

Fat Loss Accelerator - Week 7

Prepared by: John Carlo Macapinlac

Created: 09-29-2019

DAY 1

Breakfast 12:00 PM	coconut vegetable oil	1 Tbsp	116 cal
	drinking water	2 Cup(s)	0 cal
	omega 3 eggs	1 egg	70 cal
	pork and beef sausage	2 oz	171 cal

MEAL TOTAL: **Calories** 357 cal / **Carbs** 2 g (2%) / **Protein** 13 g (14%) / **Fat** 34 g (85%) / **Fluid** 17

NOTES:

Lunch 12:00 PM	turkey breast, roasted	4 oz	154 cal
	drinking water	2 Cup(s)	0 cal
	cauliflower, no salt, boiled	150 gm	35 cal
	olive oil	1 1/2 Tbsp	179 cal

MEAL TOTAL: **Calories** 368 cal / **Carbs** 6 g (7%) / **Protein** 33 g (36%) / **Fat** 23 g (56%) / **Fluid** 23

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

Dinner 7:00 PM	drinking water	2 Cup(s)	0 cal
	green leaf lettuce	1 cup shredded	5 cal
	olive oil	1 1/2 Tbsp	179 cal
	balsamic vinegar	1/2 Tbsp	7 cal
	 spice-crusted chicken breast (paleo)	1 1/2 serving	241 cal

MEAL TOTAL: **Calories** 432 cal / **Carbs** 4 g (4%) / **Protein** 36 g (33%) / **Fat** 31 g (65%) / **Fluid** 22

NOTES:

Snack 7:30 PM	walnuts	1 oz	183 cal
	drinking water	2 Cup(s)	0 cal
	85% extra dark chocolate by lindt	2 squares	115 cal

MEAL TOTAL: **Calories** 298 cal / **Carbs** 11 g (15%) / **Protein** 7 g (9%) / **Fat** 27 g (82%) / **Fluid** 16

NOTES:

DAY 1 TOTAL: Calories 1,455 cal / **Carbs** 23 g (6%) / **Protein** 89 g (24%) / **Fat** 115 g (71%) / **Fluid** 78

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 mallett 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)		
Amount Per Serving		
Calories		161
		% Daily Value*
Total Fat 7.1g		11%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 72.5mg		24%
Sodium 196.3mg		8%
Total Carbohydrates 0.9g		0%
Dietary Fiber 0.1g		1%
Total Sugar 0g		
Protein 23.3g		
Vitamin D 2.2IU		0%
Calcium 8mg		1%
Iron 0.4mg		3%
Potassium 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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Beverages

drinking water	8 Cup(s)
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Dairy & Egg

omega 3 eggs	1 egg
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Fats & Oils

coconut vegetable oil	1 Tbsp
olive oil	3.38 Tbsp

Ingredients

balsamic vinegar	0.5 Tbsp
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Nuts & Seeds

walnuts	1 oz
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Pork

pork and beef sausage	2 oz
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Poultry

chicken breast, boneless skinless	6 oz
turkey breast, roasted	4 oz

Spices & Herbs

black pepper	0.38 tsp
cumin ground	1.13 tsp



Uncategorized

85% extra dark chocolate by lindt

2 squares

Vegetables

cauliflower, no salt, boiled

150 gm



green leaf lettuce

1 cup shredded







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