

Fat Loss Accelerator

Prepared by: John Carlo Macapinlac

Created: 08-14-2019

DAY 1

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	baby bok choy	1 cup raw	10 cal
	sesame oil, salad or cooking	2 Tbsp	239 cal
	chicken thigh, cooked	5 oz	254 cal
	avocado	1/2 avocado	161 cal


MEAL TOTAL: **Calories** 663 cal / **Carbs** 11 g (6%) / **Protein** 38 g (23%) / **Fat** 53 g (72%) / **Fluid** 22
 ADDITIONAL NUTRIENTS: **Sodium** 202 mg / **Calcium** 105 mg

NOTES:

Snack 12:30 PM	drinking water	2 Cup(s)	0 cal
	cream cheese	3 Tbsp	103 cal
	cucumber	1/4 cucumber	11 cal
	almonds	1 oz	162 cal

MEAL TOTAL: **Calories** 276 cal / **Carbs** 10 g (14%) / **Protein** 8 g (12%) / **Fat** 24 g (79%) / **Fluid** 19
 ADDITIONAL NUTRIENTS: **Sodium** 111 mg / **Calcium** 117 mg

NOTES:

Dinner 7:00 PM	drinking water	2 Cup(s)	0 cal
	 korean bbq keto bowl	1 serving	272 cal
	olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 6 g (6%) / **Protein** 25 g (26%) / **Fat** 30 g (69%) / **Fluid** 21
 ADDITIONAL NUTRIENTS: **Sodium** 246 mg / **Calcium** 26 mg

NOTES:

Snack 7:30 PM	drinking water	2 Cup(s)	0 cal
	cheddar cheese	40 gm	161 cal
	pistachios, no salt, dry roasted	30 gm	170 cal

MEAL TOTAL: **Calories** 331 cal / **Carbs** 9 g (11%) / **Protein** 16 g (20%) / **Fat** 27 g (72%) / **Fluid** 17
 ADDITIONAL NUTRIENTS: **Sodium** 250 mg / **Calcium** 321 mg

NOTES: You can substitute a couple of squares of dark chocolate for the pistachios.

DAY 1 TOTAL: Calories 1,661 cal / **Carbs** 35 g (9%) / **Protein** 88 g (21%) / **Fat** 134 g (73%) / **Fluid** 78
 ADDITIONAL NUTRIENTS: **Sodium** 810 mg / **Calcium** 568 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	8 Cup(s)
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Dairy & Egg

cheddar cheese	40 gm
cream cheese	3 Tbsp

Fats & Oils

coconut vegetable oil	0.5 Tbsp
olive oil	1 Tbsp
sesame oil, salad or cooking	2 Tbsp

Fruits & Juices

avocado	0.5 avocado
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Nuts & Seeds

almonds	1 oz
pistachios, no salt, dry roasted	30 gm

Poultry

chicken thigh, cooked	5 oz
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Spices & Herbs

ginger, ground

0.13 Tbsp

Vegetables

baby bok choy

1 cup raw

cauliflower

0.25 head, small (4" dia)

cilantro leaves raw, coriander

0.25 Tbsp

cucumber

0.25 cucumber




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



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DAY 1

DAY 1 TOTAL: Calories 0 cal