

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 cups	20 cal
natural turkey bacon by applegate farms	3 slice	105 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 683 cal / **Carbs** 7 g (4%) / **Protein** 69 g (40%) / **Fat** 42 g (55%) / **Fluid** 23

NOTES:

Snack

12:30 PM

walnuts	1 oz	183 cal
drinking water	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 183 cal / **Carbs** 4 g (8%) / **Protein** 4 g (9%) / **Fat** 18 g (90%) / **Fluid** 16

NOTES: Feel free to keep eating almonds/pistachios here instead of walnuts. Just thought we'd change things up. :)

Dinner

6:00 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 Tbsp	119 cal
balsamic vinegar	1 Tbsp	14 cal
scallops	3 oz	59 cal
butter salted	3 pat (1" sq, 1/3" high)	108 cal

MEAL TOTAL: **Calories** 467 cal / **Carbs** 9 g (8%) / **Protein** 38 g (32%) / **Fat** 31 g (59%) / **Fluid** 24

NOTES: Feel free to substitute your choice of protein for the pot roast. You can also add your choice of garnish for the salad. Just keep it low carb. Sear the scallops in butter.

Snack

7:30 PM

hazelnuts/filberts	1 oz	178 cal
drinking water	2 Cup(s)	0 cal
85% extra dark chocolate by lindt	2 squares	115 cal

MEAL TOTAL: **Calories** 293 cal / **Carbs** 12 g (17%) / **Protein** 7 g (9%) / **Fat** 26 g (81%) / **Fluid** 16

NOTES:

DAY 1 TOTAL: Calories 1,627 cal / **Carbs** 32 g (8%) / **Protein** 117 g (29%) / **Fat** 117 g (65%) / **Fluid** 79



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

Halibut With Dijon & Almonds	
Amount Per Serving	
Calories	439
	% Daily Value*
Total Fat 23.7g	37%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Cholesterol 120.3mg	40%
Sodium 527.4mg	22%
Total Carbohydrates 3g	1%
Dietary Fiber 1.7g	7%
Total Sugar 0.5g	
Protein 48.5g	
Vitamin D 466.8IU	78%
Calcium 54.9mg	5%
Iron 0.9mg	5%
Potassium 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		
Calories		319
		% Daily Value*
Total Fat 8.9g		14%
Saturated Fat 2.6g		13%
Trans Fat 0g		
Cholesterol 192.7mg		64%
Sodium 137.2mg		6%
Total Carbohydrates 3.7g		1%
Dietary Fiber 0.9g		4%
Total Sugar 1.6g		
Protein 52.6g		
Vitamin D 0IU		0%
Calcium 30.3mg		3%
Iron 7.8mg		44%
Potassium 833.5mg		

* 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

butter salted	3 pat (1" sq, 1/3" high)
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Fats & Oils

olive oil	3.13 Tbsp
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Finfish & Shellfish

halibut fish	8.67 oz
scallops	3 oz

Ingredients

balsamic vinegar	1 Tbsp
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Lamb, Veal, Game

deer/venison meat, lean, cooked	0.25 lb
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Nuts & Seeds

almonds	0.5 oz
hazelnuts/filberts	1 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
natural turkey bacon by applegate farms	3 slice



Vegetables

celery	0.13 cup chopped
garlic	0.13 clove
green leaf lettuce	1.5 cup shredded
onions	0.13 medium
riced cauliflower	1 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

				
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