

Fat Loss Accelerator - Week 9

Prepared by: John Carlo Macapinlac

Created: 10-12-2019

DAY 1

Lunch 12:00 PM	drinking water	2 Cup(s)	0 cal
	portabella mushroom	1 cup diced	19 cal

MEAL TOTAL: **Calories** 19 cal / **Carbs** 3 g (70%) / **Protein** 2 g (38%) / **Fat** 0 g (14%) / **Fluid** 19
 ADDITIONAL NUTRIENTS: **Sodium** 8 mg / **Calcium** 3 mg

NOTES:

Lunch 12:00 PM	italian spiced pork chops	2 serving	199 cal
	olive oil	1 Tbsp	119 cal
	baby bok choy	1 1/2 cup raw	15 cal
	iced tea, green	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 334 cal / **Carbs** 6 g (7%) / **Protein** 38 g (45%) / **Fat** 17 g (47%) / **Fluid** 20
 ADDITIONAL NUTRIENTS: **Sodium** 163 mg / **Calcium** 140 mg

NOTES: Stir fry the bok choy in olive oil.

Dinner 6:00 PM	drinking water	2 Cup(s)	0 cal
	beef t-bone, broiled	4 oz	214 cal
	olive oil	1 Tbsp	119 cal
	broccoli	150 gm	51 cal
	avocado	1/2 avocado	161 cal

MEAL TOTAL: **Calories** 545 cal / **Carbs** 19 g (14%) / **Protein** 36 g (26%) / **Fat** 39 g (64%) / **Fluid** 25
 ADDITIONAL NUTRIENTS: **Sodium** 137 mg / **Calcium** 87 mg

NOTES:

Snack 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 1,171 cal / **Carbs** 32 g (11%) / **Protein** 79 g (27%) / **Fat** 79 g (61%) / **Fluid** 81
 ADDITIONAL NUTRIENTS: **Sodium** 609 mg / **Calcium** 570 mg



2 Servings

italian spiced pork chops

Ingredients

sage, ground	1/4 tsp
onions	1/4 cup, sliced
pork tenderloin	6 oz
black pepper	2 dash
paprika	1/4 tsp

Nutrition Totals

Calories 199 / **Carbs** 3 g / **Protein** 36 g / **Fat** 4 g / **Fluid** 4.46 fl
oz

Instructions

1. Preheat oven to 425 degrees F.
2. In a small bowl, mix the, pepper, paprika, and sage together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add lard to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.

Nutrition Label

Italian Spiced Pork Chops		
Amount Per Serving		
Calories		100
		% Daily Value*
Total Fat	1.9g	3%
Saturated Fat	0.6g	3%
Trans Fat	0g	
Cholesterol	55.2mg	18%
Sodium	45.8mg	2%
Total Carbohydrates	1.6g	1%
Dietary Fiber	0.3g	2%
Total Sugar	0.6g	
Protein	18g	
Vitamin D	6.8IU	1%
Calcium	10mg	1%
Iron	0.9mg	5%
Potassium	368.5mg	

* 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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Beef

beef t-bone, broiled	4 oz
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Beverages

drinking water	6 Cup(s)
iced tea, green	2 Cup(s)

Fats & Oils

olive oil	2 Tbsp
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Fruits & Juices

avocado	0.5 avocado
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Nuts & Seeds

almonds	20 gm
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Pork

pork tenderloin	6 oz
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Spices & Herbs

black pepper	2 dash
paprika	0.25 tsp
sage, ground	0.25 tsp

Uncategorized

aged cheddar cheese by kerrygold	40 gram
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Vegetables

baby bok choy	1.5 cup raw
broccoli	150 gm
onions	0.25 cup, sliced
portabella mushroom	1 cup diced







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	Sweets & 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