

# Fat Loss Accelerator - Week 9

Prepared by: John Carlo Macapinlac

Created: 10-12-2019

## DAY 1

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	whole eggs, scrambled	2 large	182 cal
	portabella mushroom	1 1/2 cup diced	28 cal

MEAL TOTAL: **Calories** 210 cal / **Carbs** 7 g (13%) / **Protein** 15 g (28%) / **Fat** 14 g (59%) / **Fluid** 23  
 ADDITIONAL NUTRIENTS: **Sodium** 189 mg / **Calcium** 84 mg

NOTES:

<b>Lunch</b> 12:00 PM	italian spiced pork chops	2 serving	199 cal
	olive oil	2 Tbsp	239 cal
	baby bok choy	2 cup raw	20 cal
	iced tea, green	2 Cup(s)	0 cal

MEAL TOTAL: **Calories** 458 cal / **Carbs** 7 g (6%) / **Protein** 38 g (33%) / **Fat** 31 g (61%) / **Fluid** 20  
 ADDITIONAL NUTRIENTS: **Sodium** 186 mg / **Calcium** 180 mg

NOTES:

<b>Dinner</b> 6:00 PM	drinking water	2 Cup(s)	0 cal
	beef t-bone, broiled	5 oz	268 cal
	olive oil	1 1/3 Tbsp	159 cal
	broccoli	150 gm	51 cal

MEAL TOTAL: **Calories** 478 cal / **Carbs** 10 g (8%) / **Protein** 41 g (34%) / **Fat** 31 g (58%) / **Fluid** 24  
 ADDITIONAL NUTRIENTS: **Sodium** 151 mg / **Calcium** 76 mg

NOTES:

<b>Snack</b> 7:30 PM	drinking water	2 Cup(s)	0 cal
	pecans, no salt, dry-roasted	1 oz	201 cal
	aged cheddar cheese by kerrygold	40 gram	157 cal

MEAL TOTAL: **Calories** 358 cal / **Carbs** 4 g (4%) / **Protein** 3 g (3%) / **Fat** 34 g (85%) / **Fluid** 16  
 ADDITIONAL NUTRIENTS: **Sodium** 300 mg / **Calcium** 306 mg

NOTES:

**DAY 1 TOTAL: Calories** 1,505 cal / **Carbs** 28 g (7%) / **Protein** 97 g (26%) / **Fat** 109 g (65%) / **Fluid** 83  
 ADDITIONAL NUTRIENTS: **Sodium** 826 mg / **Calcium** 647 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		
<b>Calories</b>		<b>100</b>
		<b>% Daily Value*</b>
<b>Total Fat</b> 1.9g		<b>3%</b>
Saturated Fat 0.6g		<b>3%</b>
Trans Fat 0g		
<b>Cholesterol</b> 55.2mg		<b>18%</b>
<b>Sodium</b> 45.8mg		<b>2%</b>
<b>Total Carbohydrates</b> 1.6g		<b>1%</b>
Dietary Fiber 0.3g		<b>2%</b>
Total Sugar 0.6g		
<b>Protein</b> 18g		
<b>Vitamin D</b> 6.8IU		<b>1%</b>
<b>Calcium</b> 10mg		<b>1%</b>
<b>Iron</b> 0.9mg		<b>5%</b>
<b>Potassium</b> 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	5 oz
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## Beverages

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

## Dairy & Egg

whole eggs, scrambled	2 large
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## Fats & Oils

olive oil	3.33 Tbsp
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## Nuts & Seeds

pecans, no salt, dry-roasted	1 oz
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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

<b>baby bok choy</b>	<b>2 cup raw</b>
<b>broccoli</b>	<b>150 gm</b>
<b>onions</b>	<b>0.25 cup, sliced</b>
<b>portabella mushroom</b>	<b>1.5 cup diced</b>







# 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