

Fat Loss Accelerator - Week 12

Prepared by: John Carlo Macapinlac

Created: 10-12-2019

DAY 1

Lunch 12:00 PM	drinking water	1 Cup(s)	0 cal
	pork and beef sausage	3 oz	256 cal
	onions	1/2 cup, sliced	23 cal

MEAL TOTAL: **Calories** 279 cal / **Carbs** 7 g (10%) / **Protein** 11 g (16%) / **Fat** 23 g (73%) / **Fluid** 10
 ADDITIONAL NUTRIENTS: **Sodium** 724 mg / **Calcium** 19 mg

NOTES:

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	baby bok choy	1 cup raw	10 cal
	lettuce-wrapped turkey burgers (paleo)	1 serving	179 cal
	olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 308 cal / **Carbs** 3 g (4%) / **Protein** 24 g (32%) / **Fat** 22 g (65%) / **Fluid** 18
 ADDITIONAL NUTRIENTS: **Sodium** 112 mg / **Calcium** 108 mg

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	olive oil	1 1/2 Tbsp	179 cal
	shrimp, asparagus & spaghetti squash medley	1 serving	365 cal
	asparagus	8 spear, medium	26 cal

MEAL TOTAL: **Calories** 569 cal / **Carbs** 24 g (17%) / **Protein** 40 g (28%) / **Fat** 37 g (58%) / **Fluid** 33
 ADDITIONAL NUTRIENTS: **Sodium** 716 mg / **Calcium** 231 mg

NOTES:

Snack 7:30 PM	drinking water	2 Cup(s)	0 cal
	aged cheddar cheese by kerrygold	40 gram	157 cal
	almonds, no salt, dry roasted	20 gm	120 cal

MEAL TOTAL: **Calories** 277 cal / **Carbs** 4 g (6%) / **Protein** 4 g (6%) / **Fat** 23 g (76%) / **Fluid** 16
 ADDITIONAL NUTRIENTS: **Sodium** 301 mg / **Calcium** 339 mg

NOTES:

DAY 1 TOTAL: Calories 1,433 cal / **Carbs** 39 g (11%) / **Protein** 79 g (22%) / **Fat** 105 g (66%) / **Fluid** 77
 ADDITIONAL NUTRIENTS: **Sodium** 1,852 mg / **Calcium** 697 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.

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

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

* 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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Beverages

drinking water	7 Cup(s)
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Fats & Oils

olive oil	3.5 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, no salt, dry roasted	20 gm
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Pork

pork and beef sausage	3 oz
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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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Vegetables

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