

Fat Loss Accelerator - Week 3

Prepared by: John Carlo Macapinlac

Created: 09-01-2019

DAY 1

Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
📄 salmon & avocado, keto egg wrap	1 serving	304 cal
naturally hardwood smoked thick cut bacon by arche...	3 slices	135 cal
asparagus	6 spear, medium	19 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 9 g (8%) / **Protein** 26 g (22%) / **Fat** 36 g (71%) / **Fluid** 21
 ADDITIONAL NUTRIENTS: **Sodium** 639 mg / **Calcium** 47 mg

NOTES:

Snack

12:30 PM

drinking water	2 Cup(s)	0 cal
pistachios, no salt, dry roasted	1 oz	161 cal

MEAL TOTAL: **Calories** 161 cal / **Carbs** 8 g (21%) / **Protein** 6 g (15%) / **Fat** 13 g (71%) / **Fluid** 16
 ADDITIONAL NUTRIENTS: **Sodium** 2 mg / **Calcium** 30 mg

NOTES:

Dinner

7:00 PM

iced tea, green	2 Cup(s)	0 cal
butter, no salt	1 Tbsp	103 cal
cauliflower rice	1 cups	42 cal
broccoli	150 gm	51 cal
ground beef (grass-fed)	1/4 pound(s)	279 cal
sriracha, hot chili sauce	1 Tbsp	15 cal

MEAL TOTAL: **Calories** 490 cal / **Carbs** 19 g (15%) / **Protein** 27 g (22%) / **Fat** 35 g (65%) / **Fluid** 21
 ADDITIONAL NUTRIENTS: **Sodium** 430 mg / **Calcium** 74 mg

NOTES: Feel free to turn this into a beef broccoli stir fry.

Snack

7:30 PM

drinking water	2 Cup(s)	0 cal
85% extra dark chocolate by lindt	2 squares	115 cal

MEAL TOTAL: **Calories** 115 cal / **Carbs** 8 g (26%) / **Protein** 3 g (9%) / **Fat** 9 g (70%) / **Fluid** 16
 ADDITIONAL NUTRIENTS: **Sodium** 8 mg / **Calcium** 10 mg

NOTES:

DAY 1 TOTAL: Calories 1,224 cal / **Carbs** 44 g (14%) / **Protein** 61 g (20%) / **Fat** 93 g (68%) / **Fluid** 74
 ADDITIONAL NUTRIENTS: **Sodium** 1,078 mg / **Calcium** 161 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

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Accompaniments

sriracha, hot chili sauce 1 Tbsp

Beef

ground beef (grass-fed) 0.25 pound(s)

Beverages

drinking water 6 Cup(s)

iced tea, green 2 Cup(s)

Dairy & Egg

butter, no salt 1.5 Tbsp

cream cheese 1 Tbsp

egg 1.5 egg

Fruits & Juices

avocados 0.25 avocado

Nuts & Seeds

pistachios, no salt, dry roasted 1 oz

Spices & Herbs

black pepper 1 dash

Uncategorized

85% extra dark chocolate by lindt 2 squares

cauliflower rice 1 cups

fish salmon chinook smoked 1 oz, boneless



naturally hardwood smoked thick cut bacon by archer farms

3 slices

Vegetables

asparagus

6 spear, medium

broccoli

150 gm

chives

1 tsp chopped



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	Sweets & 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