



# Fat Loss Accelerator - Week 6

Prepared by: John Carlo Macapinlac

Created: 09-21-2019

## DAY 1

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	green leaf lettuce	2 cup shredded	11 cal
	olive oil	1 Tbsp	119 cal
	shrimp, cooked	6 oz	202 cal
	butter salted	3 pat (1" sq, 1/3" high)	108 cal
	garlic	2 clove	9 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 610 cal / **Carbs** 15 g (10%) / **Protein** 42 g (28%) / **Fat** 43 g (64%) / **Fluid** 25

NOTES: Make garlic butter shrimp out of the listed ingredients.

<b>Snack</b> 12:30 PM	drinking water	2 Cup(s)	0 cal
	california pistachios by kirkland signature	1 oz	161 cal

MEAL TOTAL: **Calories** 161 cal / **Carbs** 8 g (19%) / **Protein** 6 g (14%) / **Fat** 13 g (74%) / **Fluid** 16

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	 mediterranean chicken	1 serving	186 cal
	riced cauliflower	1 cups	20 cal
	omega 3 eggs	2 egg	140 cal
	broccoli	150 gm	51 cal

MEAL TOTAL: **Calories** 397 cal / **Carbs** 17 g (17%) / **Protein** 41 g (42%) / **Fat** 21 g (47%) / **Fluid** 24

NOTES:

<b>Snack</b> 7:30 PM	drinking water	2 Cup(s)	0 cal
	85% extra dark chocolate by lindt	3 squares	173 cal

MEAL TOTAL: **Calories** 173 cal / **Carbs** 11 g (26%) / **Protein** 4 g (9%) / **Fat** 14 g (70%) / **Fluid** 16

NOTES:

**DAY 1 TOTAL: Calories** 1,340 cal / **Carbs** 51 g (15%) / **Protein** 93 g (28%) / **Fat** 91 g (61%) / **Fluid** 81



4 Servings

# mediterranean chicken

## Ingredients

chicken breast, boneless skinless	16 oz
olive oil	2 Tbsp
lemon juice	1 1/2 fl. oz.
garlic	1 clove

## Nutrition Totals

**Calories 743 / Carbs 4 g / Protein 93 g / Fat 41 g / Fluid 13.09 fl**  
oz

## Instructions

1. Crush garlic clove.
2. Place garlic and remaining ingredients in large resealable bag. Marinate in the refrigerator for 8-12 hours.
3. One hour before serving, preheat oven to 450 degrees.
4. Line a baking sheet with foil, and place chicken and marinade on pan.
5. Place pan in oven, then reduce heat to 325 degrees.
6. Bake for 35-45 minutes, or until chicken is cooked through and the juices run clear.

# Nutrition Label

<b>Mediterranean Chicken</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>186</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	10.1g	<b>16%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	72.5mg	<b>24%</b>
<b>Sodium</b>	196.5mg	<b>8%</b>
<b>Total Carbohydrates</b>	1g	<b>0%</b>
Dietary Fiber	0g	<b>0%</b>
Total Sugar	0.2g	
<b>Protein</b>	23.1g	
<b>Vitamin D</b>	2.2IU	<b>0%</b>
<b>Calcium</b>	7.7mg	<b>1%</b>
<b>Iron</b>	0.4mg	<b>2%</b>
<b>Potassium</b>	391.3mg	

\* 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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## Beverages

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

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

## Fats & Oils

olive oil	1.5 Tbsp
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## Finfish & Shellfish

shrimp, cooked	6 oz
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## Fruits & Juices

avocado	0.5 avocado
lemon juice	0.38 fl. oz.

## Poultry

chicken breast, boneless skinless	4 oz
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## Uncategorized

85% extra dark chocolate by lindt	3 squares
california pistachios by kirkland signature	1 oz

## Vegetables

broccoli	150 gm
garlic	2.25 clove
green leaf lettuce	2 cup shredded






**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

				
<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