

Fat Loss Accelerator - Week 10

Prepared by: John Carlo Macapinlac

Created: 10-12-2019

DAY 1

Lunch 12:00 PM	whole eggs, scrambled	2 large	182 cal
	drinking water	2 Cup(s)	0 cal
	pork and beef sausage	4 oz	341 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: **Calories** 643 cal / **Carbs** 4 g (3%) / **Protein** 26 g (16%) / **Fat** 58 g (80%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 1,139 mg / **Calcium** 88 mg

NOTES:

Lunch 12:00 PM	iced tea, green	2 Cup(s)	0 cal
	brussels sprouts	1 Cup(s)	38 cal

MEAL TOTAL: **Calories** 38 cal / **Carbs** 8 g (84%) / **Protein** 3 g (32%) / **Fat** 0 g (7%) / **Fluid** 16
ADDITIONAL NUTRIENTS: **Sodium** 20 mg / **Calcium** 28 mg

NOTES: Pan fry or roast the brussel sprouts. Better yet, replace the sausage with bacon and throw it in the oven with the brussel sprouts. Yummy!

Dinner 6:00 PM	beef t-bone, broiled	5 oz	268 cal
	portabella mushroom	1 cup diced	19 cal
	drinking water	2 Cup(s)	0 cal
	riced cauliflower	1 cups	20 cal

MEAL TOTAL: **Calories** 307 cal / **Carbs** 7 g (10%) / **Protein** 41 g (53%) / **Fat** 13 g (37%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 128 mg / **Calcium** 32 mg

NOTES:

Snack 7:30 PM	drinking water	2 Cup(s)	0 cal
	85% extra dark chocolate by lindt	2 squares	115 cal
	california pistachios by kirkland signature	25 gm	142 cal

MEAL TOTAL: **Calories** 257 cal / **Carbs** 14 g (22%) / **Protein** 8 g (12%) / **Fat** 21 g (72%) / **Fluid** 16
ADDITIONAL NUTRIENTS: **Sodium** 141 mg / **Calcium** 43 mg

NOTES:

DAY 1 TOTAL: Calories 1,245 cal / **Carbs** 34 g (11%) / **Protein** 77 g (25%) / **Fat** 91 g (66%) / **Fluid** 75
ADDITIONAL NUTRIENTS: Sodium 1,428 mg / **Calcium** 192 mg

Shopping List

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Beef

beef t-bone, broiled	5 oz
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Beverages

drinking water	6 Cup(s)
iced tea, green	2 Cup(s)

Dairy & Egg

whole eggs, scrambled	2 large
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Fats & Oils

extra virgin olive oil	1 Tbsp
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Pork

pork and beef sausage	4 oz
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Uncategorized

85% extra dark chocolate by lindt	2 squares
california pistachios by kirkland signature	25 gm


Vegetables

brussels sprouts	1 Cup(s)
portabella mushroom	1 cup diced
riced cauliflower	1 cups







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