

# Fat Loss Accelerator - Week 8

Prepared by: John Carlo Macapinlac

Created: 10-05-2019

## DAY 1

<b>Lunch</b> 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

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

NOTES:

<b>Lunch</b> 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:

<b>Dinner</b> 6:00 PM	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:

<b>Snack</b> 7:30 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** 1,545 cal / **Carbs** 25 g (7%) / **Protein** 111 g (29%) / **Fat** 109 g (63%) / **Fluid** 78  
**ADDITIONAL NUTRIENTS: Sodium** 1,208 mg / **Calcium** 514 mg

# Shopping List

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## Accompaniments

salsa, ready to serve	2 Tbsp
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## Beverages

drinking water	8 Cup(s)
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## Dairy & Egg

whole eggs, scrambled	2 large
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## Fats & Oils

extra virgin olive oil	1 Tbsp
olive oil	2 Tbsp

## Finfish & Shellfish

yellowfin tuna fish, cooked	5 oz
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## Fruits & Juices

avocados	0.5 avocado
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## Legumes & Beans

hummus	1 Tbsp
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## Nuts & Seeds

almonds	20 gm
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## 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







# 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

				
<b>Golf Ball</b>	<b>Tennis Ball</b>	<b>Computer Mouse</b>	<b>Baseball</b>	<b>Rounded Handful</b>
1/4 cup / 1 oz / 2 tbsp	1/3 cup	1/2 cup	1 cup	1/2 cup 1 oz dried goods
				
<b>Hockey Puck</b>	<b>Matchbox</b>	<b>Deck of Cards</b>	<b>This Paperback Book</b>	<b>Thumb</b>
3 oz muffin or biscuit	1 oz serving of meat	3 oz of chicken, meat, or fish	8 oz serving of meat	1 tsp
				
<b>Poker Chip</b>	<b>Shot Glass</b>	<b>CD</b>	<b>3 Dice</b>	<b>Kids' Milk Carton</b>
1 tbsp	1 oz / 2 tbsp	1 slice of bread 1 oz lunch meat	1 1/2 oz cheese	8 oz drink

## Useful Examples

		
<b>Bread &amp; Grains</b>	<b>Fruits &amp; Vegetables</b>	<b>Meats, Fish &amp; Nuts</b>
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
		
<b>Dairy &amp; Cheese</b>	<b>Fats &amp; Oils</b>	<b>Swets &amp; Treats</b>
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