

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
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	
Fiber One 100% whole wheat english muffin	1 muffin	57	5	22	1	230	3	
olive oil	1 tblsp.	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
Chicken, breast, skinless, boneless,grilled	3 oz.	85	26	0	3	44	0	
Channa Marsala	4.5 oz.	131.4	15	48	8	28	9	
Roasted broccoli and cauliflower	1 cup	224	4	10	4	200	1	
cashews	1 oz.	28	5	9	12	3.4	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 5 oz. shrimp cooked and 3 tblsp. of reduced fat Italian dressing.	26.5 oz.	742	36	25	3	558	11	
Zucchini and carrot bread	1 slice	74	3	24	1	183	11	
Strawberries, raw	1 cup, halves	152	1	12	0	2	7	
sunflower oil	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
3 oz. beef lean only, 4 egg whittess	7 oz.	196	41	1	6	361	0	
canola oil	1 tblsp.	14	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
Soy lime roasted tofu	1.5 cups	300	29	3	15	167	2	
amaranth	1 cup	246	8	46	4	15	0	
Peppers, sweet, red,	1 cup chopped or strips	135	1	4	0	5	4	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Roasted cauliflower	1.5 cups	180	22	2	1	24	0	

Beef,eye of round steak, boneless,trimmed to 0 fat. Grilled.	4.5 oz.	128	38	0	6	86	0	
Rice, white, long-grain, regular, cooked, unenriched, without salt	1 oz.	158	4	45	0	2	0	
artichokes	1 medium	120	4	16	0	72	1	
pine nuts	1 oz.	28	4	4	19	1	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
Vegan spicy Italian sausage	4.5 oz.	134.7	33	18	5	237	2	
Cereals, corn grits, white, cooked with water, without salt	1 cup	257	4	38	1	5	0	
Hemp seeds, Hullied	3 tblsp.	30	10	3	15	1.5	5	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
crab, blue, crab cakes,home recipe	3	180	36	1	14	594	0	
Sweet potato,baked	1 cup, cubes	176	3	41	0	NaN	16	
Broccoli, flower clusters, raw	1 cup flowerets	71	2	4	0	19	0	
Oil, sunflower, high oleic (70% and over)	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 stir fry with ginger and onion	13 oz.	363	28	18	12	300	11	
Cowpeas, (blackeyes, crowder, southern)	1 cup	171	13	36	1	7	6	
Beans, snap, green, canned	.5 cup	120	1	4	0	NaN	0	
almonds	2 oz.	56	5	4	12	0	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
2 whole extra large eggs,5 egg whites	9 oz.	252	35	2	12	435	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. pork tenderloin, cooked dry heat on 2 slices of ezekiel 4.9 bread with a slice of lettuce, tomato, and onion.	1 sandwich	252	38	33	5	424	2	
Sweet potato fries	3 oz.	79.7	1	22	2	73	0	
Spinach	1 cup	156	6	7	1	115	1	
canola oil	1 tblsp.	14	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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MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, brisket, flat half, lean only,	3 oz.	85	29	0	5	NaN	0	
Three bean salad	4 oz.	112	10	35	2	225	1	
Waterchestnuts	.5 cup, slices	70	1	9	0	6	2	
cashews	1 oz.	28	5	9	12	3.4	1	

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
All white egg breakfast with mushrooms and peppers	14 oz.	397.3	39	11	3	350	6	
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
Garden salad with tomatoes, carrots, 4 oz. beef diced, lean only cooked dry heat and 2 tblsp. of low calorie Russian dressing.	25 oz.	700	38	29	9	466	17	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	
cashews	1 oz.	28	5	9	12	3.4	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Roasted	9 oz oz.	253	27	17	10	75	3	

Mediterranean chicken								
Ezekiel 4:9 sprouted whole grain spaghetti	2 oz.	56	9	39	2	10	0	
Mushrooms, shiitake, stir-fried	1 cup whole	89	3	7	0	4	0	
cashews	1 oz.	28	5	9	12	3.4	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
1 whole egg, 5 egg whites, 3 oz. tomato and onion with 2 slices multigrain bread	15 oz.	420	35	33	8	572	6	
Applesauce Oat muffin	1 muffin	112	4	31	5	120	12	
Hemp seeds, Hulled	3 tblsp.	30	10	3	15	1.5	5	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
basil and garlic stuffed chicken breast	1 breast	168	41	1	10	188	0	
Sprouted brown rice	.25 cup	45	4	33	2	0	1	
Spinach	1 cup	156	6	7	1	115	1	
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
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Beef, brisket, flat half lean only	3 oz.	85	28	0	7	44	0	
Curried chickpeas	13.5 oz.	377	13	46	8	105	14	
edamame	1 cup	224	17	16	8	35	3	

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, 4 egg whites	10 oz.	280	38	2	18	460	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. shrimp,cooked on whole wheat tortilla with lettuce, tomatoes, and onion.	18 oz.	504	37	31	1	338	4	
Wild rice, cooked	1 cup	164	7	35	1	5	1	
sunflower oil	1 tblsp.	14	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. boneless, skinless chicken cooked dry heat, on . 75 cup red beans and brown rice.	9 oz.	252	30	30	8	594	1	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	
Tuscan mushrooms	4 oz.	121	6	5	8	266	2	

