

## Dietary Program For howard Wizz - Active Weight Loss (P40% - C30% - F30%)

Daily Caloric Intake **2400** | Grams of Daily Protein **240.0** | Grams of Daily Carbohydrate **180.0** | Grams of Daily Fat **80.0**

**6 meals per day**

**40.0** grams of protein per meal | **30.0** grams of carbohydrates per meal | **13.3** grams of fat per meal

Select Day:

Day 1

## DAY 1

Day 1 | Meal 1 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. beef lean only, 3 egg whites	6 oz.	168	37	1	6	306	0	
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	1 packet	45	7	29	3	278	1	

Day 1 | Meal 2 | Date: 12/29/2022

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	
Potatoes, boiled with salt	.5 cup	78	1	16	0	187	1	
Okra, raw	1 cup	100	2	7	0	7	1	

Day 1 | Meal 3 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Tilapia spinach	7.5 oz.	211	31	3	4	175	1	

Rolls, dinner, rye	1 large ( 3 1/2-4 in. diam.)	43	4	23	1	280	1	
Broccoli, flower clusters, raw	1 cup flowerets	71	2	4	0	19	0	

Day 1 | Meal 4 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork,top loin (chops), boneless, broiled	1 chop	107	30	0	10	323	0	
Spelt	.5 cup	100	5	26	1	4.9	5	
Cucumber	.5 cup, slices	52	0	2	0	1	1	

Day 1 | Meal 5 | Date: 12/29/2022

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	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	
beets, boiled	.5 cup	85	1	9	0	33	7	

Day 1 | Meal 6 | Date: 12/29/2022

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	
Beans, pinto canned, low sodium	1 cup	240	11	36	1	350	2	

## DAY 2

Day 2 | Meal 1 | Date: 12/30/2022

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	

Sweet potato breakfast hash	.5 cup	112	11	15	13	242	4	

Day 2 | Meal 2 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef,side, steak, trimmed to 0 fat, grilled.	3 oz.	85	25	0	4	46	0	
Ezekiel 4:9 sprouted whole grain pasta elbow	2 oz.	58	9	39	2	10	0	

Day 2 | Meal 3 | Date: 12/30/2022

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	NaN	0	
Noodles, egg, spinach, cooked, enriched	1 cup	160	8	39	3	19	1	

Day 2 | Meal 4 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Citrus grilled Ahi tuna steak	9 oz.	263	35	12	2	207	7	
Quinoa	.5 cup	81	4	21	2	157	0	

Day 2 | Meal 5 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Grilled basil chicken and tomatoes	7.5 oz.	210	36	12	8	252	11	
Bread, Multi-Grain (includes whole-grain)	1 oz.	28.35	4	12	1	108	2	
almonds	2 oz.	56	5	4	12	0	1	

Day 2 | Meal 6 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef,chuck, mock tender steak trimmed to 0 fat, broiled	4.5 oz.	128	33	0	7	93	0	
Ezekiel 4:9 sprouted whole grain pasta fettuccine	2 oz.	56	9	39	2	10	0	

DAY 3

Day 3 | Meal 1 | Date: 12/31/2022

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	
Ezekiel 4:9 sprouted grain cereal	2 oz	56	8	39	1	197	0	

Day 3 | Meal 2 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken with pistachio orange sauce	8 oz.	220	35	13	14	112	9	
potato salad	.5 cup	125	3	14	10	650	0	
Turnip greens	.5 cup, chopped or diced	82	2	3	0	NaN	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
tuna cakes	6 oz..	168	37	6	11	NaN	1	
potato salad	.5 cup	125	3	14	10	650	0	
Mustard spinach, (tendergreen)	1 cup, chopped	180	3	5	0	25	0	

Day 3 | Meal 4 | Date: 12/31/2022

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	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef,rib eye steak trimmed to 1/8 in. fat, Grilled.	4.5 oz.	128	37	0	11	75	0	
Mashed potatoes	1 cup	242	4	35	7	741	1	

Day 3 | Meal 6 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chimichurri chicken cutlets	5 oz.	140	25	1	12	72	1	
Beans, pinto canned, low sodium	1 cup	240	11	36	1	350	2	

DAY 4

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
mutton	3.5 oz	100	33	0	11	135	0	
Barbara's Bakery Shredded spoonfuls multigrain	.75 cup	32	4	24	2	200	5	

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

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

Asian pork medallions	.75 cup	168	35	9	11	849	6	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Cod with zucchini, mushroom and tomato sauce	11 oz.	310	35	12	3	400	7	
Bread, reduced-calorie, rye	1	28.35	3	11	1	145	1	
Sauce, worcestershire	1 tblsp.	17	0	3	0	167	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Southwest turkey lettuce wrap	2 wraps	131	29	5	5	540	1	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Blackened shrimp	5.5 oz.	154	31	4	6	733	0	
Black rice	.25 cup	45	3	34	2	1.8	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork,sirloin (chops), bone-in broiled	3 oz.	85	25	0	5	76	0	
Chickpeas (garbanzo	1 cup	240	12	32	5	317	6	

beans, bengal gram), canned								
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## DAY 5

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

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	
Protein french toast	2 slices	64	12	14	1	173	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
chicken oscar	7 oz.	192	31	19	14	395	1	
steamed soybeans	1 cup	94	8	6	4	9.4	1	
Broccoli, spears	.5 cop	92	3	5	0	22	1	

Day 5 | Meal 3 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Veal, trimmed retail cuts, ,braised	3 oz.	85	27	0	6	76	0	
Beans, pinto, canned,	1 cup	169	12	35	2	358	0	

Day 5 | Meal 4 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, top loin filet, boneless fat trimmed to 1/8 in. Grilled.	1 fillet	135	39	0	13	84	0	
Mashed potatoes	1 cup	242	4	35	7	741	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Stuffed pork tenderloin with cream cheese and jalapenos	6 oz.	168	32	1	9	166	1	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	
Arrowhead	1 oz.	28	1	5	0	5	0	

Day 5 | Meal 6 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4.5 oz..tuna, skipjack cooked dry heat on Trader Joe's Brown rice Tortilla with lettuce, onion, and tomato	1 wrap	144	38	19	13	NaN	8	
Okara	1 cup	122	4	15	2	11	0	

## DAY 6

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
mutton	3.5 oz	100	33	0	11	NaN	0	
Barbara's Cinnamon Puffins	2/3 cup	30	2	26	1	150	6	

Day 6 | Meal 2 | Date: 1/3/2023

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	NaN	0	
Wild rice, cooked	1 oz.	164	7	35	1	5	1	

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



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	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	
Collards	1 cup, chopped	170	5	12	1	NaN	1	

#### Day 6 | Meal 4 | Date: 1/3/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Apple candy pork tenderloin	4.5 oz.	121.6	25	10	9	55	7	
Caprese pasta salad	.75 cup	168	8	22	5	247	3	

#### Day 6 | Meal 5 | Date: 1/3/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck, shoulder top and center steaks, fat trimmed to 0, grilled	4.5 oz.	128	34	0	10	76	0	
Quinoa	1 cup	185	8	39	4	13	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Fish, tuna, fresh, bluefin, cooked, dry heat	3 oz.	85	25	0	5	42	0	
Beans, pinto, canned,	1 cup	169	12	35	2	358	0	

## DAY 7

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

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	

egg whites								
Banana bread with Greek yogurt		148	3	26	8	199	12	

Day 7 | Meal 2 | Date: 1/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Artichoke and goat cheese stuffed chicken breast	6.5 oz.	180	36	7	12	249	1	
Lentils	1 cup	77	7	17	0	8	0	
Cauliflower, raw	1 cup, chopped (1/2 in. pieces)	107	2	5	0	32	2	

Day 7 | Meal 3 | Date: 1/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, sirloin (chops), bone-in, braised	3 oz.	85	26	0	6	49	0	
Ezekiel 4:9 sprouted whole grain spaghetti	2 oz.	56	9	39	2	10	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, top round, fat trimmed to 0. Braised.	3 oz.	85	30	0	5	38	0	
ezekiel 4.9 bread	1 slice	34	4	15	1	180	0	
sauerkraut	.5 cup	71	1	3	0	469	1	

Day 7 | Meal 5 | Date: 1/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Jerk chicken	1 piece (4 oz.)	121	27	4	17	269	1	
Beans, navy, raw	1 cup	104	6	14	1	14	0	

almonds	2 oz.	56	5	4	12	0	1	

Day 7 | Meal 6 | Date: 1/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Lemon-garlic chicken with green beans	1.5 cups	336	27	11	16	652	4	
Teff	.5 cup	126	5	25	1	10	6	