

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: This might possibly be the best breakfast ever. :)

Snack

12:30 PM

drinking water	2 Cup(s)	0 cal
cashews	3/4 oz	118 cal
cucumber	1/4 cucumber	11 cal
cream cheese	3 Tbsp	103 cal

MEAL TOTAL: **Calories** 231 cal / **Carbs** 10 g (18%) / **Protein** 6 g (11%) / **Fat** 20 g (77%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 114 mg / **Calcium** 49 mg

NOTES:

Dinner

7:00 PM

drinking water	2 Cup(s)	0 cal
olive oil	2 Tbsp	239 cal
chicken thigh, cooked	100 gm	179 cal
cauliflower rice	1 cups	42 cal
asparagus	10 spear, medium	32 cal

MEAL TOTAL: **Calories** 492 cal / **Carbs** 12 g (10%) / **Protein** 31 g (25%) / **Fat** 36 g (66%) / **Fluid** 23

ADDITIONAL NUTRIENTS: **Sodium** 110 mg / **Calcium** 48 mg

NOTES: Combine with the other dinner option below

Snack

7:30 PM

drinking water	2 Cup(s)	0 cal
cheddar cheese	1 oz	114 cal
pistachios, no salt, dry roasted	30 gm	170 cal

MEAL TOTAL: **Calories** 284 cal / **Carbs** 9 g (13%) / **Protein** 13 g (19%) / **Fat** 23 g (72%) / **Fluid** 16

ADDITIONAL NUTRIENTS: **Sodium** 178 mg / **Calcium** 237 mg

NOTES: Buy full fat aged cheese please. None of the low fat BS.

DAY 1 TOTAL: Calories 1,582 cal / **Carbs** 37 g (9%) / **Protein** 82 g (21%) / **Fat** 125 g (71%) / **Fluid** 77

ADDITIONAL NUTRIENTS: Sodium 1,353 mg / **Calcium** 358 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

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

Prepared by: John Carlo Macapinlac

Created: 08-24-2019

Beverages

drinking water	8 Cup(s)
----------------	----------

Dairy & Egg

butter, no salt	0.5 Tbsp
cheddar cheese	1 oz
cream cheese	4 Tbsp
egg	1.5 egg

Fats & Oils

olive oil	2 Tbsp
-----------	--------

Fruits & Juices

avocados	0.25 avocado
----------	--------------

Nuts & Seeds

cashews	0.75 oz
pistachios, no salt, dry roasted	30 gm

Poultry

chicken thigh, cooked	100 gm
-----------------------	--------

Spices & Herbs

black pepper	1 dash
--------------	--------

Uncategorized

apple smoked uncured bacon by trader joe's	3 slice
cauliflower rice	1 cups



fish salmon chinook smoked

1 oz, boneless



Vegetables

asparagus	10 spear, medium
chives	1 tsp chopped
cucumber	0.25 cucumber
green onions/scallions	0.5 tbsp chopped







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