

# Fat Loss Accelerator - Week 12

Prepared by: John Carlo Macapinlac

Created: 10-12-2019

## DAY 1

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
lettuce-wrapped turkey burgers (paleo)	1 serving	179 cal
extra virgin olive oil	1 Tbsp	120 cal
asparagus	8 spear, medium	26 cal
omega 3 eggs	2 egg	140 cal

MEAL TOTAL: **Calories** 464 cal / **Carbs** 8 g (7%) / **Protein** 38 g (33%) / **Fat** 33 g (64%) / **Fluid** 22  
 ADDITIONAL NUTRIENTS: **Sodium** 200 mg / **Calcium** 98 mg

NOTES:

### Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
shrimp, asparagus & spaghetti squash medley	1 serving	365 cal
apple smoked uncured bacon by trader joe's	2 slice	180 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 19 g (14%) / **Protein** 47 g (34%) / **Fat** 31 g (50%) / **Fluid** 29  
 ADDITIONAL NUTRIENTS: **Sodium** 1,193 mg / **Calcium** 200 mg

NOTES:

### Snack

7:30 PM

drinking water	2 Cup(s)	0 cal
almonds	20 gm	116 cal
aged cheddar cheese by kerrygold	40 gram	157 cal

MEAL TOTAL: **Calories** 273 cal / **Carbs** 4 g (6%) / **Protein** 4 g (6%) / **Fat** 23 g (75%) / **Fluid** 16  
 ADDITIONAL NUTRIENTS: **Sodium** 300 mg / **Calcium** 340 mg

NOTES:

**DAY 1 TOTAL: Calories** 1,282 cal / **Carbs** 32 g (10%) / **Protein** 89 g (28%) / **Fat** 86 g (61%) / **Fluid** 67  
 ADDITIONAL NUTRIENTS: **Sodium** 1,693 mg / **Calcium** 638 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		
<b>Calories</b>		<b>179</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	8.8g	<b>14%</b>
Saturated Fat	2.2g	<b>11%</b>
Trans Fat	0.1g	
<b>Cholesterol</b>	79mg	<b>26%</b>
<b>Sodium</b>	67.1mg	<b>3%</b>
<b>Total Carbohydrates</b>	1.4g	<b>0%</b>
Dietary Fiber	0.2g	<b>1%</b>
Total Sugar	0.6g	
<b>Protein</b>	23.4g	
<b>Vitamin D</b>	6.8IU	<b>1%</b>
<b>Calcium</b>	27.7mg	<b>3%</b>
<b>Iron</b>	1.3mg	<b>7%</b>
<b>Potassium</b>	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.

1 Servings



# shrimp, asparagus & spaghetti squash medley

## Ingredients

winter squash spaghetti, no salt, boiled	1 Cup(s)
shrimp, cooked	5 oz
lemon juice	1/4 fl. oz.
garlic	1 clove
asparagus	1 Cup(s)
olive oil	1 Tbsp
mushrooms	1/8 cup, pieces or slices

## Nutrition Totals

**Calories** 365 / **Carbs** 19 g / **Protein** 37 g / **Fat** 17 g / **Fluid** 13.05 fl  
oz

## Instructions

1. In a small skillet, boil or steam asparagus in enough water to cover until tender; chop and set aside.
2. Bring a large pot of water to full boil, place the pasta in the pot and return to a rolling boil; cook until al dente. Drain well.
3. In a large saucepan, saute garlic in the olive oil over medium-low heat until the garlic is golden brown.
4. Spread olive oil in the saucepan and place the mushrooms and asparagus into the saucepan, cook until mushrooms are tender. Add in cooked shrimp and lemon juice
5. Toss the shrimp and vegetable mixture with the squash noodles. Salt and pepper to taste. Serve immediately.

# Nutrition Label

<b>Shrimp, Asparagus &amp; Spaghetti Squash Medley</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>365</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 16.5g	<b>25%</b>
Saturated Fat 2.7g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 299mg	<b>100%</b>
<b>Sodium</b> 712.6mg	<b>30%</b>
<b>Total Carbohydrates</b> 19.1g	<b>6%</b>
Dietary Fiber 5.1g	<b>21%</b>
Total Sugar 6.8g	
<b>Protein</b> 36.7g	
<b>Vitamin D</b> 6.2IU	<b>1%</b>
<b>Calcium</b> 199.9mg	<b>20%</b>
<b>Iron</b> 4mg	<b>22%</b>
<b>Potassium</b> 740.8mg	

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# Shopping List

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## Beverages

drinking water	6 Cup(s)
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## Dairy & Egg

omega 3 eggs	2 egg
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## Fats & Oils

extra virgin olive oil	1 Tbsp
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olive oil	1 Tbsp
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## Finfish & Shellfish

shrimp, cooked	5 oz
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## Fruits & Juices

lemon juice	0.25 fl. oz.
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## Nuts & Seeds

almonds	20 gm
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## Poultry

ground turkey, cooked	3 oz
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## Uncategorized

aged cheddar cheese by kerrygold	40 gram
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apple smoked uncured bacon by trader joe's	2 slice
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## Vegetables

asparagus	8 spear, medium 1 Cup(s)
cilantro leaves raw, coriander	0.13 Cup(s)
garlic	0.06 tsp 1 clove
mushrooms	0.13 cup, pieces or slices
onions	0.13 cup, sliced
winter squash spaghetti, no salt, boiled	1 Cup(s)

# 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