

30 30 40 Diet Plan

PATIENT INFORMATION

Name: _____ Date: _____ dd / mm / yyyy

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

Monday Breakfast - Protein Source: _____ Monday Breakfast - Fat Source: _____

Monday Breakfast - Carbohydrate Source: _____ Monday Snack - Protein Source: _____

Monday Snack - Fat Source: _____ Monday Snack - Carbohydrate Source: _____

Monday Lunch - Protein Source: _____ Monday Lunch - Fat Source: _____

Monday Lunch - Carbohydrate Source: _____ Monday Snack 2 - Protein Source: _____

Monday Snack 2 - Fat Source: _____ Monday Snack 2 - Carbohydrate Source: _____

Monday Dinner - Protein Source: _____ Monday Dinner - Fat Source: _____

Monday Dinner - Carbohydrate Source: _____

Possible Food Sources - Protein

Possible Food Sources - Fat

Possible Food Sources - Carbohydrates

Doctor/Dietician's Recommendations: