salad Dressing, Ranch, Light Carrot, Raw	Watermelon, Raw Almond, Blanched, Raw
L	Non Cola/pepper Soda, W/o Caffeine, Diet Ham And Rice Salad	Salad Roquefort Dressing Coca Cola Soda, Diet, Soda	Pesto Spread Pita Crisp Potato Salad Iced Tea Mix, Sugarless Blueberry, Raw	Cajon Tortilla Wrap Avocado, Raw Saltine Cracker, Nonfat, Low Salt Non Cola/pepper Soda, W/o Caffeine, Diet	Steamed Vegetables Orange Juice Orange Flavored Black Beans	Seafood Pasta Salad Onion Dip Pita Crisp Strawberry, Raw Non Cola/pepper Soda, W/o Caffeine, Diet	Water, Bottled Herbed Rice Salad Zucchini Spread Pita Crisp
A S	Apple, Raw	Apple, Raw	Peach, Juice Pack, Canned	Almond, Blanched, Raw	Watermelon, Raw Walnut, English, Dried, Raw	Pita Crisp Hummus Blackberry, Raw	Salad
D	Salmon And Pasta Salad Beer, Light Salad Vinaigrette Dressing	Stuffed Fish Fillets White Rice Broccoli Stirfry	Steamed Vegetables Garlic Chicken Wine, Red Table White Rice	Chicken Fajitas Fresh Salsa White Rice Beer, Light	Brown Rice Fish Over Steamed Spinach Sauteed Carrots	Warm Broccoli Salad Cheesy Oven Fried Chicken Spinach Pasta Water, Bottled	Non Cola/pepper Soda, W/o Caffeine, Diet Garlic Chicken White Rice Steamed Vegetables
E S	Ice Cream, Strawberry	Broccoli Flower Clusters, Raw Salad Dressing, Ranch, Light	Vanilla Ice Cream, Light		Angel Food Cake Mix Strawberry, Raw	Vanilla Ice Cream, Light Nectarine And Plum Chutney	Broccoli Flower Clusters, Raw Salad Dressing, Ranch, Light
	1276 Calories(kcal); 56 Protein(g); 170 Carbs(g); 36 Fat(g); 8 Sat Fat(g); 90 Cholest(mg); 29 Fiber(g); 1192 Sodium(mg)	1287 Calories(kcal); 66 Protein(g); 159 Carbs(g); 52 Fat(g); 8 Sat Fat(g); 95 Cholest(mg); 24 Fiber(g); 908 Sodium(mg)	1319 Calories(kcal); 63 Protein(g); 174 Carbs(g); 39 Fat(g); 8 Sat Fat(g); 81 Cholest(mg); 26 Fiber(g); 879 Sodium(mg)	1328 Calories(kcal); 65 Protein(g); 182 Carbs(g); 32 Fat(g); 4 Sat Fat(g); 87 Cholest(mg); 37 Fiber(g); 1376 Sodium(mg)	1315 Calories(kcal); 72 Protein(g); 186 Carbs(g); 36 Fat(g); 7 Sat Fat(g); 40 Cholest(mg); 33 Fiber(g); 1779 Sodium(mg)	1314 Calories(kcal); 62 Protein(g); 189 Carbs(g); 37 Fat(g); 7 Sat Fat(g); 128 Cholest(mg); 31 Fiber(g); 1649 Sodium(mg)	1296 Calories(kcal); 67 Protein(g); 152 Carbs(g); 51 Fat(g); 8 Sat Fat(g); 76 Cholest(mg); 30 Fiber(g); 1452 Sodium(mg)

## Heart Healthy Meal Plan - 1300 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
3.94	4.24	0.15	0.08	0.17	4.7	4.52	0.04	0.04	0	7.23	1.11