



# Fat Loss Accelerator - Week 4

Prepared by: John Carlo Macapinlac

Created: 09-07-2019

## DAY 1

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	omega 3 eggs	2 egg	140 cal
	organic uncured ham by applegate by applegate farm...	5 oz	127 cal

MEAL TOTAL: **Calories** 267 cal / **Carbs** 2 g (3%) / **Protein** 37 g (56%) / **Fat** 14 g (47%) / **Fluid** 16

NOTES: Substitute bacon or turkey bacon for ham if you'd like

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	olive oil	1 Tbsp	119 cal
	asparagus	10 spear, medium	32 cal


MEAL TOTAL: **Calories** 151 cal / **Carbs** 6 g (16%) / **Protein** 4 g (9%) / **Fat** 14 g (81%) / **Fluid** 21

NOTES:

<b>Snack</b> 12:30 PM	drinking water	2 Cup(s)	0 cal
	walnuts	1/2 oz	92 cal
	cream cheese	2 Tbsp	68 cal

MEAL TOTAL: **Calories** 160 cal / **Carbs** 3 g (7%) / **Protein** 3 g (8%) / **Fat** 16 g (90%) / **Fluid** 16

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	 halibut with dijon & almonds	1 serving	439 cal
	broccoli	150 gm	51 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 651 cal / **Carbs** 22 g (13%) / **Protein** 55 g (34%) / **Fat** 39 g (54%) / **Fluid** 30

NOTES:

<b>Snack</b> 7:00 PM	85% extra dark chocolate by lindt	2 squares	115 cal
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MEAL TOTAL: **Calories** 115 cal / **Carbs** 8 g (26%) / **Protein** 3 g (9%) / **Fat** 9 g (70%) / **Fluid** 0

NOTES:

**DAY 1 TOTAL: Calories** 1,344 cal / **Carbs** 40 g (12%) / **Protein** 101 g (30%) / **Fat** 92 g (61%) / **Fluid** 83





1 Servings

# halibut with dijon & almonds

## Ingredients

halibut fish	8 2/3 oz
olive oil	1 Tbsp
dijon mustard	3 tsp
almonds	1/2 oz

## Nutrition Totals

**Calories** 439 / **Carbs** 3 g / **Protein** 49 g / **Fat** 24 g / **Fluid** 6.7 fl  
oz

## Instructions

1. Preheat the oven to 350 and  $\text{\textcircled{A}}$   $\text{\textcircled{C}}$  and  $\text{\textcircled{D}}$   $\text{\textcircled{E}}$   $\text{\textcircled{F}}$ .
2. Lightly grease a baking sheet with olive or coconut oil.
3. Lay fish in the pan skin side down.
4. Spread Dijon mustard over fish and sprinkle with chopped almonds.
5. Bake for 12-15 minutes, or until fish flakes easily with a fork.

# Nutrition Label

<b>Halibut With Dijon &amp; Almonds</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>439</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 23.7g	<b>37%</b>
Saturated Fat 3.1g	<b>16%</b>
Trans Fat 0g	
<b>Cholesterol</b> 120.3mg	<b>40%</b>
<b>Sodium</b> 527.4mg	<b>22%</b>
<b>Total Carbohydrates</b> 3g	<b>1%</b>
Dietary Fiber 1.7g	<b>7%</b>
Total Sugar 0.5g	
<b>Protein</b> 48.5g	
<b>Vitamin D</b> 466.8IU	<b>78%</b>
<b>Calcium</b> 54.9mg	<b>5%</b>
<b>Iron</b> 0.9mg	<b>5%</b>
<b>Potassium</b> 1171.5mg	

\* 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

dijon mustard	3 tsp
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## Beverages

drinking water	8 Cup(s)
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## Dairy & Egg

cream cheese	2 Tbsp
omega 3 eggs	2 egg

## Fats & Oils

olive oil	2 Tbsp
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## Finfish & Shellfish

halibut fish	8.67 oz
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## Fruits & Juices

avocado	0.5 avocado
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## Nuts & Seeds

almonds	0.5 oz
walnuts	0.5 oz

## Uncategorized

85% extra dark chocolate by lindt	2 squares
organic uncured ham by applegate by applegate farms	5 oz












## Vegetables

asparagus	10 spear, medium
broccoli	150 gm







# 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