

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
1 whole egg, 6 egg whites, 3 oz. tomato and onion with 2 slices multigrain bread	16 oz.	448	39	33	8	627	6	
Fiber One Multigrain English muffin	1 muffin	57	5	22	1	140	2	
olive oil	1 tbsp.	14	0	0	13	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
creamy chicken pasta	5 oz.	140	36	36	5	188	2	
Rolls, dinner, whole-wheat	1 roll	28	2	14	1	146	2	
Bread, pumpernickel	1 oz.	28.35	2	13	1	169	0	
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 breast roasted	4.5 oz.	128	37	0	7	NaN	0	
Rice, white, long-grain, regular, cooked, unenriched, without salt	1 oz.	158	4	45	0	2	0	
Roasted broccoli and cauliflower	1 cup	224	4	10	4	200	1	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	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
1 whole egg, 6 egg whites, 3 oz. tomato and onion on ready to bake whole wheat tortilla	15.5 oz.	434	35	28	6	621	4	
Banana Bread with Greek yogurt	1 slice	148	3	26	8	199	12	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Marinated flank steak	3.1 oz.	87.6	31	1	4	329	0	
Rice, white, long-grain, regular, cooked, enriched	1 oz.	158	4	45	0	2	0	
Mustard spinach, (tendergreen), raw	1 cup, chopped	150	3	6	0	32	0	

sunflower oil	1 tbsp.	14	0	0	14	0	0	
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Day 2 | Meal 3 | Date: 12/28/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 6 oz. tuna canned in water drained and 2 tbsp.of sesame seed dressing.	27 oz.	756	33	23	14	690	9	
Bread, Multi-Grain (includes whole-grain)	1 oz.	28.35	4	12	1	108	2	
Bread, pumpernickel	1 oz.	28.35	2	13	1	169	0	
almonds	2 oz.	56	5	4	12	0	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
breakfast burrito with 1 whole wheat tortilla (50g) .75 cup egg substitute, .5 cup vegetables, 1 oz. reduced fat cheese	1 burrito	150	38	32	7	669	3	
Barbara's shredded wheat cereal	2 biscuits	40	4	32	1	0	0	
canola oil	1 tbsp.	14	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
4 oz. beef, diced, lean only on whole wheat tortilla with lettuce, tomatoes, and onion. .	17 oz.	476	39	31	8	270	3	

Potatoes, boiled, without salt	.5 cup	78	1	16	0	3	1	
Sauteed vegetables	4.5 oz.	135	1	6	4	91	3	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	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
Honey Soy-glazed salmon	8 oz.	224	39	12	12	370	7	
Boiled sweet potatoes	1 cup	250	3	44	0	453	14	
CAMPBELL'S Fat Free Turkey Gravy	.25 cup	60	1	4	0	290	0	
safflower oil	1 tblsp.	14	0	0	14	0	0	

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
4 oz .boneless, skinless chicken , 3 egg whittess	7 oz.	196	40	0	4	205	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
4.5 oz. salmon, sockeye cooked dry heat on Eban's Bakehouse Fresh Baked Gluten Free Seeded bread	1 sandwich	194	36	29	13	477	4	

with lettuce, onion, and tomato								
black bean salad	1 cup	231	7	29	9	809	8	
cucumber, tomato, and onion salad	.5 cup	112	1	5	7	44	3	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, top loin filet, boneless trimmed to 1/8 in. Grilled.	1 fillet	135	40	0	10	88	0	
Rice, white, long-grain, cooked	1 oz.	165	4	44	1	NaN	0	
Mushrooms, canned	.5 cup	78	1	4	0	331	2	
canola 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
4 oz .boneless, skinless chicken , 3 egg whites	7 oz.	196	40	0	4	205	0	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. boneless, skinless chicken cooked dry heat, on . 5 cup black beans and brown rice.	8 oz.	224	38	32	5	44	0	

soy milk	1 cup	224	7	3	4	124	1	
Prunes (dried)	.25 cup	40	2	26	0	1.6	15	
olive oil	1 tblsp.	14	0	0	13	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. dolphinfish, cooked on Tumaro's 97 % fat free tomato and basil gourmet tortilla with lettuce, tomatoes, and onion. .	18 oz.	504	39	23	3	290	4	
potato salad	.5 cup	125	3	14	10	650	0	
Mushrooms, shiitake, stir-fried	1 cup whole	89	3	7	0	4	0	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	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
3 oz. beef lean only, 4 egg whittess	7 oz.	196	41	1	6	361	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Grilled Ahi tuna over mashed cauliflower	3.5 oz.	100	40	12	8	400	4	
Spelt	.5 cup	100	5	26	1	4.9	5	

Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	.5 cup	123	0	14	0	5	0	
safflower oil	1 tblsp.	14	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
Beef,bottom round roast trimmed to 0 fat. Roasted	4.5 oz.	128	36	0	7	48	0	
Mashed sweet potatoes	1 cup	250	5	59	1	191	14	
Mushrooms, canned	.5 cup	78	1	4	0	331	2	
safflower oil	1 tblsp.	14	0	0	14	0	0	

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
3 whole extra large eggs, 5 egg whites	11 oz.	308	42	3	18	515	3	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken and Sweet potato stew	15 oz.	429	40	34	10	650	6	
Rolls, pumpernickel	1 medium (2 1/2 in. diam.)	36	4	19	1	177	0	
Spinach	1 cup	156	6	7	1	NaN	1	
safflower oil	1 tblsp.	14	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. turkey breast on Ole Mexican Foods Xtreme Wellness High Fiber Spinach and Herb Tortilla with lettuce, tomato, and onion	1 wrap	188	29	24	4	372	1	
Lupini beans	.5 cup	130	14	28	2	195	1	
pistachios	1 oz.	28	6	8	14	160	2	