

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
Vegan spicy Italian sausage	4.5 oz.	134.7	33	18	5	237	2	
Quaker Oatmeal Squares	1 cup	56	6	44	3	194	9	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tblsp.	13.6	0	0	14	0	0	

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

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	
Sweet potato, baked	1 cup, cubes	176	3	41	0	14	16	
Berry Medley	.67 cup	151	0	15	1	0	10	
canola oil	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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MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Saffron chicken with chickpeas	8 oz.	229	36	40	14	200	8	
Tomato brown rice	5.5 oz.	158	3	33	1	58	0	
almonds	2 oz.	56	5	4	12	NaN	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 extra large eggs,5 egg whites	9 oz.	252	35	2	12	435	2	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Pork, blade, (chops), boneless, broiled	1 chop	131	32	1	15	76	0	
Quinoa	1 cup	185	8	39	4	13	0	
peanuts	1 oz.	28	7	6	14	2	1	

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

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	
soy milk	1 cup	224	7	3	4	124	1	
Cranberries, raw	1 cup, chopped	110	0	13	0	2	4	
macadamia raw	1 oz.	28	2	4	21	1	1	

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
2 whole eggs, 5 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	17 oz.	476	42	34	14	437	6	
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 3 | Meal 2 | Date: 12/29/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Chicken spinach and cream cheese wrap	1 wrap	170	34	26	30	890	3	
black bean salad	1 cup	231	7	29	9	809	8	
Cabbage, savoy	1 cup, shredded	145	3	8	0	35	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,bottom round roast trimmed to 0 fat. Roasted	4.5 oz.	128	36	0	7	48	0	
Ezekiel 4:9 sprouted whole grain penne pasta	2 oz.	56	9	39	2	10	0	
Cabbage, savoy	1 cup, shredded	145	3	8	0	35	0	
Oil, sunflower, linoleic, (approx. 65%)	1 tblsp.	13.6	0	0	14	0	0	

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 oz. beef lean only, 3 egg whites	6 oz.	168	37	1	6	306	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Wild rice baked chicken	17 oz.	477	33	31	4	379	3	
Bread, Multi-Grain (includes whole-grain)	1 oz.	28.35	4	12	1	108	2	
Grapefruit, raw, white, Florida	1 cup sections with juice	230	1	19	0	0	0	
Oil, sunflower, high oleic (70% and over)	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
Blackened shrimp	5.5 oz.	154	31	4	6	733	0	
Spaghetti, whole-wheat, cooked	1 oz.	140	7	37	1	4	1	
Turnip greens	.5 cup, chopped or diced	82	2	3	0	NaN	0	
sunflower oil	1 tblsp.	14	0	0	14	0	0	

DAY 5

Day 5 | Meal 1 | Date: 12/31/2022

Day 5 | Meal 1 | Date: 12/31/2022

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 oz .boneless, skinless chicken , 3 egg whittess	7 oz.	196	40	0	4	205	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. grouper, cooked dry heat on corn tortilla with lettuce, tomato, and onion.	18 oz.	504	38	30	5	107	3	
Mashed sweet potatoes			3	30	0	96	1	
sauerkROUT	.5 cup	71	1	3	0	469	1	
pecans, dry roasted	1 oz.	28	3	4	21	0	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Steak, filet mignon, lean, grilled	4 oz.	112	32	0	12	72	0	
Ezekiel 4:9 sprouted whole grain pasta fettuccine	2 oz.	56	9	39	2	10	0	
Turnip greens	.5 cup, chopped or diced	82	2	3	0	NaN	0	
Oil, sunflower, linoleic, (approx. 65%)	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
3 oz. beef lean only 4	7 oz.	196	41	1	6	361	0	

0 oz. beef lean only, 1 egg whittess	02.	170	41	1	0	001	0	
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Day 6 | Meal 2 | Date: 1/1/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Orange and Ginger chicken	10 oz.	280	40	26	13	582	13	
Rolls, dinner, rye	1 large (3 1/2-4 in. diam.)	43	4	23	1	280	1	
Cabbage, savoy	1 cup, shredded	145	3	8	0	35	0	
Oil, sunflower, linoleic, (partially hydrogenated)	1 tblsp.	13.6	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Roasted chicken with yams	5 oz.	146	27	5	10	129	2	
Cool beans salad	1.3 cups	290	12	58	19	659	5	

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
breakfast burrito with 1 whole wheat tortilla (50g) .75 cup egg substitute, .5 cup vegetables, 1 oz. reduced fat cheese	1 burrito	150	38	32	7	669	3	
Cereals, corn grits, yellow,cooked with water, without salt	1 cup	233	3	32	1	5	0	
Seeds, sunflower seed	1 tblsp.	16	3	4	9	0	2	

butter, without salt								
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Day 7 | Meal 2 | Date: 1/2/2023

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
osso buco	4 oz.	112	30	2	4	500	0	
Mashed sweet potatoes	1 cup	250	5	59	1	191	14	
PACE, Diced Green Chilies	2 tblsp.	30	0	2	0	100	1	
olive oil	1 tblsp.	14	0	0	13	0	0	

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

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	6	38	0	
Ezekiel 4:9 sprouted whole grain pasta fettuccine	2 oz.	56	9	39	2	10	0	
Peas, green	.5 cup	80	4	11	0	58	4	
Oil, sunflower, high oleic (70% and over)	1 tblsp.	14	0	0	14	0	0	