

Dietary Program For Steven Spencer - Maintenance (P25% - C37.5% - F37.5%)

Daily Caloric Intake **2040** | Grams of Daily Protein **127.5** | Grams of Daily Carbohydrate **191.3** | Grams of Daily Fat **85.0**

3 meals per day

42.5 grams of protein per meal | **63.8** grams of carbohydrates per meal | **28.3** grams of fat per meal

Select Day:

Day 1

DAY 1

Day 1 | Meal 1 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole egg, 5 egg whites, 3 oz. tomato and onion on whole wheat tortilla	16.5 oz.	462	39	28	12	647	4	
Barbara's Bakery Puffins cinnamin cereal	.75 cup	30	3	24	1	150	5	
Hemp seeds, Hullied	3 tblsp.	30	10	3	15	1.5	5	

Day 1 | Meal 2 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck, arm pot roast lean only	3 oz.	85	28	0	5	47	0	
Ezekiel 4:9 sprouted whole grain pasta elbow	2 oz.	58	9	39	2	10	0	
Roasted asparagus with Rosemary	8 oz.	234.6	5	9	7	239	4	
almonds	2 oz.	56	5	4	12	NaN	1	

Day 1 | Meal 3 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Turkey, light meat,roasted	3 oz.	85	26	0	2	NaN	0	
Ezekiel 4:9 sprouted whole grain spaghetti	2 oz.	56	9	39	2	10	0	
Turnip greens	.5 cup, chopped or diced	82	2	3	0	NaN	0	
Oil, sunflower, high oleic (70% and over)	1 tblsp.	14	0	0	14	0	0	

DAY 2

Day 2 | Meal 1 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
mutton	3.5 oz	100	33	0	11	135	0	

Day 2 | Meal 2 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken cutlets with tomatoes and olives	4.5 oz.	126	26	9	8	542	4	
Banza Ckickpea penne	2 oz.	114	14	32	4	60	5	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	
almonds	2 oz.	56	5	4	12	0	1	

Day 2 | Meal 3 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
whitefish	6 oz.	170	42	0	13	NaN	0	
Wehani rice	.25 cup	48	3	34	2	0	0	

sauerkraut	.5 cup	71	1	3	0	469	1	
almonds	2 oz.	56	5	4	12	NaN	1	

DAY 3

Day 3 | Meal 1 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole egg, 4 egg whites, 3 oz. tomato and onion on ready to bake whole wheat tortilla	15.5 oz.	434	35	28	12	592	4	
Oatmeal and bran	4.5 oz.	133	7	25	2	116	6	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	0	0	

Day 3 | Meal 2 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, tenderloin, broiled	3 oz.	85	26	0	5	55	0	
amaranth	1 cup	246	8	46	4	15	0	
cantaloupe	1 cup	177	2	16	0	28.3	14	
safflower oil	1 tblsp.	14	0	0	14	0	0	

Day 3 | Meal 3 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, top round roast, boneless, fat trimmed to 0. Roasted.	3 oz.	85	26	0	3	NaN	0	
Eggs, 1.4 oz. roasted	2 oz.	56	6	20	2	10	0	

Ezekiel 4:9 sprouted whole grain pasta elbow	2 oz.	58	9	39	2	10	0	
Beans, snap, yellow	1 cup	135	2	9	0	12	2	
pistachios	1 oz.	28	6	8	14	160	2	

DAY 4

Day 4 | Meal 1 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	
Ezekiel 4:9 sprouted grain cereal	2 oz	56	8	39	1	197	0	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

Day 4 | Meal 2 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. beef, diced lean only cooked dry heat, 1 cup black beans and brown rice.	8 oz.	224	40	32	9	192	0	
Rolls, dinner, whole-wheat	1 roll	28	2	14	1	146	2	
Broccoli, frozen, chopped	1 cup	156	4	7	0	37	2	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	0	0	

Day 4 | Meal 3 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
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Turkey, Breast Meat Only,Roasted	3 oz.	87	26	0	1	45	0	
Trader Joe's Red Lentil Sedanini	2 oz.	114	13	32	1	20	1	
Vegetable medley	6 oz.	171.7	2	10	0	91	4	
safflower oil	1 tblsp.	14	0	0	14	0	0	

DAY 5

Day 5 | Meal 1 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Smoked salmon toast (whole grain)	2 slices, 10 oz. salmon	224	40	24	10	84	0	
Whole wheat pancakes with blueberries	5 oz.	147	8	45	17	176	13	

Day 5 | Meal 2 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 slices Mori-Nu tofu, silken, extra firm with 4 oz. wild rice	16 oz.	448	30	33	7	216	4	
Teff	.5 cup	126	5	25	1	10	6	
Mushrooms, canned	.5 cup	78	1	4	0	331	2	
almonds	2 oz.	56	5	4	12	NaN	1	

Day 5 | Meal 3 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with	25 oz.	700	35	24	4	292	8	

tomatoes, carrots , 4 oz. boneless, skinless chicken cooked dry heat and 2 tbsp. of fat free Ranch dressing.								
Rolls, pumpernickel	1 medium (2 1/2 in. diam.)	36	4	19	1	177	0	
Squash, winter, baked	1 cup, cubes	205	2	18	1	2	7	
Oil, sunflower, linoleic (less than 60%)	1 tbsp.	13.6	0	0	14	0	0	

DAY 6

Day 6 | Meal 1 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
1 whole egg, 6 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	39	33	8	627	6	
Sweet potato splenda muffin	1 muffin	116.4	7	39	2	142	7	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tbsp.	13.6	0	0	14	0	0	

Day 6 | Meal 2 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. beef, diced, lean only on whole wheat tortilla with lettuce, tomatoes, and onion. .	17 oz.	476	39	31	8	270	3	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	

sauerkraut	.5 cup	71	1	3	0	469	1	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	0	0	

Day 6 | Meal 3 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Asian pork medallions	.75 cup	168	35	9	11	849	6	
Mashed potatoes	1 cup	242	4	35	7	741	1	
PACE, Diced Green Chilies	2 tblsp.	30	0	2	0	100	1	

DAY 7

Day 7 | Meal 1 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
mutton	3.5 oz	100	33	0	11	NaN	0	

Day 7 | Meal 2 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken with garlic, basil, and parsley	7 oz.	230	41	5	5	538	2	
Sweet potato,baked	1 cup, cubes	176	3	41	0	NaN	16	
Strawberries, raw	1 cup, halves	152	1	12	0	2	7	
peanuts	1 oz.	28	7	6	14	2	1	

Day 7 | Meal 3 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Yonicon	4.5 oz	126	28	0	4	68	0	

venison	4.5 oz.	126	37	0	4	67	0	
Black rice	.25 cup	45	3	34	2	1.8	0	
Mushrooms, Chanterelle, raw	1 cup	54	1	4	0	5	1	
pecans, dry roasted	1 oz.	28	3	4	21	0	1	