

## 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
3 oz. beef lean only, 2 egg whites	5 oz.	140	33	0	6	116	0	
Seeds, sunflower seed butter, without salt	1 tblsp.	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
3 oz. tuna, yellowfin cooked dry heat on Outer Aisle Gourmet Cauliflower sandwich thins	2 thins	145	33	4	6	300	2	
Wild rice, cooked	1 cup	164	7	35	1	5	1	
Broccoli, frozen, chopped	1 cup	156	4	7	0	37	2	
Oil, sunflower, high oleic (70% and over)	1 tblsp.	14	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
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Tilapia spinach	7.5 oz.	211	31	3	4	175	1	
Sweet potato,baked	1 cup, cubes	176	3	41	0	NaN	16	
artichokes	1 medium	120	4	16	0	72	1	
Oil, sunflower, linoleic, (approx. 65%)	1 tblsp.	13.6	0	0	14	0	0	

## 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
3 oz .boneless,skinless chicken , 4 egg whittess	7 oz.	196	37	0	3	250	0	
sunflower oil	1 tblsp.	14	0	0	14	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
3 oz. chicken, 3 oz. scallops	6 oz.	168	41	0	4	252	0	
Rice, white, long-grain, cooked	1 oz.	165	4	44	1	7	0	
Brussel sprouts	.5 cup	78	2	6	0	16	1	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tblsp.	13.6	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
Chicken caprese sandwich	1 sandwich	342	42	41	38	565	7	

Mashed sweet potatoes			3	30	0	96	1	
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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
3 oz. beef lean only, 4 egg whites	7 oz.	196	41	1	6	361	0	
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
Beef, chuck eye roast, boneless, America's Beef Roast	4.5 oz.	128	34	0	9	NaN	0	
Pigeon peas (red gram) boiled	1 cup	168	11	39	1	8	0	
Parsnips, raw	1 cup slices	133	2	24	0	13	6	
almonds	2 oz.	56	5	4	12	0	1	

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

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 3 tblsp. of fat free Ranch dressing.	26.5 oz.	742	36	31	1	519	9	
potato salad	.5 cup	125	3	14	10	650	0	
pine nuts	1 oz.	28	4	4	19	1	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
2 whole extra large eggs,5 egg whites	9 oz.	252	35	2	12	435	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Baked Garlic and lime Mahi-Mahi	4 oz.	112	27	2	9	190	0	
Beans, cranberry (roman)	1 cup	177	17	43	1	2	0	
Mushrooms, Chanterelle, raw	1 cup	54	1	4	0	5	1	
sunflower oil	1 tblsp.	14	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
One pot garlicky shrimp and spinach	1 cup	224	26	6	12	444	1	
Three bean salad	4 oz.	112	10	35	2	225	1	
Asparagus	1 cup	180	5	3	1	5	1	
almonds	2 oz.	56	5	4	12	NaN	1	

# 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
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2 whole eggs, 3 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	15 oz.	420	34	33	14	327	6	
Fiber One Bran	.75 cup	40	3	34	1	140	0	
olive oil	1 tblsp.	14	0	0	13	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz. boneless, skinless chicken cooked dry heat on 2 slices of pumpernickel bread with a slice of lettuce, tomato, and onion.	1 sandwich	252	37	33	6	378	1	
Ezekiel 4:9 sprouted whole grain pasta elbow	2 oz.	58	9	39	2	10	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
Garden salad with tomatoes, carrots, 6 oz. tuna canned in water drained and 2 tblsp.of reduced calorie honey mustard dressing.	29 oz.	812	42	28	4	730	12	
Quinoa	.5 cup	81	4	21	2	157	0	
sriracha, hot chili sauce	1 tblsp.	5	0	1	0	100	1	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	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, 4 egg whites, 3 oz. tomato and onion on ready to bake whole wheat tortilla	15.5 oz.	434	35	28	12	592	4	
Fiber One Honet Nut clusters	1 cup	52	4	45	2	200	9	
Oil, sunflower, high oleic (70% and over)	1 tblsp.	14	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Spicy tuna cakes	11 oz.	308	34	24	14	256	6	
potato salad	.5 cup	125	3	14	10	650	0	
SMART SOUP, Greek Minestrone	1 pouch (10 oz.)	283	5	24	2	391	8	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
chicken thigh, stewed	3 thighs	165	41	0	16	NaN	0	
Mashed sweet potatoes	1 cup	250	5	59	1	191	14	
PACE, Diced Green Chilies	2 tblsp.	30	0	2	0	100	1	

# DAY 7

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

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

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	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
beef stir fry with ginger and onion	13 oz.	363	28	18	12	300	11	
Quinoa	1 cup	185	8	39	4	NaN	0	
Peppers, sweet, red,	1 cup chopped or strips	135	1	4	0	5	4	
almonds	2 oz.	56	5	4	12	NaN	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
3 oz. lean steak on Ole Mexican Foods Xtreme Wellness High Fiber Spinach and Herb Tortilla with lettuce, tomato, and onion	1 wrap	129	31	18	13	372	0	
Channa Marsala	4.5 oz.	131.4	15	48	8	28	9	