



Fat Loss Accelerator - Week 8

Prepared by: John Carlo Macapinlac

Created: 10-06-2019

DAY 1

Lunch 12:00 PM	whole eggs, scrambled	2 large	182 cal
	drinking water	2 Cup(s)	0 cal
	salsa, ready to serve	2 Tbsp	10 cal
	avocados	1/2 avocado	161 cal
	olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 471 cal / **Carbs** 13 g (11%) / **Protein** 15 g (12%) / **Fat** 42 g (80%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Sodium** 219 mg / **Calcium** 103 mg

NOTES:

Lunch 12:00 PM	romaine lettuce	10 leaf	10 cal
	hummus	1 Tbsp	27 cal
	drinking water	2 Cup(s)	0 cal
	chicken thigh, cooked	3 oz	152 cal

MEAL TOTAL: **Calories** 190 cal / **Carbs** 5 g (11%) / **Protein** 23 g (48%) / **Fat** 8 g (40%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 132 mg / **Calcium** 35 mg

NOTES:

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	yellowfin tuna fish, cooked	5 oz	184 cal
	olive oil	1 Tbsp	119 cal
	arugula	1 Cup(s)	3 cal
	riced cauliflower	1 cups	20 cal

MEAL TOTAL: **Calories** 326 cal / **Carbs** 4 g (5%) / **Protein** 44 g (53%) / **Fat** 14 g (40%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 100 mg / **Calcium** 46 mg

NOTES:

Snack 7:00 PM	drinking water	2 Cup(s)	0 cal
	aged cheddar cheese by kerrygold	40 gram	157 cal
	almonds	20 gm	116 cal

MEAL TOTAL: **Calories** 273 cal / **Carbs** 4 g (6%) / **Protein** 4 g (6%) / **Fat** 23 g (75%) / **Fluid** 16
ADDITIONAL NUTRIENTS: **Sodium** 300 mg / **Calcium** 340 mg

NOTES:

DAY 1 TOTAL: Calories 1,260 cal / **Carbs** 27 g (8%) / **Protein** 85 g (27%) / **Fat** 87 g (62%) / **Fluid** 78



ADDITIONAL NUTRIENTS: Sodium 751 mg / Calcium 523 mg

Shopping List

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Accompaniments

salsa, ready to serve

2 Tbsp

Beverages

drinking water

8 Cup(s)

Dairy & Egg

whole eggs, scrambled

2 large

Fats & Oils

olive oil

2 Tbsp

Finfish & Shellfish

yellowfin tuna fish, cooked

5 oz

Fruits & Juices

avocados

0.5 avocado

Legumes & Beans

hummus

1 Tbsp

Nuts & Seeds

almonds

20 gm

Poultry

chicken thigh, cooked

3 oz

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Uncategorized

aged cheddar cheese by kerrygold

40 gram

Vegetables

arugula

1 Cup(s)

riced cauliflower

1 cups

romaine lettuce

10 leaf







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