

## 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
3 oz. beef lean only, 2 egg whites	5 oz.	140	33	0	6	116	0	
3 oz. beef lean only, 2 egg whites	5 oz.	140	33	0	6	116	0	
Oil, sunflower, high oleic (70% and over)	1 tblsp.	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
4 oz. dolphinfish, cooked on Tumaro's 97 % fat free tomato and basil gourmet tortilla with lettuce, tomatoes, and onion. .	17 oz.	476	32	23	3	258	4	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	
CAMPBELL'S Fat Free Turkey Gravy	.25 cup	60	1	4	0	290	0	
Oil, sunflower,	1 tblsp.	13.6	0	0	14	0	0	

linoleic, (partially hydrogenated)								
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Day 1 | Meal 3 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck, clod roast lean only, roasted	4.5 oz.	128	34	0	8	NaN	0	
Rice, white, long-grain, regular, cooked, unenriched, without salt	1 oz.	158	4	45	0	2	0	
Mustard greens	1 cup, chopped	140	4	6	1	13	2	
olive oil	1 tbsp.	14	0	0	13	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 with 2 slices mutigrain bread	16 oz.	448	39	33	8	627	6	
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	.333 cup	30	3	24	1	206	8	
Seeds, sunflower seed butter, without salt	1 tbsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
whitefish	4.5 oz.	128	31	0	10	NaN	0	
Curried chickpeas	13.5 oz.	377	13	46	8	105	14	

Brussel sprouts	.5 cup	78	2	6	0	16	1	
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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
Curried chicken with peas	8.5 oz.	218	30	31	6	186	7	
black bean salad	1 cup	231	7	29	9	809	8	
Sauce, worcestershire	1 tblsp.	17	0	3	0	167	2	
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
2 whole eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	
Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	.5 cup	30	2	25	1	96	0	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken Caesar wrap	1 wrap	280	42	36	34	310	2	
Wehani rice	.25 cup	48	3	34	2	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
Turkey, light meat,roasted	3 oz.	85	26	0	2	NaN	0	
Roasted chickpeas	3.25 oz.	92	16	52	12	59	9	
Eggplant without salt	1 cup (1in. cubes)	99	1	9	0	1	3	
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
3 oz. beef lean only, 2 egg whittess	5 oz.	140	33	0	6	116	0	
3 oz. beef lean only, 2 egg whittess	5 oz.	140	33	0	6	116	0	
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
Tyme and Rosemary Pot roast	6 oz.	168	39	30	25	50	0	
Bread, reduced-calorie, rye	1	28.35	3	11	1	145	1	
Squash, zucchini, onions, mustard	6.5 oz.	187.3	3	10	1	238	4	

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

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

Roasted Mediterranean chicken	9 oz oz.	253	27	17	10	75	3	
black bean salad	1 cup	231	7	29	9	809	8	
ezekiel 4.9 bread	1 slice	34	4	15	1	180	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 extra large eggs,5 egg whites	9 oz.	252	35	2	12	435	2	

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

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 and 2 tblsp. reduced fat Italian dressing	24 oz.	672	32	23	5	308	10	
Three bean salad	4 oz.	112	10	35	2	225	1	
PACE, Pico De Gallo	3 oz.	32	0	3	0	150	2	
pistachios	1 oz.	28	6	8	14	160	2	

Day 5 | Meal 3 | 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, light, extra firm with 6 oz. wild rice	18 oz.	504	30	38	3	333	3	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	

pecans, dry roasted	1 oz.	28	3	4	21	0	1	
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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	
Nature Ovens 100% organic whole grain wheat bread	1 slice slice	34	5	19	2	180	3	
olive oil	1 tblsp.	14	0	0	13	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
Pork, Leg sirloin tip roast, boneless,braised	3 oz.	85	26	0	2	37	0	
Amaranth	.5 cup	98	14	65	6	20.5	0	
pistachios	1 oz.	28	6	8	14	160	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, rib eye steak, boneless trimmed to 0 fat, grilled.	4.5 oz.	128	37	0	11	NaN	0	
Quinoa	1 cup	162	8	43	4	314	0	
Cauliflower	.5 cup 1 in. pieces	62	1	3	0	9	1	

olive oil	1 tblsp.	14	0	0	13	0	0	
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# 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
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	
whole grain cereal light raisin brand	1 cup	240	6	42	5	139	10	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. boneless, skinless chicken cooked dry heat, on . 75 cup red beans and brown rice.	10 oz.	280	38	30	9	602	1	
Sweet potato fries	3 oz.	79.7	1	22	2	73	0	
Tuscan mushrooms	4 oz.	121	6	5	8	266	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
turkey balls	6	183	40	8	11	NaN	4	
Tomato brown rice	5.5 oz.	158	3	33	1	58	0	
Pears, asian, raw	1 fruit (2 1/4 x 2 1/2)	122	1	13	0	0	9	

Oil, sunflower, linoleic (less than 60%)	1 tbsp.	13.6	0	0	14	0	0	
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