

Fat Loss Accelerator - Week 8

Prepared by: John Carlo Macapinlac Created: 10-05-2019

	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
	extra virgin olive oil	1 Tbsp	120 cal

 $\label{eq:meansatz} \begin{array}{l} \textbf{MEAL TOTAL: Calories $472 cal / Carbs $13 g (11\%) / Protein $15 g (12\%) / Fat $42 g (80\%) / Fluid $23 additional NUTRIENTS: Sodium $219 mg / Calcium $102 mg $} \end{array}$

NOTES:

Lunch 12:00 PM	romaine lettuce	3 leaf	3 cal
	hummus	1 Tbsp	27 cal
	drinking water	2 Cup(s)	0 cal
	chicken thigh, cooked	5 oz	254 cal

MEAL TOTAL: Calories 284 cal / Carbs 4 g (5%) / Protein 36 g (51%) / Fat 13 g (41%) / Fluid 20 ADDITIONAL NUTRIENTS: Sodium 189 mg / Calcium 26 mg

NOTES:

Dinner 6:00 РМ	drinking water	2 Cup(s)	0 cal
	yellowfin tuna fish, cooked	5 oz	184 cal
	olive oil	2 Tbsp	239 cal
	arugula	1 Cup(s)	3 cal
	riced cauliflower	1 cups	20 cal
	natural turkey bacon by applegate farms	2 slice	70 cal

MEAL TOTAL: Calories 515 cal / Carbs 4 g (3%) / Protein 56 g (43%) / Fat 31 g (54%) / Fluid 20 ADDITIONAL NUTRIENTS: Sodium 500 mg / Calcium 46 mg

NOTES:

Snack	drinking water	2 Cup(s)	0 cal
	aged cheddar cheese by kerrygold	40 gram	157 cal
7:30 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:

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DAY 1 TOTAL: Calories 1,545 cal / Carbs 25 g (7%) / Protein 111 g (29%) / Fat 109 g (63%) / Fluid 78 ADDITIONAL NUTRIENTS: Sodium 1,208 mg / Calcium 514 mg

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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	
extra virgin olive oil olive oil	1 Tbsp 2 Tbsp
	2 1030
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	

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chicken thigh, cooked

5 oz

Uncategorized

aged cheddar cheese by kerrygold	40 gram
natural turkey bacon by applegate farms	2 slice

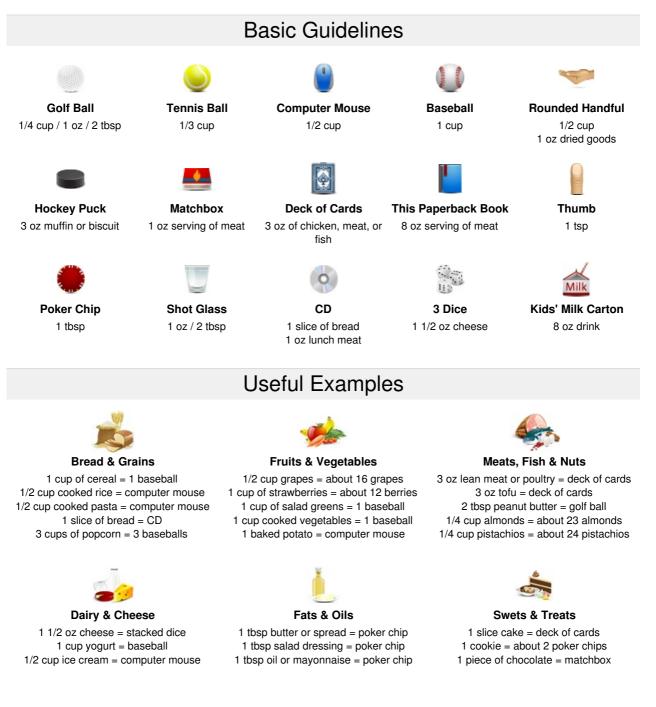
Vegetables	
arugula	1 Cup(s)
riced cauliflower	1 cups
romaine lettuce	3 leaf

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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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