



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


MEAL TOTAL: **Calories** 191 cal / **Carbs** 4 g (9%) / **Protein** 13 g (27%) / **Fat** 13 g (63%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 212 mg / **Calcium** 90 mg

NOTES:

Lunch 12:00 PM	iced tea, green	2 Cup(s)	0 cal
	organic hickory smoked sunday bacon by applegate	4 slices	120 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 281 cal / **Carbs** 9 g (12%) / **Protein** 10 g (14%) / **Fat** 25 g (79%) / **Fluid** 18
ADDITIONAL NUTRIENTS: **Sodium** 591 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)	2 serving	358 cal
	olive oil	1 1/2 Tbsp	179 cal

MEAL TOTAL: **Calories** 555 cal / **Carbs** 6 g (4%) / **Protein** 49 g (35%) / **Fat** 38 g (62%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 142 mg / **Calcium** 58 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 1,303 cal / **Carbs** 35 g (11%) / **Protein** 80 g (25%) / **Fat** 98 g (68%) / **Fluid** 77
ADDITIONAL NUTRIENTS: Sodium 1,074 mg / **Calcium** 201 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

Prepared by: John Carlo Macapinlac

Created: 10-12-2019

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

olive oil	1.5 Tbsp
-----------	----------

Fruits & Juices

avocado	0.5 avocado
---------	-------------

Poultry

ground turkey, cooked	6 oz
-----------------------	------

Uncategorized

85% extra dark chocolate by lindt	2 squares
nuts pistachio dry roasted with salt added	1 oz
organic hickory smoked sunday bacon by applegate	4 slices

Vegetables

cilantro leaves raw, coriander	0.25 Cup(s)
garlic	0.13 tsp
onions	0.25 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

1/4 cup / 1 oz / 2 tbsp



Tennis Ball

1/3 cup



Computer Mouse

1/2 cup



Baseball

1 cup



Rounded Handful

1/2 cup
1 oz dried goods



Hockey Puck

3 oz muffin or biscuit



Matchbox

1 oz serving of meat



Deck of Cards

3 oz of chicken, meat, or fish



This Paperback Book

8 oz serving of meat



Thumb

1 tsp



Poker Chip

1 tbsp



Shot Glass

1 oz / 2 tbsp



CD

1 slice of bread
1 oz lunch meat



3 Dice

1 1/2 oz cheese



Kids' Milk Carton

8 oz drink

Useful Examples



Bread & Grains

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



Fruits & Vegetables

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



Meats, Fish & Nuts

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

1 1/2 oz cheese = stacked dice
1 cup yogurt = baseball
1/2 cup ice cream = computer mouse



Fats & Oils

1 tbsp butter or spread = poker chip
1 tbsp salad dressing = poker chip
1 tbsp oil or mayonnaise = poker chip



Swets & Treats

1 slice cake = deck of cards
1 cookie = about 2 poker chips
1 piece of chocolate = matchbox