

Dietary Program For Steven Spencer - Active Weight Loss (P40% - C30% - F30%)

Daily Caloric Intake **2040** | Grams of Daily Protein **204.0** | Grams of Daily Carbohydrate **153.0** | Grams of Daily Fat **68.0**  
**6 meals per day**

**34.0** grams of protein per meal | **25.5** grams of carbohydrates per meal | **11.3** grams of fat per meal

Select Day:

Day 1

DAY 1

Day 1 | Meal 1 | Date: 1/10/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole extra large eggs,4 egg whites	7 oz.	196	31	2	12	325	2	
Fiber One chewy bars chocolate	1 bar	23	4	14	2	100	1	

Day 1 | Meal 2 | Date: 1/10/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, tenderloin roast, boneless, fat trimmed to 0, roasted.	3 oz.	85	23	0	6	48	0	
Lupini beans	.5 cup	130	14	28	2	195	1	

Day 1 | Meal 3 | Date: 1/10/2023

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	
Serbian potato salad	3.5 oz.	100	2	17	4	138	2	

Day 1 | Meal 4 | Date: 1/10/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
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Fish, salmon, coho, wild, cooked, moist heat	3 oz.	85	23	0	6	45	0	
Banza Ckickpea penne	2 oz.	114	14	32	4	60	5	
Banza Ckickpea penne	2 oz.	114	14	32	4	60	5	

Day 1 | Meal 5 | Date: 1/10/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
osso buco	4 oz.	112	30	2	4	500	0	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	

Day 1 | Meal 6 | Date: 1/10/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken leg, meat only roasted	3 oz.	85	21	0	7	84	0	
Chickpeas (garbanzo beans, bengal gram), canned	1 cup	240	12	32	5	317	6	

DAY 2

Day 2 | Meal 1 | Date: 1/11/2023

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	
Pumpkin gingerbread Bran muffin	1 muffin	63.7	4	22	1	233	8	

Day 2 | Meal 2 | Date: 1/11/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, tip round, roast, cooked, moist heat	3 oz.	85	23	0	6	30	0	

trimmed to 0 fat, roasted.								
Chickpeas (garbanzo beans, bengal gram), canned	1 cup	240	12	32	5	NaN	6	

#### Day 2 | Meal 3 | Date: 1/11/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Shrimp and turnip Curry	8.5 oz.	250	23	13	3	279	9	
Nature Ovens 100% organic whole grain wheat bread	1 slice	34	5	19	2	180	3	

#### Day 2 | Meal 4 | Date: 1/11/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
herb and garlic shrimp skewers	14 shrimp	195	27	5	2	1050	7	
Roasted chickpeas	3 oz.	85	5	22	1	297	0	

#### Day 2 | Meal 5 | Date: 1/11/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork center rib (chops), bone-in, braised	3 oz.	85	25	0	8	61	0	
Kamut	.5 cup	93	6	26	1	5	0	

#### Day 2 | Meal 6 | Date: 1/11/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, tenderloin roast, boneless, trimmed to 0 fat, roasted	3 oz.	85	23	0	6	46	0	
Roasted chickpeas	3 oz.	85	5	22	1	297	0	
Mushrooms, morel, raw	1 cup	66	2	3	0	14	0	

Mushrooms, morel, raw	1 cup	66	2	3	0	14	0	

# DAY 3

Day 3 | Meal 1 | Date: 1/12/2023

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	
Bread, rye	1 oz.	28.35	2	14	1	171	1	

Day 3 | Meal 2 | Date: 1/12/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Veal, cubed for stew braised	3 oz.	85	30	0	4	79	0	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	

Day 3 | Meal 3 | Date: 1/12/2023

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	
Sprouted brown rice	.25 cup	45	4	33	2	0	1	

Day 3 | Meal 4 | Date: 1/12/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Swordfish or salmon kabobs	7.5 oz.	216	24	7	5	279	4	
Bread, Multi-Grain (includes whole-grain)	1 oz.	28.35	4	12	1	108	2	
Broccoli, flower clusters, raw	1 cup flowerets	71	2	4	0	19	0	

## Day 3 | Meal 5 | Date: 1/12/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, top sirloin, steak, trimmed to 0 fat.broiled.	3 oz.	85	26	0	6	54	0	
chipati ( roti )	1 chipati	38	4	16	0	1	0	
Broccoli, spears	.5 cop	92	3	5	0	22	1	

## Day 3 | Meal 6 | Date: 1/12/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, blade (roasts), boneless, roasted	3 oz.	85	23	0	6	58	0	
Nature Ovens 100% organic whole grain wheat bread	1 slice	34	5	19	2	180	3	
Beans, snap, green, canned	1 cup	135	2	6	1	310	1	

# DAY 4

## Day 4 | Meal 1 | Date: 1/13/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pepper and cheese omelette	9 oz.	250	30	12	30	325	2	
Bread, banana, prepared from recipe, made with margarine	1 oz.	28.35	1	15	3	86	0	

## Day 4 | Meal 2 | Date: 1/13/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Game meat, deer, shoulder .braised	3 oz.	85	31	0	3	44	0	

Potatoes, boiled, without salt	.5 cup	78	1	16	0	3	1	
Eggplant without salt	1 cup (1in. cubes)	99	1	9	0	1	3	

#### Day 4 | Meal 3 | Date: 1/13/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Roasted cod with warm tomato sauce tapenade	6 oz.	169	27	3	5	228	1	
Lentils	1 cup	77	7	17	0	8	0	
Mushrooms, canned	.5 cup	78	1	4	0	331	2	

#### Day 4 | Meal 4 | Date: 1/13/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, brisket, flat half, lean only.	3 oz.	85	28	0	7	46	0	
Bread, pumpernickel	1 oz.	28.35	2	13	1	169	0	
Mushrooms, oyster, raw	1 large	148	5	9	1	27	2	

#### Day 4 | Meal 5 | Date: 1/13/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Fish with avocado and peas	6 oz.	169	25	11	6	NaN	4	
soy milk	1 cup	224	7	3	4	124	1	
peanuts	1 oz.	28	7	6	14	2	1	

#### Day 4 | Meal 6 | Date: 1/13/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Taco lettuce wraps	2 wraps	320	23	8	19	348	2	

laced lettuce wraps	2 wraps	320	20	9	17	340	2	
Nature Ovens 100% organic whole grain wheat bread	1 slice	34	5	19	2	180	3	

## DAY 5

Day 5 | Meal 1 | Date: 1/14/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken fajita scramble mug	8 oz.	218.5	29	8	10	397	4	
General Mills Kix	1 1/4 cups	30	2	25	1	180	3	

Day 5 | Meal 2 | Date: 1/14/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. tuna, yellowfin cooked dry heat on Outer Aisle Gourmet Cauliflower sandwich thins	2 thins	145	33	4	6	300	2	
Rolls, dinner, rye	1 large ( 3 1/2-4 in. diam.)	43	4	23	1	280	1	

Day 5 | Meal 3 | Date: 1/14/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Caesar chicken	5.25 oz.	150	30	14	24	599	4	
chipati ( roti )	1 chipati	38	4	16	0	1	0	

Day 5 | Meal 4 | Date: 1/14/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, tenderloin, roasted	3 oz.	85	22	0	3	NaN	0	



Chickpeas (garbanzo beans, bengal gram), canned	1 cup	240	12	32	5	NaN	6	
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Day 5 | Meal 5 | Date: 1/14/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken and cashew nuts	8 oz.	213	24	13	10	155	4	
Okara	1 cup	122	4	15	2	11	0	

Day 5 | Meal 6 | Date: 1/14/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, flank steak trimmed to 0 fat. broiled	3 oz.	85	23	0	8	45	0	
Spelt	.5 cup	100	5	26	1	4.9	5	

## DAY 6

Day 6 | Meal 1 | Date: 1/15/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Egg white omellette with shrimp, cheese	8 oz.	229.9	28	5	10	447	4	
Cereals, oats,cooked with water (includes boiling and microwaving), without salt	1 cup	234	6	28	4	9	1	

Day 6 | Meal 2 | Date: 1/15/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Lamb,shoulder, arm, trimmed to 1/4 fat	3 oz.	85	22	0	8	57	0	
Banza Ckickpea penne	2 oz.	114	14	32	4	60	5	



Day 6 | Meal 3 | Date: 1/15/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Grilled herbed salmon	5 oz.	144	26	2	21	82	0	
Okara	1 cup	122	4	15	2	11	0	
kimchi	.5 cup	84	2	5	0	656	0	

Day 6 | Meal 4 | Date: 1/15/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Turkey, breast, roasted	3 oz.	85	25	0	5	97	0	
Tomato brown rice	5.5 oz.	158	3	33	1	58	0	

Day 6 | Meal 5 | Date: 1/15/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, tenderloin steak trimmed to 0 fat. grilled.	3 oz.	85	26	0	8	49	0	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	

Day 6 | Meal 6 | Date: 1/15/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Veal, rib, roasted	3 oz.	85	22	0	6	82	0	
Banza Ckickpea penne	2 oz.	114	14	32	4	60	5	
Banza Ckickpea penne	2 oz.	114	14	32	4	60	5	

Day 7 | Meal 1 | Date: 1/16/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
tofurky Italian sausage	3.5 oz.	99	29	12	13	620	2	
Bread, Multi-Grain, toasted (includes whole-grain)	1 oz.	28.35	4	13	1	117	2	

Day 7 | Meal 2 | Date: 1/16/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Mediterranean tuna salad	3.5 oz.	100	21	3	15	406	1	
black bean salad	1 cup	231	7	29	9	809	8	

Day 7 | Meal 3 | Date: 1/16/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Roman-style chicken	4 oz.	112	33	12	20	979	8	
Potatoes, boiled with salt	.5 cup	78	1	16	0	187	1	

Day 7 | Meal 4 | Date: 1/16/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, rib, small end (ribs 10-12) trimmed to 0 fat. broiled.	3 oz.	85	24	0	7	NaN	0	
chipati ( roti )	1 chipati	38	4	16	0	1	0	
Broccoli, stalks, raw	1 stalk	114	3	6	0	31	0	

Day 7 | Meal 5 | Date: 1/16/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Maple Balsamic Pork tenderloin	4 oz.	112	24	12	10	58	8	

Lentils	1 cup	77	7	17	0	8	0	
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Day 7 | Meal 6 | Date: 1/16/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Fish and spinach gratin	8.5 oz.	250.3	23	13	9	188	5	
soy milk	1 cup	224	7	3	4	124	1	
Eggplant without salt	1 cup (1in. cubes)	99	1	9	0	1	3	