

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 |
|--|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| All white egg breakfast with mushrooms and peppers | 14 oz. | 397.3 | 39 | 11 | 3 | 350 | 6 | |
| Fiber One Honet Nut clusters | 1 cup | 52 | 4 | 45 | 2 | 200 | 9 | |
| Oil, sunflower, high oleic (70% and over) | 1 tbsp. | 14 | 0 | 0 | 14 | 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 |
|--|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Garlic shrimp pasta | 8.5 oz. | 268 | 29 | 32 | 5 | 302 | 3 | |
| Banza Ckickpea penne | 2 oz. | 114 | 14 | 32 | 4 | 60 | 5 | |
| Oil, sunflower, linoleic (less than 60%) | 1 tbsp. | 13.6 | 0 | 0 | 14 | 0 | 0 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|---|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| 5 oz. shrimp, cooked on Tamaro's 96% fat free | 18 oz. | 504 | 37 | 34 | 2 | 266 | 4 | |

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|--|---------------|-----|---|----|----|-----|---|--|
| ruma 0.5 70 %fat free garden spinach and vegetable gourmet tortilla with lettuce, tomatoes, and onion. . | | | | | | | | |
| Okara | 1 cup | 122 | 4 | 15 | 2 | 11 | 0 | |
| Parsnips | .5 cup slices | 78 | 1 | 13 | 0 | 8 | 4 | |
| almonds | 2 oz. | 56 | 5 | 4 | 12 | NaN | 1 | |

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 |
|--|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| 2 whole eggs, 5 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread | 17 oz. | 476 | 42 | 34 | 14 | 437 | 6 | |
| Banana bread with Greek yogurt | | 148 | 3 | 26 | 8 | 199 | 12 | |

Day 2 | Meal 2 | 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 reduced calorie, cholesterol free creamy dressing. | 27 oz. | 756 | 32 | 25 | 3 | 650 | 8 | |
| Beans, black canned, low sodium | 1 cup | 240 | 14 | 40 | 1 | 331 | 1 | |
| Oil, sunflower, high oleic (70% and over) | 1 tbsp. | 14 | 0 | 0 | 14 | 0 | 0 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|---------------------------------|----------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Clean Eatx Cilantro Lime salmon | 1 bowl | 230 | 30 | 32 | 11 | 0 | 0 | |
| Beans, black canned, low sodium | 1 cup | 240 | 14 | 40 | 1 | 331 | 1 | |
| olive oil | 1 tblsp. | 14 | 0 | 0 | 13 | 0 | 0 | |

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 | |
| Thomas multigrain english muffin | 1 muffin | 56 | 5 | 27 | 3 | 150 | 3 | |
| olive oil | 1 tblsp. | 14 | 0 | 0 | 13 | 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 |
|-------------------|----------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Hawaiian chicken | 9 oz. | 267 | 30 | 31 | 8 | NaN | 31 | |
| Curried chickpeas | 13.5 oz. | 377 | 13 | 46 | 8 | 105 | 14 | |
| almonds | 2 oz. | 56 | 5 | 4 | 12 | 0 | 1 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|---|------------|------------|-------------|-----------|---------|-------------|-----------|---------|
| 5 oz. pork tenderloin, cooked dry heat on 2 | 1 sandwich | 280 | 42 | 30 | 7 | 422 | 3 | |

| | | | | | | | | |
|---|----------|------|---|----|----|-----|---|--|
| slices of rye bread with a slice of lettuce, tomato, and onion. | | | | | | | | |
| Sweet potato fries | 3 oz. | 79.7 | 1 | 22 | 2 | 73 | 0 | |
| Beans, snap, green, canned | 1 cup | 135 | 2 | 6 | 1 | NaN | 1 | |
| Oil, sunflower, linoleic, (partially hydrogenated) | 1 tblsp. | 13.6 | 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 |
|----------------------------------|----------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Vegan spicy Italian sausage | 4.5 oz. | 134.7 | 33 | 18 | 5 | 237 | 2 | |
| Quaker Honey Nut Oatmeal Squares | 1 cup | 56 | 6 | 46 | 2 | 50 | 9 | |
| canola oil | 1 tblsp. | 14 | 0 | 0 | 14 | 0 | 0 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|------------------|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| turkey ground | 6 oz. | 170 | 33 | 0 | 13 | 88 | 0 | |
| Three bean salad | 4 oz. | 112 | 10 | 35 | 2 | 225 | 1 | |
| raspberries | 1 cup | 123 | 1 | 15 | 1 | 1.2 | 5 | |
| cashews | 1 oz. | 28 | 5 | 9 | 12 | 3.4 | 1 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|------|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
|------|---------|------------|-------------|-----------|---------|-------------|-----------|---------|

| | | | | | | | | |
|----------------------------------|---------|-------|----|----|----|-----|---|--|
| Quick Rosemary Lamb chops | 7 oz. | 197.5 | 33 | 6 | 15 | 221 | 2 | |
| Beans, pinto, canned, | 1 cup | 169 | 12 | 35 | 2 | 358 | 0 | |
| CAMPBELL'S Fat Free Turkey Gravy | .25 cup | 60 | 1 | 4 | 0 | 290 | 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 |
|---|----------|------------|-------------|-----------|---------|-------------|-----------|---------|
| 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 | |
| sunflower oil | 1 tblsp. | 14 | 0 | 0 | 14 | 0 | 0 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|---|--------------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Stuffed pork tenderloin with cream cheese and jalapenos | 6 oz. | 168 | 32 | 1 | 9 | 166 | 1 | |
| Sweet potato,baked | 1 cup, cubes | 176 | 3 | 41 | 0 | NaN | 16 | |
| Lemony cucumber | 11.5 oz. | 321.4 | 2 | 16 | 0 | 7 | 10 | |
| 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 |
|------------------------|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Apple pie filling with | 1 cup | 270 | 11 | 27 | 0 | 100 | 1 | |

| | | | | | | | | |
|--|--------|-----|----|----|----|-----|---|--|
| 4 oz. beef, diced lean only, cooked dry heat on 5 oz. whole wheat spaghetti. | 9 | 252 | 41 | 37 | 8 | 192 | 1 | |
| Potatoes, boiled, without salt | .5 cup | 78 | 1 | 16 | 0 | 3 | 1 | |
| cucumber, tomato, and onion salad | .5 cup | 112 | 1 | 5 | 7 | 44 | 3 | |
| almonds | 2 oz. | 56 | 5 | 4 | 12 | NaN | 1 | |

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, 3 egg whites | 6 oz. | 168 | 37 | 1 | 6 | 306 | 0 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|--------------------|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Lime chicken tacos | 5.5 oz. | 162 | 27 | 38 | 6 | 200 | 2 | |
| Three bean salad | 4 oz. | 112 | 10 | 35 | 2 | 225 | 1 | |
| cashews | 1 oz. | 28 | 5 | 9 | 12 | 3.4 | 1 | |

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

| MEAL | MEASURE | WEIGHT (G) | PROTEIN (G) | CARBS (G) | FAT (G) | SODIUM (MG) | SUGAR (G) | REFRESH |
|---|---------|------------|-------------|-----------|---------|-------------|-----------|---------|
| Beef, chuck eye roast, boneless, America's Beef Roast | 4.5 oz. | 128 | 34 | 0 | 12 | NaN | 0 | |
| Rice, white, long-grain, cooked | 1 oz. | 165 | 4 | 44 | 1 | NaN | 0 | |
| Spicy stewed zucchini | 7.5 oz. | 220 | 3 | 9 | 5 | 226 | 4 | |

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 wing | 3 wings | 102 | 27 | 0 | 20 | 84 | 0 | |
| Pigeon peas (red gram) boiled | 1 cup | 168 | 11 | 39 | 1 | 8 | 0 | |
| Broccoli, frozen, chopped | 1 cup | 156 | 4 | 7 | 0 | 37 | 2 | |

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

| 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 | |
| Boiled sweet potatoes | 1 cup | 250 | 3 | 44 | 0 | 453 | 14 | |
| chard | 2.5 cups | 100 | 2 | 4 | 0 | 213 | 1 | |
| Oil, sunflower, linoleic, (approx. 65%) | 1 tblsp. | 13.6 | 0 | 0 | 14 | 0 | 0 | |