



Ian turns six!

LAURA REBECCA SILVERMAN

Week Ending - 5/28/2007

Outside Elissa's front door.



Week Starting Weight	149.9	Calculated Weight Loss	0.1
Week's Daily Maintenance Calories	1649	Average Weekly Weight	149.7
Average Net Daily Calories	1595.0	Week Weight Loss	0.2
Week's Maintenance Weight	145.0	Total Weight Loss	208.3
Weekly Vegetables	29	Weekly Fruits	18
Total Weekly Exercise Calories	2150	Combined:	47

BMI Index = Overweight

BMI → 25.0

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 5/22/2007	120		Sourdough			Number of Vegetables - 5 Number of Fruits - 2
Today's Weight - 150.0	340	f	Oatmeal w/ Mixed Berries & Honey			Plan
Today's Maintenance Weight-178.6						Breakfast
	125	v.v	Popcorn			
	150	f	Chili Spiced Mango			Snack
	240	v.v	TJ's Smoked Salmon Salad			Lunch
	360		Sourdough w. Country Crock			
	600	150	TJ's Couscos Salad	Slimmons		Misread label.. thought was one portion @ 300 calories, turned out to be 2 for 600.
Hiking during Black Sheep Gathering '05.	180		Sourdough w. Country Crock			Dinner
Daily Total	2115	150				Before Bed
Net Daily Total	1965				0	
Wednesday 5/23/2007	325	v	Eggs (2) in Pita w/ Tomato & Mixed Greens			Number of Vegetables - 6 Number of Fruits - 2
Today's Weight - 150.0	90	f	Peeled Apple			Plan
Today's Maintenance Weight-136.4						Breakfast
	240	v	TJ's Smoked Salmon Salad		325	Eggs (2) in Pita w/ Tomato & Mixed Greens
	240		Sourdough	Heavy Housework		Snack
	120	100	Blackberries in NF Yogurt & Honey		90	Peeled Apple
	260		Sourdough w/ Sardines		240	TJ's Smoked Salmon Salad
	150	v.v	Mixed Veggies (Cabbage, Onion, Mushroom, Red Pepper, Carrots, Bok Choy) & Tofu w. Thai Red Curry Sauce Grilled on BBQ		120	Sourdough
						Snack
	125	v.v	Popcorn		160	Blackberries in NF Yogurt & Honey
	50		NF Yogurt w/ Honey		250	Mixed Veggies & Tofu; Grilled on BBQ
Spinning party.					110	Pita
						Before Bed
Daily Total	1600	100			125	Popcorn
Net Daily Total	1500				1420	
Thursday 5/24/2007	75	v	Mixed Veggies (Cabbage, Onion, Mushroom, Red Pepper, Carrots, Bok Choy) & Tofu w. Thai Red Curry Sauce Grilled on BBQ			Number of Vegetables - 4 Number of Fruits - 2
Today's Weight - 152.0		50	Walk Dogs Short Alley Walk			Plan
Today's Maintenance Weight-125.5	280	f	Oatmeal w/ Mixed Berries & Honey (1 TB on honey instead of 2)			Breakfast
	120		Sourdough		340	Oatmeal w/ Mixed Berries & Honey
	150	50	Mixed Veggies & Tofu; Grilled on BBQ	Walk Dogs Short Alley Walk		Snack
	110		Pita		90	Peeled Apple
	100		12 Spoons NF Yogurt w/ Honey		150	Mixed Veggies & Tofu; Grilled on BBQ
					110	Pita
	270		Sardines in Mustard-Dill Sauce on Sourdough			
						Snack
	160	f	Blackberries in NF Yogurt & Honey		160	Blackberries in NF Yogurt & Honey
Garen and Janel.	220		Deli Turkey on Sourdough			Dinner
					560	Angel Hair Pasta w/ Mixed Greens, Scallion, Grilled Chicken, Tomato, Mushroom, Dressing
	125	225	Popcorn	Slimmons		
		v.v.v				
	145	50	Sourdough & 1/4 Oz Cheese	Walk Dogs Short Alley Walk		Before Bed
						Popcorn
Daily Total	1755	375			125	
Net Daily Total	1380				1535	
Friday 5/25/2007		50		Walk Dogs Short Alley Walk		Number of Vegetables - 3 Number of Fruits - 3
Today's Weight - 148.0	75		9 Spoons NF Yogurt w/ Honey			Plan
Today's Maintenance Weight-153.2	220		Deli Turkey on Sourdough			Breakfast
	60	f	Blackberries		325	Eggs (2) in Pita w/ Tomato & Mixed Greens
	50		Brown Sugar			Snack
	100	f	Chili Spiced Dried Mango		90	Peeled Apple
	325	v.v	Eggs (2) in Pita w/ Tomato & Mixed Greens		280	Deli Turkey on Sourdough w/ Onion, Tomato, Greens
	220		Deli Turkey on Sourdough			
		50	Walk Dogs Short Alley Walk			Snack
	75		Fake Crab		125	1 Cup NF Yogurt w/ Honey
						Dinner



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Week's Maintenance Weight	145.0	Total Weight Loss	208.3
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Date	Estimated Food Calories	Exercise Calories	Food	Exercise	Plan Calories	Comments
Pierce College Farm Walk.	600	v	Ramen Place w/ Eric	←	600	Ramen Place w/ Eric
	50	50	Fake Crab	Walk Dogs Short Alley Walk		
	60	f	Blackberries			
Daily Total	1835	150				Before Bed
Net Daily Total	1685				1420	
Saturday 5/26/2007	280	50	Oatmeal w/ 1 Cup Mixed Berries & Honey 1 TB Raw Sugar	Walk Dogs Short Alley Walk		Number of Vegetables - 1
Today's Weight - 149.0		f				Number of Fruits - 3
Today's Maintenance Weight-107.3	260		Sardines on Ak Mok Crackers			Plan
	400	225	Bristol Farms Spicy Tuna Roll	Slimmons	280	Breakfast
	100	150	2 Pieces See's Candy (Hijacked into See's w/ Elena... samples only.)	Take Elena Shopping		Oatmeal w/ Mixed Berries & Honey (1 TB on
	90	50	Peeled Apple	Walk Dogs Short Alley Walk		Snack
	115	f	5 Ak Mok Crackers		280	Lunch
	300	v	Grilled Chicken on Sourdough w/ Tomato		60	Deli Turkey on Sourdough w/ Onion, Tomato,
	60	f	Blackberries			Greens
Ann isn't mad at me anymore - lol!	100	50	NF Yogurt w/ Honey	Walk Dogs Short Alley Walk	260	Blackberries
					430	Snack
Daily Total	1705	525				Sardines on Ak Mok Crackers
Net Daily Total	1180				125	Dinner
Sunday 5/27/2007	260		Sardines on Ak Mok Crackers			Salad w/ Grilled Chicken, Chow Mein Noodles,
Today's Weight - 149.0	90	f	Peeled Apple	Walk Dogs Short Alley Walk		& Dressing
Today's Maintenance Weight-156.4	100	75	Very Small Amount of Fruit (Strawberries, Cherries, Chili Spiced Mango)	Farmers Market		Before Bed
	600	f	"The Spot" - Hermosa Beach w/ Eric	www.worldfamousspot.com	260	Popcorn
			BAKED EGGPLANT (Seasonal)			
		v.v	Perfectly seasoned eggplant, fresh tomatoes, bell peppers, onions, tofu, fresh garlic & marinara sauce. Served with brown rice & veggie of the day. Choice of soy or cheddar cheese.		100	Number of Vegetables - 4
			SAVORY SPUD™			Number of Fruits - 2
		v.v	Our baked potatoes are stuffed with seasonal organic veggies & covered with our world famous Savory Sauce			Plan
		100	1 Slice Bread w/ 1 Pat Butter	Walk @ Hermosa Beach & Walk Home from Gelsons		Breakfast
	220		Tomato Basil Bread w/ Deli Turkey			Sardines on Ak Mok Crackers
	150		Tomato Basil Toast			Snack
Randall's "mad scientist" look.	75		Nectarine			Chili Spiced Dried Mango
	500	50	Pie Crust	Walk Dogs Short Alley Walk		Lunch
Daily Total	1995	275				TBD - With Eric
Net Daily Total	1720				125	
Monday 5/28/2007	260	50	Sardines on Ak Mok Crackers	Walk Dogs Short Alley Walk		Number of Vegetables - 6
Today's Weight - 150.0	75	f	Nectarine			Number of Fruits - 4
Today's Maintenance Weight-157.7	300		Hot Dog in Bun			Plan
	200	v	Potato Salad		260	Breakfast
	400	f	1 Slice Grandma's Apple Pie		75	Sardines on Ak Mok Crackers
	75	f	Water Melon	Walk 12390 Steps		Nectarine
	200	525	Potato Salad			Snack
	400	v	1 Slice Grandma's Apple Pie		300	Lunch
	275	f	Roasted Corn Soup w/ Onions & Bean Sprouts		200	Hot Dog in Bun
			Popcorn		50	Potato Salad
Joan Dulla's workshop.	125	v.v.v			400	Strawberries
						Apple Pie
Daily Total	2310	575				Snack
Net Daily Total	1735				250	Dinner
						Tomato Soup w/ Scallion & Bean Sprouts
						Before Bed