

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

 $\label{eq:meansature} \begin{array}{l} \textbf{MEAL TOTAL: Calories 190 cal / Carbs 5 g (11\%) / Protein 23 g (48\%) / Fat 8 g (40\%) / Fluid 20 \\ \textbf{ADDITIONAL NUTRIENTS: Sodium 132 mg / Calcium 35 mg} \end{array}$

NOTES:

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

 $\label{eq:meansature} \begin{array}{l} \textbf{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 $ \end{array}$

NOTES:

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

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ADDITIONAL NUTRIENTS: Sodium 751 mg / Calcium 523 mg

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Shopping List

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Accompaniments	
salsa, ready to serve	2 Tbsp
Beverages	
drinking water	8 Cup(s)
Dainy & Egg	
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	4 These
hummus	1 Tbsp
Nuts & Seeds	
almonds	20 gm
Poultry	
chicken thigh, cooked	3 oz

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romaine lettuce

10 leaf

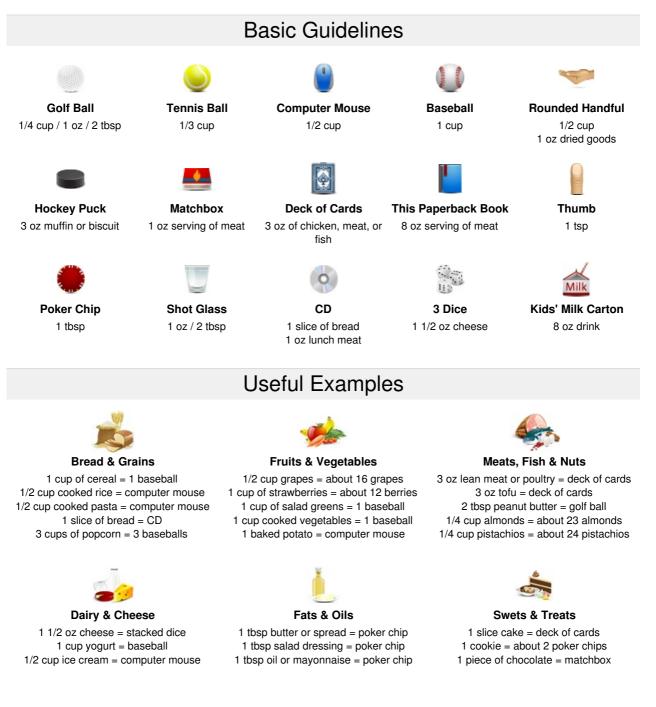
Uncategorized	
aged cheddar cheese by kerrygold	40 gram
Vegetables	
arugula	1 Cup(s)
riced cauliflower	1 cups

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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.



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