

1500 cal Diet Protocol:

Info:

This diet loosely follows a low carb/keto diet and has a much higher fat and protein content that we have been following. I wanted to change this up and increase the stimulus from your food so you can continue to lose weight while shooting your film.

Calories: 1525 - Net Carbs: 64.5g (20.1g Fiber) - Fats: 61.3g - Protein: 164.5g

Breakfast:

Eggs Over Easy:

Calories: 194 - Net Carbs: 1g (0g Fiber) - Fats: 14g - Protein: 14g

Ingredients:

- 2 Large Eggs (112g)
- 1 tsp Margarine (4.7g)

Directions:

Melt 1 tsp Margarine in a pan. Fry 2 Large Eggs in a pan with a pot lid over top for about 2 minutes. Be careful not to break the yolks! Season with salt and pepper to taste, serve and enjoy!

Lunch:

Mexican Tuna Salad:

Calories: 398 - Net Carbs: 5g (8g Fiber) - Fats: 19g - Protein: 47g

Ingredients:

- 8 oz Canned Tuna (227g)
- 1 tbsp Sour Cream (12g)
- ¼ cup Salsa (64.8g)
- ½ Avocado (101g)

Directions:

Drain Tuna and place in a mixing bowl. Remove pit from Avocado and scoop fruit into the mixing bowl with Tuna. Add Salsa and Sour Cream. Mix everything together, serve and enjoy!

Dinner:

Chicken Strawberry Salad With Spinach:

Calories: 510 - Net Carbs: 17g (7g Fiber) - Fats: 21g - Protein 58g

Ingredients:

- 1 Boneless/Skinless Chicken Breast (236g)
- 4 cups Spinach (120g)
- 1 cup Halved Strawberries (152g)
- $\frac{2}{3}$ Small Red Onion (46.6g)
- 1 tbsp Balsamic Vinegar (16g)
- 1 tbsp Olive Oil (13.5g)

Directions:

Preheat the oven to 400 degrees F. Bake chicken for 10-15 minutes or until cooked through and no longer pink. Let rest 5 minutes before slicing. Combine all ingredients in a bowl and drizzle with salad dressing, serve and enjoy!

Snack 1:

Turkey Lettuce Roll-ups:

Calories: 199 - Net Carbs: 4g (1g Fiber) - Fats: 3g - Protein: 18g

Ingredients:

- 4 Lettuce Leafs (96g)
- 4 Slices Sliced Turkey (104g)

Directions:

Lay out Lettuce Leafs, top with Turkey. Sprinkle with Black Pepper to taste. Roll Lettuce Leafs with Turkey, serve and enjoy!

Snack 2:

Almond Milk Mango Protein Shake:

Calories: 304 - Net Carbs: 38g (4g) - Fats: 4g - Protein: 27g

Ingredients:

- 1-¼ cup Mango (206g)
- 1 scoop Protein Powder (30g)
- 1 cup Almond Milk (240g)

Directions:

Combine all ingredients in a blender and blend until smooth, serve and enjoy!