



Fat Loss Accelerator

Prepared by: John Carlo Macapinlac

Created: 08-14-2019

DAY 1

Lunch

12:00 PM

whole eggs, scrambled	2 large	182 cal
drinking water	2 Cup(s)	0 cal
avocados	1/4 avocado	80 cal
extra virgin olive oil	1 Tbsp	120 cal
apple smoked uncured bacon by trader joe's	3 slice	270 cal

MEAL TOTAL: **Calories** 652 cal / **Carbs** 6 g (4%) / **Protein** 28 g (17%) / **Fat** 56 g (77%) / **Fluid** 20

ADDITIONAL NUTRIENTS: **Sodium** 900 mg / **Calcium** 87 mg

NOTES: Eat breakfast w/ snacks listed above. This is a BIG breakfast. If you're full and there's still food on the plate, you don't need to finish it.

Dinner

7:00 PM

drinking water	2 Cup(s)	0 cal
 korean bbq keto bowl	1 serving	272 cal
broccoli	150 gm	51 cal

MEAL TOTAL: **Calories** 323 cal / **Carbs** 15 g (19%) / **Protein** 30 g (37%) / **Fat** 17 g (47%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 296 mg / **Calcium** 96 mg

NOTES: Thought we'd spice up your steak and have it Korean BBQ style. You can't go wrong with using sriracha for anything. If you're not a fan of broccoli, feel free to swap it out for asparagus. Cauliflower rice btw is the best hack ever. It's kinda like rice but with 800% fewer carbs!

Snack

7:00 PM

drinking water	2 Cup(s)	0 cal
cheddar cheese	40 gm	161 cal
pistachios, no salt, dry roasted	25 gm	142 cal

MEAL TOTAL: **Calories** 303 cal / **Carbs** 8 g (10%) / **Protein** 15 g (20%) / **Fat** 24 g (73%) / **Fluid** 17

ADDITIONAL NUTRIENTS: **Sodium** 250 mg / **Calcium** 315 mg

NOTES:

DAY 1 TOTAL: **Calories** 1,278 cal / **Carbs** 30 g (9%) / **Protein** 73 g (23%) / **Fat** 97 g (68%) / **Fluid** 62

ADDITIONAL NUTRIENTS: **Sodium** 1,446 mg / **Calcium** 498 mg



4 Servings

korean bbq keto bowl

Ingredients

sriracha, hot chili sauce	2 Tbsp
ginger, ground	1/2 Tbsp
garlic	1 clove
coconut vegetable oil	2 Tbsp
cauliflower	1 head, small (4" dia)
cilantro leaves raw, coriander	1 Tbsp
skirt steak, lean	16 oz

Nutrition Totals

Calories 1086 / **Carbs** 22 g / **Protein** 101 g / **Fat** 65 g / **Fluid** 19.17 fl
oz

Instructions

1. Mix sriracha, ginger and garlic for the marinade in a gallon sized sealable bag.
2. Place the sliced steak in the bag with the marinade and make sure the steak is well-coated.
3. Marinade for a minimum of 1 hour; recommended to marinade overnight.
4. Heat coconut oil in a large nonstick skillet. Add cauliflower (riced cauliflower recommended). Cook cauliflower until tender.
5. Heat a large cast iron skillet or grill pan on high heat until very hot.
6. Grill steak in batches, cooking until desired doneness.
7. Place steak over prepared cauliflower; garnish with minced fresh cilantro and serve.

Nutrition Label

Korean Bbq Keto Bowl		
Amount Per Serving		
Calories		272
		% Daily Value*
Total Fat	16.3g	25%
Saturated Fat	9.4g	47%
Trans Fat	0g	
Cholesterol	64.6mg	22%
Sodium	246.1mg	10%
Total Carbohydrates	5.5g	2%
Dietary Fiber	1.4g	6%
Total Sugar	2.7g	
Protein	25.2g	
Vitamin D	0IU	0%
Calcium	25.8mg	3%
Iron	2.9mg	16%
Potassium	628.7mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Shopping List

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Accompaniments

sriracha, hot chili sauce	0.5 Tbsp
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Beef

skirt steak, lean	4 oz
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Beverages

drinking water	6 Cup(s)
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Dairy & Egg

cheddar cheese	40 gm
whole eggs, scrambled	2 large

Fats & Oils

coconut vegetable oil	0.5 Tbsp
extra virgin olive oil	1 Tbsp

Fruits & Juices

avocados	0.25 avocado
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Nuts & Seeds

pistachios, no salt, dry roasted	25 gm
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Spices & Herbs

ginger, ground	0.13 Tbsp
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Uncategorized

apple smoked uncured bacon by trader joe's

3 slice

Vegetables

broccoli

150 gm

cauliflower

0.25 head, small (4"
dia)

cilantro leaves raw, coriander

0.25 Tbsp



garlic

0.25 clove







Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

				
Golf Ball	Tennis Ball	Computer Mouse	Baseball	Rounded Handful
1/4 cup / 1 oz / 2 tbsp	1/3 cup	1/2 cup	1 cup	1/2 cup 1 oz dried goods
				
Hockey Puck	Matchbox	Deck of Cards	This Paperback Book	Thumb
3 oz muffin or biscuit	1 oz serving of meat	3 oz of chicken, meat, or fish	8 oz serving of meat	1 tsp
				
Poker Chip	Shot Glass	CD	3 Dice	Kids' Milk Carton
1 tbsp	1 oz / 2 tbsp	1 slice of bread 1 oz lunch meat	1 1/2 oz cheese	8 oz drink

Useful Examples

		
Bread & Grains	Fruits & Vegetables	Meats, Fish & Nuts
1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
		
Dairy & Cheese	Fats & Oils	Swets & Treats
1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox