

Fat Loss Accelerator - Week 11

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
	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 12:00 PM	iced tea, green	2 Cup(s)	0 cal
	avocados	1/2 avocado	161 cal
	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 6:00 PM	portabella mushroom	1 cup diced	19 cal
	drinking water	2 Cup(s)	0 cal
	 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 7:30 PM	drinking water	2 Cup(s)	0 cal
	85% extra dark chocolate by lindt	2 squares	115 cal
	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

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
oz

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.

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 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

salsa, ready to serve 2 Tbsp

Beverages

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

Dairy & Egg

whole eggs, scrambled 2 large

Fats & Oils

extra virgin olive oil 1 Tbsp

Fruits & Juices

avocados 0.5 avocado

Poultry

ground turkey, cooked 3 oz

Uncategorized

85% extra dark chocolate by lindt 2 squares
apple smoked uncured bacon by trader joe's 3 slice
nuts pistachio dry roasted with salt added 1 oz

Vegetables

asparagus 8 spear, medium
cilantro leaves raw, coriander 0.13 Cup(s)
garlic 0.06 tsp



onions

0.13 cup, sliced

portabella mushroom

1 cup diced







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