

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
2 whole eggs, 3 egg whites, 3 oz. tomato and onion with 2 slices multigrain bread	15 oz.	420	34	33	14	327	6	
Sweet potato splenda muffin	1 muffin	116.4	7	39	2	142	7	
Seeds, sunflower seed butter, without salt	1 tbsp.	16	3	4	9	0	2	

Day 1 | Meal 2 | Date: 12/27/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. pork tenderloin, diced lean only, cooked dry heat on corn tortilla with lettuce, tomato, and onion.	17 oz.	476	33	30	5	96	3	
Kamut	1 cup	181	11	52	2	10	0	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tbsp.	13.6	0	0	14	0	0	

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

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	
Quinoa	1 cup	185	8	39	4	NaN	0	
chard	2.5 cups	100	2	4	0	213	1	

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
2 whole eggs, 5 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	17 oz.	476	42	34	14	437	6	
Barbara's Bakery Puffins cinnamin cereal	.75 cup	30	3	24	1	150	5	
olive oil	1 tblsp.	14	0	0	13	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
Chicken and asparagus stir fry	16 oz.	456	29	35	4	162	9	
Low fat macaroni and cheese	5 oz.	130	16	28	3	281	5	
safflower oil	1 tblsp.	14	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, center rib (chops), bone-in, broiled	1 chop with refuse removed	112	27	0	15	62	0	

broiled								
Noodles, egg, spinach, cooked, enriched	1 cup	160	8	39	3	19	1	
Kale	1 cup chopped	130	4	7	1	20	2	

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	
Nature Path Organic Peanut Butter Granola	.5 cup	55	7	35	11	75	9	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. pork tenderloin, diced lean only, cooked dry heat on corn tortilla with lettuce, tomato, and onion.	17 oz.	476	33	30	5	96	3	
Teff	.5 cup	126	5	25	1	10	6	
Mustard greens	1 cup, chopped	140	4	6	1	13	2	
Oil, sunflower, linoleic, (approx. 65%)	1 tblsp.	13.6	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 tenderloin steak, boneless trimmed to 0 fat., grilled.	3 oz.	85	26	0	7	46	0	
Channa Marsala	4.5 oz.	131.4	15	48	8	28	9	
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
3 whole extra large eggs, 4 egg whites	10 oz.	280	38	2	18	460	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken, thigh, meat only, stewed	1 cup, chopped or diced	140	35	0	14	105	0	
Ezekiel 4:9 sprouted whole grain pasta fettuccine	2 oz.	56	9	39	2	10	0	
Asparagus	1 cup	180	5	3	1	5	1	

Day 4 | Meal 3 | Date: 12/30/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Green curry salmon and bok choy	1.5 cups	336	38	6	22	606	3	
Wild rice, cooked	1 oz.	164	7	35	1	5	1	
Red cabbage coleslaw	.5 cup	112	0	4	6	35	3	

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
2 whole eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	.333 cup	30	3	24	1	206	8	
Sacha inchi seeds	.25 cup	28	8	5	13	150	0	

Day 5 | Meal 2 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
fish, dolphinfish, cooked dry heat	4.5 oz.	128	30	0	1	144	0	
Chickpeas (garbanzo beans, bengal gram)	1 cup	164	15	45	4	11	8	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	
peanuts	1 oz.	28	7	6	14	2	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 slices Mori-Nu tofu, silken, light, extra firm with 4 oz. wild rice	19 oz.	532	34	33	3	414	3	
Okara	1 cup	122	4	15	2	11	0	
Beans, kidney, raw	1 cup	184	8	8	1	11	0	
olive oil	1 tblsp.	14	0	0	13	0	0	

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
2 whole egg, 5 egg whites, 3 oz. tomato and onion on whole wheat tortilla	16.5 oz.	462	39	28	12	647	4	
Post Foods Grape-Nuts	.5 cup	58	8	25	1	270	5	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Claire's chicken mexicana	8 oz.	230	26	16	3	438	4	
spelt	1 cup	194	11	51	2	9.7	0	
peanuts	1 oz.	28	7	6	14	2	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
VL BL papricka shrimp and green bean sautÃ©	9 oz.	266	27	12	12	556	2	
Quinoa	1 cup	185	8	39	4	13	0	
Mustard greens	1 cup, chopped	140	4	6	1	13	2	

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
2 whole eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	1 cup	28	3	21	2	139	1	
Seeds, sunflower seed butter, without salt	1 tblsp.	16	3	4	9	0	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. beef, diced lean only, cooked dry heat on corn tortilla with lettuce, tomato, and onion.	17 oz.	476	38	30	9	219	3	
Rolls, dinner, wheat	1 roll	28	2	13	2	147	0	
Broccoli	.5 cup, chopped	78	2	6	0	32	1	
cashews	1 oz.	28	5	9	12	3.4	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, trimmed retail cuts lean, trimmed to 0 fat. cooked dry heat	4.5 oz.	128	38	0	13	NaN	0	
Sprouted brown rice	.25 cup	45	4	33	2	0	1	
almonds	2 oz.	56	5	4	12	NaN	1	

