

Dietary Program For Tom Thumb - General Weight Loss (P33% - C33% - F33%)

Daily Caloric Intake **2460** | Grams of Daily Protein **203.0** | Grams of Daily Carbohydrate **203.0** | Grams of Daily Fat **90.2**

5 meals per day

40.6 grams of protein per meal | **40.6** grams of carbohydrates per meal | **18.0** grams of fat per meal

Select Day:

Day 1

DAY 1

Day 1 | Meal 1 | Date: 2/17/2023

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	
Muffins, oat bran	1 oz.	28.35	2	14	2	111	2	

Day 1 | Meal 2 | Date: 2/17/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Stuffed pork tenderloin	6 oz.	170	26	12	15	165	9	
Beans, kidney, red	1 cup	177	15	40	1	4	1	

Day 1 | Meal 3 | Date: 2/17/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
fish,orange roughly cooked dry heat	6 oz.	170	38	0	2	118	0	
Kamut	.5 cup	93	6	26	1	5	0	
Onions, spring or scallions (includes	1 cup, chopped	100	2	7	0	16	2	

tops and bulb), raw								
olive oil	1 tblsp.	14	0	0	13	0	0	

Day 1 | Meal 4 | Date: 2/17/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, top round roast, boneless, fat trimmed to 0. Roasted.	3 oz.	85	26	0	3	NaN	0	
Quinoa	1 cup	185	8	39	4	NaN	0	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	

Day 1 | Meal 5 | Date: 2/17/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Slow cooker Hawaiian pork taco	1 taco	150	40	17	3	330	2	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	15	2	
cashews	1 oz.	28	5	9	12	3.4	1	

DAY 2

Day 2 | Meal 1 | Date: 2/18/2023

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	
Strawberry summer muffin	1 muffin	25	4	24	3	130	5	

Day 2 | Meal 2 | Date: 2/18/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Oven roasted rotisserie chicken	6 oz.	170	36	0	20	980	0	
Kamut	.5 cup	93	6	26	1	5	0	
Collards, frozen, chopped,	.333 package (10 oz.)	95	3	6	0	46	0	

Day 2 | Meal 3 | Date: 2/18/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Steak salad	12 oz.	332	27	24	13	261	9	
Lupini beans	.5 cup	130	14	28	2	195	1	

Day 2 | Meal 4 | Date: 2/18/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Soy lime roasted tofu	2 cups	400	38	4	20	222	2	
Serbian potato salad	3.5 oz.	100	2	17	4	138	2	
Red cabbage coleslaw	.5 cup	112	0	4	6	35	3	

Day 2 | Meal 5 | Date: 2/18/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Shrimp, scallops, and snow peas			25	13	9	769	1	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	
Tomatoes, orange, raw	1 cup, chopped	158	2	5	0	66	0	

DAY 3

Day 3 | Meal 1 | Date: 2/19/2023

Day 3 | Meal 1 | Date: 2/19/2023

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	
Life cereal, original	.75 cup	32	3	25	2	160	6	

Day 3 | Meal 2 | Date: 2/19/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. shrimp,cooked on Tumaro's 97 % fat free tomato and basil gourmet tortilla with lettuce, tomatoes, and onion.	18 oz.	504	38	23	2	298	4	
Serbian potato salad	3.5 oz.	100	2	17	4	138	2	
almonds	2 oz.	56	5	4	12	NaN	1	

Day 3 | Meal 3 | Date: 2/19/2023

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 3 tblsp. of fat free Italian dressing.	25.5 oz.	714	37	25	15	590	11	
Rolls, dinner, rye	1 large (3 1/2-4 in. diam.)	43	4	23	1	280	1	

Day 3 | Meal 4 | Date: 2/19/2023

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	
Pigeon peas (red gram) boiled	1 cup	168	11	39	1	8	0	

Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	

Day 3 | Meal 5 | Date: 2/19/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken, light meat, roasted	1 cup, chopped or diced	140	38	0	6	NaN	0	
Tomato brown rice	5.5 oz.	158	3	33	1	58	0	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	

DAY 4

Day 4 | Meal 1 | Date: 2/20/2023

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 on ready to bake whole wheat tortilla	15.5 oz.	434	35	28	6	621	4	
Barbara's Original Puffins	.75 cup	30	2	22	1	170	5	

Day 4 | Meal 2 | Date: 2/20/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Halibut with summer vegetable sauce	9 oz.	246.6	25	11	5	95	6	
Ezekiel 4:9 sprouted whole grain penne pasta	2 oz.	56	9	39	2	10	0	

Day 4 | Meal 3 | Date: 2/20/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Green curry salmon and	1.5 cups	336	38	6	22	606	3	

bok choy								
Nature Ovens 100% organic whole grain wheat bread	1 slice	34	5	19	2	180	3	
Bread, rye	1	28.35	2	14	1	171	1	

Day 4 | Meal 4 | Date: 2/20/2023

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	
Kamut	1 cup	181	11	52	2	10	0	
almonds	2 oz.	56	5	4	12	NaN	1	

Day 4 | Meal 5 | Date: 2/20/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Balsamic chicken	1 cup	224	34	17	3	276	4	
Nature Ovens 100% organic whole grain wheat bread	1 slice	34	5	19	2	180	3	
Keto broccoli cheese slow cooker soup	1 cup	210	10	4	20	370	9	

DAY 5

Day 5 | Meal 1 | Date: 2/21/2023

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	
Life cereal, original	.75 cup	32	3	25	2	160	6	

Day 5 | Meal 2 | Date: 2/21/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck, mock tender steak, fat trimmed to 0, broiled	4.5 oz.	128	33	0	7	90	0	
Rice, white, long-grain, cooked	1 oz.	165	4	44	1	NaN	0	

Day 5 | Meal 3 | Date: 2/21/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Shrimp lettuce wraps	2 wraps	200	33	3	4	273	2	
Quinoa	1 cup	185	8	39	4	13	0	

Day 5 | Meal 4 | Date: 2/21/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Ground lamb bake	11 oz.	314	25	23	13	518	4	
Low fat macaroni and cheese	5 oz.	130	16	28	3	281	5	
Low fat macaroni and cheese	5 oz.	130	16	28	3	281	5	

Day 5 | Meal 5 | Date: 2/21/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Stew, dumpling with mutton (Navajo)	1 serving	308	27	25	12	142	1	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	

DAY 6

Day 6 | Meal 1 | Date: 2/22/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
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3 oz .boneless,skinless chicken , 4 egg whittess	7 oz.	196	37	0	3	250	0	
Frosted mini wheat	1 cup	53	5	44	1	1.1	11	
sunflower oil	1 tblsp.	14	0	0	14	0	0	

Day 6 | Meal 2 | Date: 2/22/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, flank, steak trimmed to 0 fat. broiled.	4.5 oz.	128	35	0	11	NaN	0	
Black rice	.25 cup	45	3	34	2	1.8	0	
Keto broccoli cheese slow cooker soup	1 cup	210	10	4	20	370	9	

Day 6 | Meal 3 | Date: 2/22/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Skinny orange chicken	6 oz.	168	40	25	5	787	20	
Sweet potato fries	3 oz.	79.7	1	22	2	73	0	

Day 6 | Meal 4 | Date: 2/22/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Ground lamb bake	11 oz.	314	25	23	13	518	4	
Low fat macaroni and cheese	5 oz.	130	16	28	3	281	5	
Low fat macaroni and cheese	5 oz.	130	16	28	3	281	5	

Day 6 | Meal 5 | Date: 2/22/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, flank, steak trimmed to 0 fat. broiled.	4.5 oz.	128	35	0	11	NaN	0	

Beef stir fry with baby bok choy and ginger			26	6	13	569	8	
Lupini beans	.5 cup	130	14	28	2	195	1	
peanuts	1 oz.	28	7	6	14	2	1	

DAY 7

Day 7 | Meal 1 | Date: 2/23/2023

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 tortilla	16.5 oz.	462	39	28	12	647	4	
Bread, rye	1 oz.	28.35	2	14	1	171	1	

Day 7 | Meal 2 | Date: 2/23/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
tuna, yellowfin, cooked dry heat	4.5 oz.	128	38	0	2	60	0	
Boiled sweet potatoes	.75 cup	183	3	31	0	340	11	
Tuscan mushrooms	4 oz.	121	6	5	8	266	2	

Day 7 | Meal 3 | Date: 2/23/2023

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	
Zucchini and carrot bread	1 slice	74	3	24	1	183	11	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	

Day 7 | Meal 4 | Date: 2/23/2023

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 2 tabbsp. of vinegar and oil..	26 oz.	728	36	21	17	156	7	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	

Day 7 | Meal 5 | Date: 2/23/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
turkey balls	6	183	40	8	11	828	4	
Sweet potato fries	3 oz.	79.7	1	22	2	73	0	
Spinach	1 cup	156	6	7	1	NaN	1	