

# Fat Loss Accelerator - Week 5

Prepared by: John Carlo Macapinlac

Created: 09-15-2019

## DAY 1

### Lunch

12:00 PM

drinking water	2 Cup(s)	0 cal
halibut with dijon & almonds	1 serving	439 cal
riced cauliflower	1 1/2 cups	30 cal
butter salted	2 pat (1" sq, 1/3" high)	72 cal

MEAL TOTAL: **Calories** 541 cal / **Carbs** 9 g (7%) / **Protein** 52 g (38%) / **Fat** 32 g (53%) / **Fluid** 23

NOTES:

### Snack

12:30 PM

walnuts	1 oz	183 cal
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MEAL TOTAL: **Calories** 183 cal / **Carbs** 4 g (8%) / **Protein** 4 g (9%) / **Fat** 18 g (90%) / **Fluid** 0

NOTES: Substitute pistachios or almonds if you want.

### Dinner

7:00 PM

italian style venison pot roast (paleo)	1/2 serving	159 cal
green leaf lettuce	1 1/2 cup shredded	8 cal
drinking water	2 Cup(s)	0 cal
olive oil	1/4 Tbsp	30 cal
balsamic vinegar	1 Tbsp	14 cal
avocado	1/4 avocado	80 cal

MEAL TOTAL: **Calories** 292 cal / **Carbs** 10 g (14%) / **Protein** 28 g (39%) / **Fat** 15 g (47%) / **Fluid** 23

NOTES: Substitute your choice of protein for the pot roast. Also, 1/2 serving is 1/4 lb or 113 grams of the pot roast.

### Snack

7:30 PM

hazelnuts/filberts	1/2 oz	89 cal
drinking water	2 Cup(s)	0 cal
85% extra dark chocolate by lindt	2 squares	115 cal

MEAL TOTAL: **Calories** 204 cal / **Carbs** 10 g (19%) / **Protein** 5 g (9%) / **Fat** 18 g (78%) / **Fluid** 16

NOTES:

**DAY 1 TOTAL: Calories** 1,220 cal / **Carbs** 33 g (11%) / **Protein** 89 g (29%) / **Fat** 83 g (61%) / **Fluid** 62



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.

4 Servings



# italian style venison pot roast (paleo)

## Ingredients

celery	1 cup chopped
onions	1 medium
black pepper	1/2 tsp
olive oil	1 Tbsp
deer/venison meat, lean, cooked	2 lb
garlic	1 clove
beef stock	4 fl. oz.

## Nutrition Totals

**Calories** 1275 / **Carbs** 15 g / **Protein** 211 g / **Fat** 36 g / **Fluid** 29.35 fl  
oz

## Instructions

1. In Dutch oven, heat olive oil over medium heat.
2. Add venison roast and brown roast on all sides.
3. Season with black pepper..
4. Crush garlic.
5. Add garlic to the combined remaining ingredients.
6. Pour over pot roast.
7. Cover and bake for 3 to 4 hours at 300 degrees.

# Nutrition Label

Italian Style Venison Pot Roast (Paleo)		
Amount Per Serving		
<b>Calories</b>		<b>319</b>
		<b>% Daily Value*</b>
<b>Total Fat</b> 8.9g		<b>14%</b>
Saturated Fat 2.6g		<b>13%</b>
Trans Fat 0g		
<b>Cholesterol</b> 192.7mg		<b>64%</b>
<b>Sodium</b> 137.2mg		<b>6%</b>
<b>Total Carbohydrates</b> 3.7g		<b>1%</b>
Dietary Fiber 0.9g		<b>4%</b>
Total Sugar 1.6g		
<b>Protein</b> 52.6g		
<b>Vitamin D</b> 0IU		<b>0%</b>
<b>Calcium</b> 30.3mg		<b>3%</b>
<b>Iron</b> 7.8mg		<b>44%</b>
<b>Potassium</b> 833.5mg		

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# Shopping List

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## Accompaniments

dijon mustard 3 tsp

## Beverages

drinking water 6 Cup(s)

## Dairy & Egg

butter salted 2 pat (1" sq, 1/3" high)

## Fats & Oils

olive oil 1.38 Tbsp

## Finfish & Shellfish

halibut fish 8.67 oz

## Fruits & Juices

avocado 0.25 avocado

## Ingredients

balsamic vinegar 1 Tbsp

## Lamb, Veal, Game

deer/venison meat, lean, cooked 0.25 lb

## Nuts & Seeds

almonds 0.5 oz



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hazelnuts/filberts	0.5 oz
walnuts	1 oz

### Soup

beef stock	0.5 fl. oz.
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### Spices & Herbs

black pepper	0.06 tsp
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### Uncategorized

85% extra dark chocolate by lindt	2 squares
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### Vegetables

celery	0.13 cup chopped
garlic	0.13 clove
green leaf lettuce	1.5 cup shredded
onions	0.13 medium
riced cauliflower	1.5 cups







# 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