

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 extra large eggs,5 egg whites	9 oz.	252	35	2	12	435	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken, thigh, meat only, stewed	1 cup, chopped or diced	140	35	0	14	105	0	
Sweet potato,baked without salt	1 cup	200	4	41	0	72	13	
asparagus	1 cup	224	3	5	0	0	3	
olive oil	1 tblsp.	14	0	0	13	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
Fish, mackerel, spanish, cooked, dry heat	1 fillet	146	34	0	9	96	0	
Noodles, egg, spinach, cooked, enriched	1 cup	160	8	39	3	19	1	

Parsnips, raw	1 cup slices	133	2	24	0	13	6	
almonds	2 oz.	56	5	4	12	0	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 extra large eggs,5 egg whites	9 oz.	252	35	2	12	435	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Green curry salmon and bok choy	1 cup	224	26	4	14	404	2	
Channa Marsala	4.5 oz.	131.4	15	48	8	28	9	
Cucumber	.5 cup, slices	52	0	2	0	1	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck for stew,braised	3 oz.	85	28	0	6	55	0	
Peas, split	1 cup	196	16	41	1	4	6	
Kale	1 cup chopped	130	4	7	1	20	2	
sunflower oil	1 tblsp.	14	0	0	14	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
3 whole extra large eggs, 4 egg whites	10 oz.	280	38	2	18	460	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 slices Mori-Nu tofu, silken, light, extra firm with 5 oz. whole wheat spaghetti	20 oz.	560	37	41	4	414	3	
Rolls, dinner, rye	1 large (3 1/2-4 in. diam.)	43	4	23	1	280	1	
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
Lime and ginger pork	4.5 oz.	121	27	12	6	77	9	
Low fat macaroni and cheese	5 oz.	130	16	28	3	281	5	
Broccoli, stalks, raw	1 stalk	114	3	6	0	31	0	
almonds	2 oz.	56	5	4	12	NaN	1	

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
Smoked salmon toast (whole grain)	2 slices, 10 oz. salmon	224	40	24	10	84	0	
Cereals, QUAKER, corn grits, (microwaved or	1 cup	219	3	35	1	497	0	

(microwaved or boiling water added), without salt								
Oil, sunflower, high oleic (70% and over)	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
Ginger soy chicken and edamaine	8 oz.	215	30	9	19	416	5	
Rice, white, long-grain, cooked	1 oz.	165	4	44	1	NaN	0	
PACE, Diced Green Chilies	2 tblsp.	30	0	2	0	100	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Lemony stuffed sole	10 oz.	270	32	6	10	626	2	
Rice, white, long-grain, regular, cooked, unenriched, without salt	1 oz.	158	4	45	0	2	0	
Spinach	1 cup	156	6	7	1	115	1	
olive oil	1 tblsp.	14	0	0	13	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
2 whole eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	

General Mills Kix	1 1/4 cups	30	2	25	1	180	3	
Sacha inchi seeds	.25 cup	28	8	5	13	150	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef,eye of round steak, boneless,trimmed to 0 fat. Grilled.	4.5 oz.	128	38	0	6	86	0	
Rice, white, long-grain, cooked	1 oz.	165	4	44	1	NaN	0	
Peaches, raw	1 cup, slices	154	1	15	0	0	13	
pecans, dry roasted	1 oz.	28	3	4	21	0	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Oven roasted rotisserie chicken	4.5 oz.	128	27	0	2	NaN	0	
Wild rice, cooked	1 oz.	164	7	35	1	5	1	
Prunes (dried)	.25 cup	40	2	26	0	1.6	15	
pecans, dry roasted	1 oz.	28	3	4	21	0	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
2 whole egg, 5 egg whites, 3 oz. tomato and onion on whole wheat	16.5 oz.	462	39	28	12	647	4	

tortilla								
cream of wheat	1 cup	251	4	28	1	23	0	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4.5 oz turkey ground 97% lean cooked dry heat on Canyon's Bakehouse Ancient grain bread with lettuce, onion, and tomato	1 sandwich	184	35	29	14	296	4	
steamed soybeans	1 cup	94	8	6	4	9.4	1	
Sauteed green beans and mushrooms	5 oz.	142.5	2	10	0	8	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, blade, (chops), boneless, broiled	1 chop	131	32	1	15	76	0	
Cowpeas, (blackeyes, crowder, southern)	1 cup	171	13	36	1	7	6	
orange juice	1 cup	248	2	26	1	2.5	21	

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
All white egg breakfast with mushrooms and peppers	14 oz.	397.3	39	11	3	350	6	

peppers								
Quaker Honey Nut Oatmeal Squares	1 cup	56	6	46	2	50	9	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tbsp.	13.6	0	0	14	0	0	

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

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	101	0	
Cool beans salad	1.3 cups	290	12	58	19	659	5	
Broccoli, flower clusters, raw	1 cup flowerets	71	2	4	0	19	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots , 4 oz. boneless, skinless chicken cooked dry heat and 2 tbsp of reduced calorie honey mustard dressing	25 oz.	702	32	28	6	292	12	
Sweet potato,baked without salt	1 cup	200	4	41	0	72	13	
olive oil	1 tbsp.	14	0	0	13	0	0	