

500 Calorie Tracker

Date:

Food	Cal/oz	oz	Total
Apple	15		
Orange	13		
1/2 Grapefruit	9		
Strawberries	9		
Asparagus	6		
Beet Greens	6		
Cabbage	7		
Celery	4		
Cucumber	3		
Lettuce	4		
Onion	12		
Radish	5		
Spinach	7		
Tomatoes	5		
Avacado	45		
Green Beans	9		
Cauliflower	7		
Chicken Breast	31		
Flounder/Sole	26		
Halibut/Tilapia	31		
Scallps	25		
Shrimp	30		
Cod	23		
Crab/Lobster	32		
Ground Beef 95%	39		
Top Sirloin	37		
2 Grissini/MelbaToast	20 cal per stick / Toast		
Lemon Juice/Wedge	1		
Daily Calorie Intake			
Tea (8oz)	2	4	6
Water (8oz)	2	4	6
Morning Weight			
Loss Today			
Total Weight Loss			
Bowel Movement	Y		N
20 minute walk	Y		N
Notes			

Choose 2 Fruits/day Weigh without peels

1 Veggie with each meal. + 1 Snack if needed for calories Do not combine veggies in weight loss phase

Pick 2 Proteins per day Uncooked weight = 3.5 ounces per serving

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20 minute walk	Y		N
Notes			

Protocol: Keep calories between 450 and 500 each day.

Drink 1/2 body weight in Water, or Six - 8oz glasses each day. Spring or Ozone filtered.

Use no oils for cooking. You may use any spices, apple cider vinegar, or vinagrette.

You may eat 2 meals a day, or you can spread out your food throughout the day.

You may not duplicate any item in a day.

These 2 Sample Meals total 478 calories:

259.5 calorie - 1 Grissini or 1 Melba Toast (20 cal) / 3.5 oz of Ground Beef (136.5 cal) / 5oz Tomato (25 cal) / 6 oz Orange (78 cal)

218.5 calorie - 1 Grissini or 1 Melba Toast (20 cal) / 3.5 oz of Chicken (108.5 cal) / 6oz Asparagus (36 cal) / 6 oz Strawberries (54 cal)

Plus 22 Calorie Snack of Celery (5.5 oz) to complete Calories.

Easy Calorie formula:

Carb Calories + Protein Calories + Fruit Calories = _____

Add Remaining Calories from 3 Veggie Choices