

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 .boneless,skinless chicken , 4 egg whittess	7 oz.	196	37	0	3	250	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Cube steak with peppers, onions, and potatoes	12 oz.	338	32	36	4	77	4	
ezeikel 4.9 bread	1 slice	34	4	15	1	180	0	
pine nuts	1 oz.	28	4	4	19	1	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, bottom round, steak trimmed to 0 fat, braised	3 oz.	85	29	0	7	37	0	
Trader Joe's Red Lentil Sedanini	2 oz.	114	13	32	1	20	1	
kiwi	1 cup	177	2	26	1	53	16	

kiwi	1 cup	177	2	20	1	3.3	10	
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 eggs, 4 egg whites, 3 oz. tomato and onion with 2 slices mutigrain bread	16 oz.	448	38	33	14	382	6	
Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	1 packet	45	7	29	3	279	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Garden salad with tomatoes, carrots, 4 oz. beef diced, lean only cooked dry heat and 2 tbsp. of reduced calorie honey mustard dressing.	25 oz.	700	37	28	11	398	12	
Sprouted brown rice	.25 cup	45	4	33	2	0	1	
Cucumber	.5 cup, slices	52	0	2	0	1	1	
olive oil	1 tbsp.	14	0	0	13	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
6 slices Mori-Nu tofu, silken, light, extra firm with 6 oz. wild rice	24 oz.	672	42	40	4	497	3	

ezekiel 4.9 bread	1 slice	34	4	15	1	180	0	
FRANCO-AMERICAN Fat Free Slow Roast Chicken Gravy	.25 cup	59	1	4	0	250	0	
Oil, sunflower, linoleic, (approx. 65%)	1 tbsp.	13.6	0	0	14	0	0	

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
mutton	3.5 oz	100	33	0	11	NaN	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Mediterranean cod	12 oz.	333	29	12	3	341	6	
Quinoa	1 cup	185	8	39	4	NaN	0	
Collards	1 cup, chopped	170	5	12	1	85	1	
canola oil	1 tbsp.	14	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, trimmed retail cuts lean,trimmed to 0 fat. cooked dry heat	4.5 oz.	128	38	0	13	94	0	
Quinoa	1 cup	162	8	43	4	314	0	
cashews	1 oz.	28	5	9	12	3.4	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
mutton	3.5 oz	100	33	0	11	NaN	0	

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

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 vinegar and oil.	29 oz.	812	42	21	18	520	7	
sweet potato fries	3 oz.	85	2	11	8	188	6	
Spinach	1 cup	156	6	7	1	115	1	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
4 slices Mori-Nu tofu, silken, extra firm with 6 oz. spinach egg noodles	18 oz.	504	31	35	8	227	4	
Lean Cuisine coconut chickpea curry	1 package	262	11	38	7	700	4	
olive oil	1 tblsp.	14	0	0	13	0	0	

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
1 whole egg, 6 egg whites, 3 oz. tomato and	15.5 oz.	434	35	28	6	621	4	

onion on ready to bake whole wheat tortilla								
Nature Path Organic Peanut Butter Granola	.5 cup	55	7	35	11	75	9	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Mango salsa chicken	12 oz.	339	37	20	8	479	15	
Ezekiel 4:9 sprouted whole grain spaghetti	2 oz.	56	9	39	2	10	0	
Broccoli, flower clusters, raw	1 cup flowerets	71	2	4	0	19	0	
Oil, sunflower, linoleic (less than 60%)	1 tblsp.	13.6	0	0	14	0	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
5 oz. pork tenderloin, diced, lean only,cooked dry heat on Tumaro's 97 % fat free tomato and basil gourmet tortilla with lettuce, tomatoes, and onion. .	18 oz.	504	42	23	7	222	4	
Serbian potato salad	3.5 oz.	100	2	17	4	138	2	
almonds	2 oz.	56	5	4	12	0	1	

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	15.5 oz.	434	35	28	12	592	4	

onion on ready to bake whole wheat tortilla								
Cereals, corn grits, white, cooked with water, without salt	1 cup	257	4	38	1	5	0	
safflower oil	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
5 oz. salmon, cooked dry heat on 5 oz. whole wheat elbow macaroni.	10 oz.	280	38	37	17	89	1	
Potatoes, baked,without salt	.5 cup	61	1	13	0	3	1	
Bread, pumpernickel	1 oz.	28.35	2	13	1	169	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Beef, chuck, under blade, pot roast, boneless, fat trimmed to 0, braised	4.5 oz.	128	39	0	13	83	0	
Mashed sweet potatoes	1 cup	250	5	59	1	191	14	
almonds	2 oz.	56	5	4	12	0	1	

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
3 oz .boneless,skinless chicken , 4 egg whites	7 oz.	196	37	0	3	250	0	

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

MEAL	MEASURE	WEIGHT (G)	PROTEIN (G)	CARBS (G)	FAT (G)	SODIUM (MG)	SUGAR (G)	REFRESH
Stew, dumpling with mutton (Navajo)	1 serving	308	27	25	12	142	1	
Wild rice, cooked	1 cup	164	7	35	1	5	1	
Turnip greens	.5 cup, chopped or diced	82	2	3	0	10	0	
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
4 oz. dolphinfish, cooked on Tumaro's 96 % fat free garden spinach and vegetable gourmet tortilla with lettuce, tomatoes, and onion. .	17 oz.	476	31	34	3	298	4	
Mashed potatoes	1 cup	242	4	35	7	741	1	
safflower oil	1 tblsp.	14	0	0	14	0	0	