

# Fat Loss Accelerator - Week 7

Prepared by: John Carlo Macapinlac

Created: 09-29-2019

## DAY 1

<b>Lunch</b> 12:00 PM	coconut vegetable oil	1 Tbsp	116 cal
	drinking water	2 Cup(s)	0 cal
	omega 3 eggs	2 egg	140 cal
	organic hickory smoked sunday bacon by applegate	3 slices	90 cal


MEAL TOTAL: **Calories** 346 cal / **Carbs** 2 g (2%) / **Protein** 18 g (21%) / **Fat** 31 g (81%) / **Fluid** 16

NOTES: Feel free to eat your breakfast and lunch together :)

<b>Lunch</b> 12:00 PM	turkey breast, roasted	3 oz	116 cal
	drinking water	2 Cup(s)	0 cal
	olive oil	1 Tbsp	119 cal
	riced cauliflower	1 cups	20 cal
	sriracha, hot chili sauce	1 Tbsp	15 cal

MEAL TOTAL: **Calories** 270 cal / **Carbs** 7 g (10%) / **Protein** 27 g (40%) / **Fat** 15 g (51%) / **Fluid** 18

NOTES:

<b>Dinner</b> 7:00 PM	drinking water	2 Cup(s)	0 cal
	green leaf lettuce	1 cup shredded	5 cal
	olive oil	1 Tbsp	119 cal
	balsamic vinegar	1/2 Tbsp	7 cal
	 spice-crusted chicken breast (paleo)	1 serving	161 cal

MEAL TOTAL: **Calories** 292 cal / **Carbs** 3 g (5%) / **Protein** 24 g (33%) / **Fat** 21 g (64%) / **Fluid** 20

NOTES:

<b>Snack</b> 7:30 PM	nuts pistachio dry roasted with salt added	1 oz	160 cal
	85% extra dark chocolate by lindt	2 squares	115 cal

MEAL TOTAL: **Calories** 275 cal / **Carbs** 16 g (23%) / **Protein** 8 g (12%) / **Fat** 22 g (71%) / **Fluid** 0

NOTES:

**DAY 1 TOTAL: Calories** 1,184 cal / **Carbs** 28 g (9%) / **Protein** 77 g (26%) / **Fat** 89 g (67%) / **Fluid** 54

4 Servings



# spice-crusted chicken breast (paleo)

## Ingredients

black pepper	1 tsp
cumin ground	3 tsp
chicken breast, boneless skinless	16 oz
olive oil	1 Tbsp

## Nutrition Totals

**Calories** 643 / **Carbs** 4 g / **Protein** 94 g / **Fat** 29 g / **Fluid** 11.6 fl  
oz

## Instructions

1. Preheat broiler. Lightly spray broiler pan with olive oil cooking spray.
2. Lightly toast coriander, cumin and pepper, in a small sauce pan. Stir frequently for approximately 45 seconds.  
or until aromatic.
3. Transfer to a small bowl and set aside.
4. Flatten chicken breasts between two pieces of plastic, with cooking mallet or rolling pin.
5. Brush both sides of the chicken with olive oil.
6. Sprinkle spice mixture evenly over both sides of chicken breasts.
7. Place breasts on broiler rack and broil each side for approximately 4-5 minutes, or until cooked through and juices run clear.

# Nutrition Label

Spice-Crusted Chicken Breast (Paleo)		
<b>Amount Per Serving</b>		
<b>Calories</b>		<b>161</b>
		<b>% Daily Value*</b>
<b>Total Fat</b> 7.1g		<b>11%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 72.5mg		<b>24%</b>
<b>Sodium</b> 196.3mg		<b>8%</b>
<b>Total Carbohydrates</b> 0.9g		<b>0%</b>
Dietary Fiber 0.1g		<b>1%</b>
Total Sugar 0g		
<b>Protein</b> 23.3g		
<b>Vitamin D</b> 2.2IU		<b>0%</b>
<b>Calcium</b> 8mg		<b>1%</b>
<b>Iron</b> 0.4mg		<b>3%</b>
<b>Potassium</b> 383.4mg		

\* 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

## Beverages

drinking water 6 Cup(s)

## Dairy & Egg

omega 3 eggs 2 egg

## Fats & Oils

coconut vegetable oil 1 Tbsp

olive oil 2.25 Tbsp

## Ingredients

balsamic vinegar 0.5 Tbsp

## Poultry

chicken breast, boneless skinless 4 oz

turkey breast, roasted 3 oz

## Spices & Herbs

black pepper 0.25 tsp

cumin ground 0.75 tsp

## Uncategorized

85% extra dark chocolate by lindt 2 squares

nuts pistachio dry roasted with salt added 1 oz

organic hickory smoked sunday bacon by applegate 3 slices



## Vegetables

green leaf lettuce	1 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



**Golf Ball**

1/4 cup / 1 oz / 2 tbsp



**Tennis Ball**

1/3 cup



**Computer Mouse**

1/2 cup



**Baseball**

1 cup



**Rounded Handful**

1/2 cup  
1 oz dried goods



**Hockey Puck**

3 oz muffin or biscuit



**Matchbox**

1 oz serving of meat



**Deck of Cards**

3 oz of chicken, meat, or fish



**This Paperback Book**

8 oz serving of meat



**Thumb**

1 tsp



**Poker Chip**

1 tbsp



**Shot Glass**

1 oz / 2 tbsp



**CD**

1 slice of bread  
1 oz lunch meat



**3 Dice**

1 1/2 oz cheese



**Kids' Milk Carton**

8 oz drink

## Useful Examples



**Bread & Grains**

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



**Fruits & Vegetables**

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



**Meats, Fish & Nuts**

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**

1 1/2 oz cheese = stacked dice  
1 cup yogurt = baseball  
1/2 cup ice cream = computer mouse



**Fats & Oils**

1 tbsp butter or spread = poker chip  
1 tbsp salad dressing = poker chip  
1 tbsp oil or mayonnaise = poker chip



**Sweets & Treats**

1 slice cake = deck of cards  
1 cookie = about 2 poker chips  
1 piece of chocolate = matchbox