

## Dietary Program For Garrett Ramos - General Weight Loss (P33% - C33% - F33%)

Daily Caloric Intake **1680** | Grams of Daily Protein **138.6** | Grams of Daily Carbohydrate **138.6** | Grams of Daily Fat **61.6**  
**3 meals per day**

**46.2** grams of protein per meal | **46.2** grams of carbohydrates per meal | **20.5** grams of fat per meal

Select Day:

Day 1

# DAY 1

Day 1 | Meal 1 | Date: 1/30/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. beef lean only, 4 egg whites	7 oz.	196	41	1	6	361	0	
Sweet potato splenda muffin	1 muffin	116.4	7	39	2	142	7	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

Day 1 | Meal 2 | Date: 1/30/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Tuscan chicken	13.5 oz.	368	43	27	12	569	3	
Potatoes, boiled, without salt	.5 cup	78	1	16	0	3	1	
Texas Pete hot sauce	1 tblsp.	5	0	1	0	160	0	

Day 1 | Meal 3 | Date: 1/30/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. turkey, baked or roasted on 2 slices of rye bread with a slice	1 sandwich	280	46	30	5	482	5	

your bread with a slice of lettuce, tomato, and onion.								
Potatoes, boiled, without salt	.5 cup	78	1	16	0	3	1	
cashews	1 oz.	28	5	9	12	3.4	1	

## DAY 2

Day 2 | Meal 1 | Date: 1/31/2023

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 multigrain bread	16 oz.	448	39	33	8	627	6	
Thomas multigrain english muffin	1 muffin	56	5	27	3	150	3	

Day 2 | Meal 2 | Date: 1/31/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pineapple pork	11.5 oz.	318	46	17	6	564	13	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	NaN	2	
peanuts	1 oz.	28	7	6	14	2	1	

Day 2 | Meal 3 | Date: 1/31/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
chicken breast, boneless, skinless, grilled	4.5 oz.	128	38	0	4	NaN	0	
Potato vindaloo	19.5 oz.	549	7	54	8	34	11	

# DAY 3

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz .boneless,skinless chicken , 4 egg whites	7 oz.	196	37	0	3	250	0	
Nature Path Organic Pumpkin Seed Chia Flax Granola	.75 cup	55	6	37	10	NaN	10	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef,top sirloin cap steak, boneless trimmed to 1/8 in. fat. Grilled.	4.5 oz.	128	36	1	9	NaN	0	
Potatoes, baked without salt	1 NLEA serving	148	4	31	0	15	2	
Peas, edible-podded, raw	1 cup, chopped	98	3	7	0	0	4	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. mussels , 3 oz. shrimp	6 oz.	168	41	6	4	408	0	
Noodles, egg, spinach, cooked, enriched	1 cup	160	8	39	3	19	1	
sriracha, hot chili sauce	1 tblsp.	5	0	1	0	100	1	
cashews	1 oz.	28	5	9	12	3.4	1	

# DAY 4

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
2 whole egg, 4 egg whites, 3 oz. tomato and onion on ready to bake whole wheat tortilla	15.5 oz.	434	35	28	12	592	4	
Thomas multigrain english muffin	1 muffin	56	5	27	3	150	3	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. boneless, skinless chicken on Ole Mexican Foods Xtreme Wellness High Fiber Spinach and Herb Tortilla with lettuce, tomato, and onion	1 wrap	157	28	18	3	505	0	
Beans, kidney	1 cup	177	15	40	1	2	1	
sunflower oil	1 tbsp.	14	0	0	14	0	0	

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

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	
Ezekiel 4:9 sprouted whole grain pasta elbow	2 oz.	58	9	39	2	10	0	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tbsp.	13.6	0	0	14	0	0	

DAY 5

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

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	
RX Bar (blueberry)	1 bar	52	12	24	7	140	15	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. pork tenderloin lean only cooked dry heat, on .75 cup red beans and brown rice.	10 oz.	280	36	30	9	628	1	
steamed soybeans	1 cup	94	8	6	4	9.4	1	
Broccoli, stalks, raw	1 stalk	114	3	6	0	31	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, petite roast, boneless trimmed to 0 fat, roasted.	4.5 oz.	128	36	0	9	NaN	0	
Spelt	.5 cup	100	5	26	1	4.9	5	
Okra, raw	1 cup	100	2	7	0	7	1	

DAY 6

Day 6 | Meal 1 | Date: 2/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. beef lean only, 4 egg whites	7 oz.	196	41	1	6	361	0	
Nature Path Organic	.75 cup	55	6	37	10	NaN	10	

Pumpkin Seed Chia Flax Granola								
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Day 6 | Meal 2 | Date: 2/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 6 oz. shrimp cooked and 2.5 tblsp. of reduced fat Thousand Island dressing.	27.5 oz.	770	43	29	5	563	13	
sweet potato fries	6 oz.	170	4	23	15	376	13	

Day 6 | Meal 3 | Date: 2/4/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
chicken tikka masala	10 oz.	275	41	14	3	NaN	4	
Potatoes, boiled, without salt	.5 cup	78	1	16	0	3	1	
Lemony cucumber	11.5 oz.	321.4	2	16	0	7	10	
canola oil	1 tblsp.	14	0	0	14	0	0	

DAY 7

Day 7 | Meal 1 | Date: 2/5/2023

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 mutigrain bread	15 oz.	420	35	33	8	572	6	
All bran with fruit	5 oz.	144.1	4	18	2	36	12	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. turkey, baked or roasted on 2 slices of multigrain bread with a slice of lettuce, tomato, and onion.	1 sandwich	252	41	28	5	328	5	
ezekiel 4.9 bread	1 slice	34	4	15	1	180	0	
Cucumber	.5 cup, slices	52	0	2	0	1	1	
Oil, sunflower, high oleic (70% and over)	1 tbsp.	14	0	0	14	0	0	

Day 7 | Meal 3 | Date: 2/5/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
catfish, cooked dry heat	7 oz.	200	37	0	16	160	0	
black bean salad	1 cup	231	7	29	9	809	8	
Asparagus	1 cup	180	5	3	1	5	1	