







Week Starting Weight	149.9	Calculated Weight Loss	0.0
Week's Daily Maintenance Calories	1649	Average Weekly Weight	149.5
Average Net Daily Calories	1616.0	Week Weight Loss	0.4
Week's Maintenance Weight	146.9	Total Weight Loss	208.5
Weekly Vegetables	28	Weekly Fruits	5
Total Weekly Exercise Calories	675	TTL Fruits & Veggies Combined:	33

BMI Index = Overweight BMI 24.9

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 9/25/2007	100		Tuna			Number of Vegetables – 3 Number of Fruits – 1
Today's Weight – 150.0	180		Special K w/ Chopped Apple			Breakfast
Today's Maintenance Weight–184.1	125	f				
	100		Turkey			
	120		Salmon on			
	110		5 Ak Mak Crackers			
	280		Rye Bread			Snack
	300		Pavillions Spicy Roll			Lunch
	360	100	Pita x 2	Slimmons		
	100		Egg White Salad			
	240	v.v.v	TJ's Smoked Salmon Salad			Snack
	110		5 Ak Mak Crackers			
						Dinner
Nectarines & Pluots						
Daily Total	2125	100				Before Bed
Net Daily Total	2025				0	
Wednesday 9/26/2007			Very Ill – No Food Records	P		Number of Vegetables – 5 Number of Fruits – 0
Today's Weight – 150.0						Plan
						Breakfast
						Snack
						Lunch
						Snack
						Dinner
						Before Bed
Daily Total						
Net Daily Total					0	
Thursday 9/27/2007	170		2 "Pam" Fried Eggs on	P		Number of Vegetables – 3 Number of Fruits – 1
Today's Weight – 149.0	160	150	TJ's Pita Bread			Plan
Today's Maintenance Weight–132.3	800		4 Cups Cous Cous over 8 hours	Hand Scrub Tile Floor		Breakfast
	240	v.v.v	TJ's Smoked Salmon Salad			Snack
	125	f	Peeled Costco Granny Apple			
	110		5 Ak Mak Crackers			Lunch
						Snack
						Dinner
						Before Bed
Daily Total	1605	150				
Net Daily Total	1455				0	
Friday 9/28/2007	140		Sardines on	P		Number of Vegetables – 4 Number of Fruits – 1
Today's Weight – 150.0	110		5 Ak Mak Crackers w/ Sliced Tomato			Plan
Today's Maintenance Weight–132.3	50	v				Breakfast
	125	f	Peeled Granny Apple			
	170		Eggs (2) on			Snack
	160		TJ's Pita			
	300	v,v,v	3 Cups Mixed Veggies & Shellfish in			Lunch



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Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
 World's Best Tomatoes	100		Thai Ginger-Scallion Stir Fry Sauce over			
	300		1.5 Cups Cous Cous			Snack
						Dinner
Daily Total	1455					Before Bed
Net Daily Total	1455				0	
Saturday 9/29/2007	170		Eggs (2) on	P		Number of Vegetables - 6
	160		TJ's Pita w/			Number of Fruits - 2
	50	v	Sliced Tomato			
Today's Weight - 150.0						Plan
Today's Maintenance Weight-139.1	220		Ak Mak Crackers			Breakfast
 Amazing Carrots		225		Slimmons		
	400		Ralphs Spicy Salmon Roll			
	90	f	Small Granny Apple			Snack
	200	v.v.v	3 Cups Mixed Vegetables & Seafood over			Lunch
	200		1 Cup Cous Cous			
	125	v.v	Air Popcorn			Snack
	90	f	Small Granny Apple			Dinner
	50		1/4 Cup Cous Cous			
Daily Total	1755	225				Before Bed
Net Daily Total	1530				0	
Sunday 9/30/2007	255		Scrambled Eggs (3)			Number of Vegetables - 7
	50	v	Onion & Mushrooms			Number of Fruits - 0
Today's Weight - 148.0						Plan
Today's Maintenance Weight-146.8	400	v	Cracker Jack			Breakfast
 Texas Sweet Onions	500	200	Vegetarian Wrap	Walk 5000 @ Valerme Abbey		
		v				Snack
	200		Grilled Orange Roughy w/			
	50		Orange Chili Garlic Sauce			Lunch
	150	v.v.v	Baked Potato			
	50	v.	Tomato			
	160		Pita			Snack
						Dinner
Daily Total	1815	200				Before Bed
Net Daily Total	1615				0	
Monday 10/1/2007						Number of Vegetables - 0
Today's Weight - 0.0						Number of Fruits - 0
						Plan
						Breakfast
 Look what TURNIP ed!						Snack
						Lunch
						Snack
						Dinner
Daily Total						Before Bed
Net Daily Total					0	