

Fat Loss Accelerator - Week 11

Prepared by: John Carlo Macapinlac Created: 10-12-2019

	DAY 1		
Lunch	whole eggs, scrambled	2 large	182 cal
12:00 PM	drinking water	2 Cup(s)	0 cal
	salsa, ready to serve	2 Tbsp	10 cal
	extra virgin olive oil	1 Tbsp	120 cal

MEAL TOTAL: Calories 311 cal / Carbs 4 g (5%) / Protein 13 g (16%) / Fat 27 g (79%) / Fluid 20 ADDITIONAL NUTRIENTS: Sodium 212 mg / Calcium 90 mg

NOTES:

Lunch	iced tea, green	2 Cup(s)	0 cal
	avocados	1/2 avocado	161 cal
12:00 PM	apple smoked uncured bacon by trader joe's	3 slice	270 cal

MEAL TOTAL: Calories 431 cal / Carbs 9 g (8%) / Protein 17 g (16%) / Fat 36 g (75%) / Fluid 18 ADDITIONAL NUTRIENTS: Sodium 731 mg / Calcium 12 mg

NOTES:

Dinner		portabella mushroom	1 cup diced	19 cal
		drinking water	2 Cup(s)	0 cal
6:00 PM	Ē	lettuce-wrapped turkey burgers (paleo)	1 serving	179 cal
		asparagus	8 spear, medium	26 cal

MEAL TOTAL: Calories 223 cal / Carbs 10 g (17%) / Protein 28 g (50%) / Fat 9 g (38%) / Fluid 25 ADDITIONAL NUTRIENTS: Sodium 77 mg / Calcium 61 mg

NOTES:

Snack	drinking water	2 Cup(s)	0 cal
	85% extra dark chocolate by lindt	2 squares	115 cal
7:30 PM	nuts pistachio dry roasted with salt added	1 oz	160 cal

MEAL TOTAL: Calories 275 cal / Carbs 16 g (23%) / Protein 8 g (12%) / Fat 22 g (71%) / Fluid 16 ADDITIONAL NUTRIENTS: Sodium 129 mg / Calcium 40 mg

NOTES:

DAY 1 TOTAL: Calories 1,240 cal / Carbs 38 g (12%) / Protein 66 g (21%) / Fat 94 g (68%) / Fluid 79 ADDITIONAL NUTRIENTS: Sodium 1,149 mg / Calcium 204 mg

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4 Servings

lettuce-wrapped turkey burgers (paleo)

Ingredients

ground turkey, cooked	12 oz
cilantro leaves raw, coriander	1/2 Cup(s)
onions	1/2 cup, sliced
garlic	1/4 tsp

Nutrition Totals

Calories 715 / Carbs 6 g / Protein 94 g / Fat 35 g / Fluid 7.37 fl

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Instructions

1. Heat grill, or turn the broiler on low.

2. Combine all ingredients, except lettuce, in a bowl and use a fork to mix well.

3. Divide turkey mixture into 4 patties.

4. Grill or broil until cooked through and juices run clear.

5. Wrap each patty in two lettuce leaves.

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Nutrition Label

Lettuce-Wrapped Turkey Burgers (Paleo)		
Amount Per Serving		
Calories	179	
	% Daily Value*	
Total Fat 8.8g	14%	
Saturated Fat 2.2g	11%	
Trans Fat 0.1g		
Cholesterol 79mg	26%	
Sodium 67.1mg	3%	
Total Carbohydrates 1.4g	0%	
Dietary Fiber 0.2g	1%	
Total Sugar 0.6g		
Protein 23.4g		
Vitamin D 6.8IU	1%	
Calcium 27.7mg	3%	
Iron 1.3mg	7%	
Potassium 274.3mg		
* The % Daily Value (DV) tells y nutrient in a serving of food con diet. 2,000 calories a day is use nutrition advice.	tributes to a daily	

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Shopping List

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Z [DSD
2 Tbsp
6 Cup(s)
2 Cup(s)
2 large
1 Tbsp
0.5 avocado
3 oz
2 squares
3 slice
1 oz
8 spear, medium
0.13 Cup(s) 0.06 tsp

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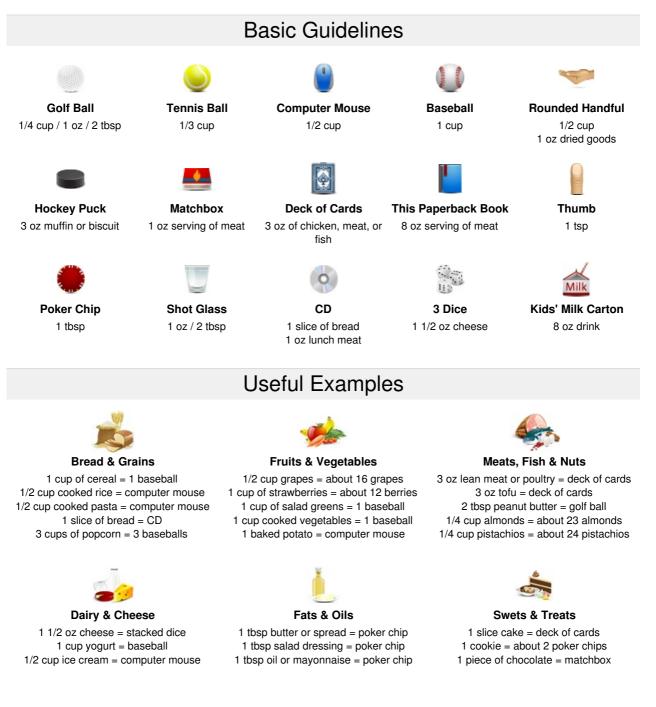
onions portabella mushroom 0.13 cup, sliced 1 cup diced

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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.



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