

# Fat Loss Accelerator - Week 2

Prepared by: John Carlo Macapinlac

Created: 08-24-2019

## DAY 1

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
📄 salmon & avocado, keto egg wrap	1 serving	304 cal
apple smoked uncured bacon by trader joe's	3 slice	270 cal

MEAL TOTAL: **Calories** 574 cal / **Carbs** 5 g (4%) / **Protein** 31 g (22%) / **Fat** 46 g (73%) / **Fluid** 18

ADDITIONAL NUTRIENTS: **Sodium** 952 mg / **Calcium** 24 mg

NOTES: Best. Breakfast. Everrrrrrrr.

### Snack

12:30 PM

drinking water	2 Cup(s)	0 cal
cashews	1/2 oz	78 cal
cucumber	1/2 cucumber	23 cal
cream cheese	2 Tbsp	68 cal

MEAL TOTAL: **Calories** 169 cal / **Carbs** 11 g (25%) / **Protein** 5 g (11%) / **Fat** 13 g (70%) / **Fluid** 21

ADDITIONAL NUTRIENTS: **Sodium** 78 mg / **Calcium** 49 mg

NOTES:

### Dinner

7:00 PM

drinking water	2 Cup(s)	0 cal
olive oil	1 Tbsp	119 cal
chicken thigh, cooked	4 oz	203 cal
cauliflower rice	1 cups	42 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 6 g (7%) / **Protein** 31 g (34%) / **Fat** 23 g (58%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 120 mg / **Calcium** 10 mg

NOTES: Combine this with the other dinner option below. Thought I'd put chicken instead of steak if you wanna change it up. :)

### Dinner

7:00 PM

drinking water	2 Cup(s)	0 cal
asparagus, boiled	6 spears	20 cal
butter, no salt	1 Tbsp	103 cal

MEAL TOTAL: **Calories** 122 cal / **Carbs** 4 g (12%) / **Protein** 2 g (7%) / **Fat** 12 g (87%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 14 mg / **Calcium** 24 mg

NOTES: Don't boil your asparagus. Cook it in butter instead.

### Snack

7:30 PM

drinking water	2 Cup(s)	0 cal
cashew butter, no salt	2 Tbsp	188 cal



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**MEAL TOTAL:** **Calories** 188 cal / **Carbs** 9 g (19%) / **Protein** 6 g (12%) / **Fat** 16 g (76%) / **Fluid** 16  
**ADDITIONAL NUTRIENTS:** **Sodium** 5 mg / **Calcium** 14 mg

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**NOTES:**

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**DAY 1 TOTAL:** **Calories** 1,418 cal / **Carbs** 34 g (10%) / **Protein** 75 g (21%) / **Fat** 111 g (70%) / **Fluid** 93  
**ADDITIONAL NUTRIENTS:** **Sodium** 1,169 mg / **Calcium** 121 mg

2 Servings



# salmon & avocado, keto egg wrap

## Ingredients

egg	3 egg
avocados	1/2 avocado
fish salmon chinook smoked	2 oz, boneless
cream cheese	2 Tbsp
chives	2 tsp chopped
butter, no salt	1 Tbsp
black pepper	2 dash
green onions/scallions	1 tbsp chopped

## Nutrition Totals

**Calories** 608 / **Carbs** 10 g / **Protein** 32 g / **Fat** 51 g / **Fluid** 4.57 fl  
oz

## Instructions

1. Crack the eggs into a mixing bowl and whisk. Add in black pepper.
2. In a small bowl, combine cream cheese and sliced chives.
3. Melt butter in a medium sized omelette pan. Pour in whisked eggs.
4. Cook omelette until soft, yet cooked through.
5. Slide the omelette onto a plate and top with cream cheese/chive mixture.
6. Top with sliced avocado, smoked salmon and green onions.
7. Fold the omelette into a wrap.

# Nutrition Label

<b>Salmon &amp; Avocado, Keto Egg Wrap</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>304</b>
		<b>% Daily Value*</b>
<b>Total Fat</b> 25.3g		<b>39%</b>
Saturated Fat 6.9g		<b>35%</b>
Trans Fat 0.2g		
<b>Cholesterol</b> 32.8mg		<b>11%</b>
<b>Sodium</b> 231.8mg		<b>10%</b>
<b>Total Carbohydrates</b> 5g		<b>2%</b>
Dietary Fiber 3.4g		<b>14%</b>
Total Sugar 0.7g		
<b>Protein</b> 15.9g		
<b>Vitamin D</b> 200.9IU		<b>33%</b>
<b>Calcium</b> 24.1mg		<b>2%</b>
<b>Iron</b> 0.6mg		<b>3%</b>
<b>Potassium</b> 321.4mg		

\* 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	10 Cup(s)
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## Dairy & Egg

butter, no salt	1.5 Tbsp
cream cheese	3 Tbsp
egg	1.5 egg

## Fats & Oils

olive oil	1 Tbsp
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## Fruits & Juices

avocados	0.25 avocado
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## Nuts & Seeds

cashews	0.5 oz
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## Poultry

chicken thigh, cooked	4 oz
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## Spices & Herbs

black pepper	1 dash
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## Uncategorized

apple smoked uncured bacon by trader joe's	3 slice
cauliflower rice	1 cups
fish salmon chinook smoked	1 oz, boneless




## Vegetables

<b>asparagus, boiled</b>	<b>6 spears</b>
<b>cashew butter, no salt</b>	<b>2 Tbsp</b>
<b>chives</b>	<b>1 tsp chopped</b>
<b>cucumber</b>	<b>0.5 cucumber</b>
<b>green onions/scallions</b>	<b>0.5 tbsp chopped</b>







# 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

				
<b>Golf Ball</b>	<b>Tennis Ball</b>	<b>Computer Mouse</b>	<b>Baseball</b>	<b>Rounded Handful</b>
1/4 cup / 1 oz / 2 tbsp	1/3 cup	1/2 cup	1 cup	1/2 cup 1 oz dried goods
				
<b>Hockey Puck</b>	<b>Matchbox</b>	<b>Deck of Cards</b>	<b>This Paperback Book</b>	<b>Thumb</b>
3 oz muffin or biscuit	1 oz serving of meat	3 oz of chicken, meat, or fish	8 oz serving of meat	1 tsp
				
<b>Poker Chip</b>	<b>Shot Glass</b>	<b>CD</b>	<b>3 Dice</b>	<b>Kids' Milk Carton</b>
1 tbsp	1 oz / 2 tbsp	1 slice of bread 1 oz lunch meat	1 1/2 oz cheese	8 oz drink

## Useful Examples

		
<b>Bread &amp; Grains</b>	<b>Fruits &amp; Vegetables</b>	<b>Meats, Fish &amp; Nuts</b>
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
		
<b>Dairy &amp; Cheese</b>	<b>Fats &amp; Oils</b>	<b>Swets &amp; Treats</b>
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