



Eating right, simplified.

Male - 220 - Weight Loss

Prepared by: Daniel Gutierrez

Created: 02-19-2021

DAY 1

Breakfast 7:00 AM	pork and beef sausage (cooked)	3 link	154 cal
	whole grain rolled oats	1 Cup(s)	299 cal
	drinking water	16 fl oz	0 cal
	blueberries	1 1/2 Cup(s)	124 cal
	egg (hard boiled)	3 large	233 cal

MEAL TOTAL: Calories 810 cal / **Carbs** 89 g (45%) / **Protein** 26 g (13%) / **Fat** 37 g (42%) / **Fluid** 27 fl oz

NOTES:

Snack 10:00 AM	drinking water	16 fl oz	0 cal
	high protein cranberry almond cereal bar	2 package	280 cal
	apple	2 large	220 cal
	almond butter, no added salt	1 Tbsp	98 cal

MEAL TOTAL: Calories 599 cal / **Carbs** 92 g (57%) / **Protein** 24 g (15%) / **Fat** 20 g (28%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	cracked wheat bread	4 slice	260 cal
	drinking water	16 fl oz	0 cal
	turkey breast (cooked)	10 oz	386 cal
	romaine lettuce	6 leaf	6 cal
	tomatoes	1/2 Cup(s)	16 cal
	dijon mustard	2 tsp	10 cal
	baby carrots	15 large	79 cal

MEAL TOTAL: Calories 757 cal / **Carbs** 73 g (38%) / **Protein** 95 g (50%) / **Fat** 10 g (12%) / **Fluid** 35 fl oz

NOTES:

Dinner 6:00 PM	cod fish	10 oz	232 cal
	broccoli (boiled)	8 spear	104 cal
	black beans (boiled)	2 Cup(s)	454 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 790 cal / **Carbs** 103 g (50%) / **Protein** 88 g (44%) / **Fat** 5 g (6%) / **Fluid** 41 fl oz

NOTES:

DAY 1 TOTAL: Calories 2,956 cal / **Carbs** 357 g (47%) / **Protein** 233 g (31%) / **Fat** 72 g (22%) / **Fluid** 130 fl oz

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DAY 2

Breakfast 7:00 AM	skim milk, calcium added	2 1/2 Cup(s)	216 cal
	drinking water	8 fl oz	0 cal
	pork and beef sausage (cooked)	4 link	206 cal
	bran flakes cereal	2 1/2 Cup(s)	242 cal

MEAL TOTAL: Calories 664 cal / **Carbs** 91 g (52%) / **Protein** 36 g (20%) / **Fat** 22 g (28%) / **Fluid** 28 fl oz

NOTES:

Snack 10:00 AM	pear	2 large	238 cal
	almonds	1 1/2 oz	243 cal
	turkey jerky	2 oz	142 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 623 cal / **Carbs** 89 g (52%) / **Protein** 29 g (17%) / **Fat** 24 g (31%) / **Fluid** 28 fl oz

NOTES:

Lunch 12:00 PM	dijon mustard	2 tsp	10 cal
	drinking water	16 fl oz	0 cal
	boneless chicken (cooked)	6 oz	284 cal
	romaine lettuce	1 Cup(s)	8 cal
	extra virgin olive oil	2/3 Tbsp	80 cal
	balsamic vinegar	2 Tbsp	28 cal
	whole wheat tortilla	3 tortilla	381 cal

MEAL TOTAL: Calories 792 cal / **Carbs** 63 g (33%) / **Protein** 55 g (29%) / **Fat** 33 g (38%) / **Fluid** 23 fl oz

NOTES:

Dinner 6:00 PM	low fat black bean vegetable soup	2 Cup(s)	280 cal
	lean beef flank steak (broiled)	5 oz	272 cal
	spinach (boiled)	1 1/2 Cup(s)	62 cal
	barley (cooked)	1 1/4 Cup(s)	241 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 856 cal / **Carbs** 118 g (54%) / **Protein** 64 g (29%) / **Fat** 16 g (17%) / **Fluid** 32 fl oz

NOTES:

DAY 2 TOTAL: Calories 2,934 cal / **Carbs** 361 g (48%) / **Protein** 183 g (24%) / **Fat** 94 g (28%) / **Fluid** 111 fl oz

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DAY 3

Breakfast 7:00 AM	cracked wheat bread	2 slice	130 cal
	pear	2 large	238 cal
	skim milk, calcium added	2 1/2 Cup(s)	216 cal
	almond butter, no added salt	3 Tbsp	295 cal

MEAL TOTAL: Calories 879 cal / **Carbs** 127 g (55%) / **Protein** 37 g (16%) / **Fat** 30 g (29%) / **Fluid** 31 fl oz

NOTES:

Snack 10:00 AM	egg (hard boiled)	1 large	78 cal
	apple	2 large	220 cal
	coconut water	16 fl oz	91 cal
	high protein cranberry almond cereal bar	1 package	140 cal

MEAL TOTAL: Calories 529 cal / **Carbs** 92 g (66%) / **Protein** 21 g (15%) / **Fat** 12 g (19%) / **Fluid** 29 fl oz

NOTES:

Lunch 12:00 PM	light olive oil mayonnaise	1 1/2 Tbsp	74 cal
	romaine lettuce	4 leaf	4 cal
	canned tuna fish in water, very low sodium	8 oz	224 cal
	tomatoes	3/4 Cup(s)	24 cal
	whole wheat tortilla	4 tortilla	508 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 834 cal / **Carbs** 83 g (39%) / **Protein** 69 g (32%) / **Fat** 27 g (29%) / **Fluid** 23 fl oz

NOTES:

Dinner 6:00 PM	quinoa (cooked)	1 Cup(s)	222 cal
	drinking water	16 fl oz	0 cal
	kale (boiled)	1 Cup(s)	36 cal
	 chicken and corn chili	2 serving	490 cal

MEAL TOTAL: Calories 748 cal / **Carbs** 98 g (51%) / **Protein** 68 g (36%) / **Fat** 11 g (13%) / **Fluid** 39 fl oz

NOTES:

DAY 3 TOTAL: Calories 2,990 cal / **Carbs** 400 g (52%) / **Protein** 194 g (25%) / **Fat** 81 g (23%) / **Fluid** 123 fl oz

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DAY 4

Breakfast 7:00 AM	pork and beef sausage (cooked)	5 1/4 link	270 cal
	blueberries	1 Cup(s)	83 cal
	whole grain rolled oats	1 1/4 Cup(s)	374 cal
	egg (hard boiled)	2 large	155 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 882 cal / **Carbs** 93 g (43%) / **Protein** 23 g (11%) / **Fat** 44 g (46%) / **Fluid** 24 fl oz

NOTES:

Snack 10:00 AM	turkey jerky	3 oz	213 cal
	pear	1 large	119 cal
	drinking water	16 fl oz	0 cal
	almonds	1 1/2 oz	243 cal

MEAL TOTAL: Calories 575 cal / **Carbs** 65 g (41%) / **Protein** 37 g (24%) / **Fat** 24 g (35%) / **Fluid** 22 fl oz

NOTES:

Lunch 12:00 PM	balsamic vinegar	1/4 Tbsp	4 cal
	tomatoes	1/3 Cup(s)	11 cal
	iced green tea	16 fl oz	0 cal
	whole wheat tortilla	2 tortilla	254 cal
	romaine lettuce	2 Cup(s)	16 cal
	 chicken and corn chili	2 serving	490 cal

MEAL TOTAL: Calories 774 cal / **Carbs** 95 g (48%) / **Protein** 67 g (34%) / **Fat** 16 g (18%) / **Fluid** 37 fl oz

NOTES:

Dinner 6:00 PM	lean beef flank steak (broiled)	5 oz	272 cal
	low fat black bean vegetable soup	1 1/2 Cup(s)	210 cal
	drinking water	16 fl oz	0 cal
	summer squash (boiled)	2 Cup(s)	72 cal
	barley (cooked)	1 Cup(s)	193 cal

MEAL TOTAL: Calories 747 cal / **Carbs** 99 g (52%) / **Protein** 55 g (29%) / **Fat** 16 g (19%) / **Fluid** 34 fl oz

NOTES:

DAY 4 TOTAL: Calories 2,978 cal / **Carbs** 352 g (46%) / **Protein** 182 g (24%) / **Fat** 100 g (30%) / **Fluid** 117 fl oz

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DAY 5

Breakfast 7:00 AM	blueberries	2 Cup(s)	165 cal
	skim milk, calcium added	2 1/2 Cup(s)	216 cal
	drinking water	8 fl oz	0 cal
	pork and beef sausage (cooked)	4 link	206 cal
	bran flakes cereal	2 1/4 Cup(s)	217 cal

MEAL TOTAL: Calories 805 cal / **Carbs** 127 g (60%) / **Protein** 37 g (17%) / **Fat** 22 g (23%) / **Fluid** 36 fl oz

NOTES:

Snack 10:00 AM	apple	2 large	220 cal
	coconut water	20 fl oz	114 cal
	almond butter	2 1/2 Tbsp	250 cal

MEAL TOTAL: Calories 584 cal / **Carbs** 88 g (58%) / **Protein** 13 g (9%) / **Fat** 22 g (33%) / **Fluid** 32 fl oz

NOTES:

Lunch 12:00 PM	baby carrots	20 large	105 cal
	tomatoes	1/2 Cup(s)	16 cal
	romaine lettuce	6 leaf	6 cal
	cracked wheat bread	4 slice	260 cal
	turkey breast (cooked)	8 oz	308 cal
	drinking water	16 fl oz	0 cal

MEAL TOTAL: Calories 696 cal / **Carbs** 79 g (45%) / **Protein** 79 g (44%) / **Fat** 9 g (11%) / **Fluid** 36 fl oz

NOTES:

Dinner 6:00 PM	quinoa (cooked)	1 1/2 Cup(s)	333 cal
	 thai spiced barbecue shrimp	3 serving	404 cal
	drinking water	16 fl oz	0 cal
	summer squash (boiled)	2 Cup(s)	72 cal

MEAL TOTAL: Calories 809 cal / **Carbs** 87 g (43%) / **Protein** 87 g (43%) / **Fat** 12 g (14%) / **Fluid** 50 fl oz

NOTES:

DAY 5 TOTAL: Calories 2,894 cal / **Carbs** 381 g (51%) / **Protein** 216 g (29%) / **Fat** 66 g (20%) / **Fluid** 153 fl oz

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DAY 6

Breakfast 7:00 AM	cracked wheat bread	3 slice	195 cal
	skim milk, calcium added	2 1/2 Cup(s)	216 cal
	pear	2 large	238 cal
	almond butter, no added salt	2 1/2 Tbsp	246 cal

MEAL TOTAL: Calories 895 cal / **Carbs** 138 g (58%) / **Protein** 37 g (16%) / **Fat** 27 g (26%) / **Fluid** 32 fl oz

NOTES:

Snack 10:00 AM	lowfat cottage cheese, 2%	1 1/2 Cup(s)	292 cal
	drinking water	16 fl oz	0 cal
	blueberries	1 Cup(s)	83 cal
	high protein cranberry almond cereal bar	1 package	140 cal

MEAL TOTAL: Calories 514 cal / **Carbs** 48 g (37%) / **Protein** 51 g (39%) / **Fat** 14 g (24%) / **Fluid** 29 fl oz

NOTES:

Lunch 12:00 PM	quinoa (cooked)	1 1/2 Cup(s)	333 cal
	drinking water	16 fl oz	0 cal
	summer squash (boiled)	1 1/2 Cup(s)	54 cal
	 thai spiced barbecue shrimp	3 serving	404 cal

MEAL TOTAL: Calories 791 cal / **Carbs** 83 g (42%) / **Protein** 86 g (44%) / **Fat** 12 g (14%) / **Fluid** 47 fl oz

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	boneless chicken (cooked)	8 oz	379 cal
	spinach (boiled)	2 Cup(s)	83 cal
	black beans (boiled)	1 1/2 Cup(s)	341 cal

MEAL TOTAL: Calories 802 cal / **Carbs** 75 g (37%) / **Protein** 90 g (44%) / **Fat** 17 g (19%) / **Fluid** 38 fl oz

NOTES:

DAY 6 TOTAL: Calories 3,003 cal / **Carbs** 345 g (44%) / **Protein** 265 g (35%) / **Fat** 70 g (21%) / **Fluid** 146 fl oz

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DAY 7

Breakfast 7:00 AM	cracked wheat bread	2 slice	130 cal
	blueberries	1 1/2 Cup(s)	124 cal
	drinking water	16 fl oz	0 cal
	egg (hard boiled)	3 large	233 cal
	nonfat fruit yogurt	1 1/2 Cup(s)	349 cal

MEAL TOTAL: Calories 836 cal / **Carbs** 128 g (61%) / **Protein** 41 g (19%) / **Fat** 19 g (20%) / **Fluid** 36 fl oz

NOTES:

Snack 10:00 AM	high protein cranberry almond cereal bar	1 package	140 cal
	drinking water	16 fl oz	0 cal
	stoneground wheat crackers, unsalted	8 crackers	240 cal
	baby carrots	15 large	79 cal
	light string cheese	3 serving	150 cal

MEAL TOTAL: Calories 609 cal / **Carbs** 77 g (50%) / **Protein** 35 g (23%) / **Fat** 18 g (27%) / **Fluid** 23 fl oz

NOTES:

Lunch 12:00 PM	sliced roast beef	10 slices	150 cal
	dijon mustard	3 tsp	15 cal
	tomatoes	1/3 Cup(s)	11 cal
	whole wheat tortilla	4 tortilla	508 cal
	iced green tea	16 fl oz	0 cal
	light olive oil mayonnaise	1 1/2 Tbsp	74 cal

MEAL TOTAL: Calories 758 cal / **Carbs** 82 g (44%) / **Protein** 42 g (22%) / **Fat** 28 g (34%) / **Fluid** 20 fl oz

NOTES:

Dinner 6:00 PM	drinking water	16 fl oz	0 cal
	boneless chicken (cooked)	8 oz	379 cal
	quinoa (cooked)	1 2/3 Cup(s)	370 cal
	kale (boiled)	2 Cup(s)	73 cal

MEAL TOTAL: Calories 822 cal / **Carbs** 80 g (39%) / **Protein** 75 g (37%) / **Fat** 22 g (24%) / **Fluid** 37 fl oz

NOTES:

DAY 7 TOTAL: Calories 3,024 cal / **Carbs** 366 g (49%) / **Protein** 193 g (25%) / **Fat** 88 g (26%) / **Fluid** 115 fl oz

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4 Servings

chicken and corn chili

Ingredients

salsa	1 Cup(s)
skinless chicken breast (uncooked)	14 oz
garlic powder	1 tsp
cumin ground	1 tsp
chili powder	1 tsp
sweet corn kernels, frozen	2 Cup(s)
pinto beans, no salt added	1 1/2 Cup(s)

Nutrition Totals

Calories 979 / **Carbs** 102 g / **Protein** 115 g / **Fat** 15 g / **Fluid** 30 fl oz

Instructions

1. Place salsa, chicken, garlic powder, cumin, and chili powder in a slow cooker.
2. Cook for 6 to 8 hours on the low heat setting.
3. Once tender, shred the chicken with 2 forks.
4. Stir in the corn and the pinto beans and cook on low for an additional 1 to 2 hours.

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Nutrition Label

Chicken And Corn Chili	
Amount Per Serving	
Calories	245
% Daily Value*	
Total Fat 3.6g	6%
Saturated Fat 0.7g	4%
Trans Fat 0g	
Cholesterol 72.4mg	24%
Sodium 143.5mg	6%
Total Carbohydrates 25.4g	8%
Dietary Fiber 6.3g	25%
Total Sugar 4.5g	
Protein 28.6g	
Vitamin D 0.9IU	0%
Calcium 70.3mg	7%
Iron 2.2mg	13%
Potassium 865.2mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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4 Servings

thai spiced barbecue shrimp

Ingredients

garlic	1 clove
lemon juice	3 Tbsp
soy sauce, low-sodium	1 tsp
dijon mustard	2 tsp
yellow curry paste	1 tsp
shrimp	24 oz

Nutrition Totals

Calories 539 / **Carbs** 17 g / **Protein** 95 g / **Fat** 8 g / **Fluid** 21 fl oz

Instructions

1. Mince garlic clove and place in a shallow dish or resealable bag.
2. Add in lemon juice, soy sauce, mustard, and curry paste.
3. Add shrimp and seal or cover. Marinate in the refrigerator for 1 hour.
4. Preheat a grill for high heat. Lightly oil the grate.
5. Thread the shrimp onto skewers, or place in a grill basket for easy handling.
6. Grill shrimp for 3 minutes per side, or until opaque.

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Nutrition Label

Thai Spiced Barbecue Shrimp		
Amount Per Serving		
Calories		135
% Daily Value*		
Total Fat	1.9g	3%
Saturated Fat	0.4g	2%
Trans Fat	0g	
Cholesterol	214.3mg	71%
Sodium	668.8mg	28%
Total Carbohydrates	4.1g	1%
Dietary Fiber	0.4g	2%
Total Sugar	0.6g	
Protein	23.6g	
Vitamin D	3.4IU	1%
Calcium	93.9mg	9%
Iron	0.3mg	2%
Potassium	207mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Shopping List

Prepared by: Daniel Gutierrez

Created: 02-19-2021

Accompaniments

dijon mustard	10 tsp
light olive oil mayonnaise	3 Tbsp
salsa	1 Cup(s)
soy sauce, low-sodium	1.5 tsp
yellow curry paste	1.5 tsp

Beef

lean beef flank steak	10 oz
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Beverages

coconut water	36 fl oz
drinking water	336 fl oz
iced green tea	32 fl oz
pinto beans, no salt added	1.5 Cup(s)

Bread

cracked wheat bread	15 slice
whole wheat tortilla	13 tortilla

Cereal & Grain Products

barley	2.25 Cup(s)
bran flakes cereal	4.75 Cup(s)
quinoa	5.67 Cup(s)
whole grain rolled oats	2.25 Cup(s)

Cookies & Crackers

stoneground wheat crackers, unsalted	8 crackers
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Dairy & Egg

egg	9 large
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light string cheese	3 serving
lowfat cottage cheese, 2%	1.5 Cup(s)
nonfat fruit yogurt	1.5 Cup(s)
skim milk, calcium added	10 Cup(s)

Fats & Oils

extra virgin olive oil	0.67 Tbsp
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Finfish & Shellfish

canned tuna fish in water, very low sodium	8 oz
cod fish	10 oz
shrimp	36 oz

Fruits & Juices

apple	6 large
blueberries	7 Cup(s)
lemon juice	4.5 Tbsp
pear	7 large

Ingredients

balsamic vinegar	2.25 Tbsp
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Legumes & Beans

black beans	3.5 Cup(s)
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Nuts & Seeds

almond butter	2.5 Tbsp
almond butter, no added salt	6.5 Tbsp
almonds	3 oz

Poultry

boneless chicken	22 oz
skinless chicken breast	14 oz
turkey breast (cooked)	18 oz

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Sausages & Meats

pork and beef sausage	16.25 link
sliced roast beef	10 slices

Snacks

turkey jerky	5 oz
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Soup

low fat black bean vegetable soup	3.5 Cup(s)
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Spices & Herbs

chili powder	1 tsp
cumin ground	1 tsp
garlic powder	1 tsp

Sports & Diet Nutritionals

high protein cranberry almond cereal bar	5 package
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Vegetables

baby carrots	50 large
broccoli	8 spear
garlic	1.5 clove
kale	3 Cup(s)
romaine lettuce	16 leaf
	3 Cup(s)
spinach	3.5 Cup(s)
summer squash	5.5 Cup(s)
sweet corn kernels, frozen	2 Cup(s)
tomatoes	2.41 Cup(s)

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Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

 Golf Ball 1/4 cup / 1 oz / 2 tbsp	 Tennis Ball 1/3 cup	 Computer Mouse 1/2 cup	 Baseball 1 cup	 Rounded Handful 1/2 cup 1 oz dried goods
 Hockey Puck 3 oz muffin or biscuit	 Matchbox 1 oz serving of meat	 Deck of Cards 3 oz of chicken, meat, or fish	 This Paperback Book 8 oz serving of meat	 Thumb 1 tsp
 Poker Chip 1 tbsp	 Shot Glass 1 oz / 2 tbsp	 CD 1 slice of bread 1 oz lunch meat	 3 Dice 1 1/2 oz cheese	 Kids' Milk Carton 8 oz drink

Useful Examples

 Bread & Grains 1 cup of cereal = 1 baseball 1/2 cup cooked rice = computer mouse 1/2 cup cooked pasta = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	 Fruits & Vegetables 1/2 cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	 Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball 1/4 cup almonds = about 23 almonds 1/4 cup pistachios = about 24 pistachios
 Dairy & Cheese 1 1/2 oz cheese = stacked dice 1 cup yogurt = baseball 1/2 cup ice cream = computer mouse	 Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	 Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox