

30 30 40 Diet Plan

Patient Information

Name:

Date:

Estimated Daily Calories:

Other Health Information:

Doctor/Dietician:

The 30 30 40 Diet Plan is a balanced and sustainable approach to nutrition that emphasizes the optimal distribution of macronutrients - 30% of calories from protein, 30% from fat, and 40% from carbohydrates. This well-rounded diet aims to support overall health, weight management, and sustained energy levels.

Monday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Tuesday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Wednesday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			
Snack			
Lunch			

Snack			
Dinner			

Thursday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Friday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			

Snack			
Lunch			
Snack			
Dinner			

Saturday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Sunday

Meal	Protein Source	Fat Source	Carbohydrate Source
Breakfast			
Snack			
Lunch			
Snack			
Dinner			

Possible Food Sources:

Protein	Fat	Carbohydrates

Doctor/Dietician's Recommendations: