

Week Starting Weight	149.9	Calculated Weight Loss	0.4			
Week's Daily Maintenance Calories	1649	Average Weekly Weight	151.1			
Average Net Daily Calories	1463.4	Week Weight Loss	-1.2			
Week's Maintenance Weight	133.0	Total Weight Loss	206.9			
Weekly Vegetables	26	Weekly Fruits	16			
Total Weekly Exercise Calories	2325	TTL Fruits & Veggies Combined:	42			
BMI Index = Overweight		BMI	25.2			
Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 6/5/2007	300	f	Oatmeal w/ 1 Cup Mixed Berries & Raw Sugar			Number of Vegetables - 1
Today's Weight - 152.0	290	50 v	Sockeye Salmon on 5 Ak Mok Crackers w/ Tomato & Onion	Short Alley Walk w/ Dogs		Number of Fruits - 4
Today's Maintenance Weight-175.0						Plan
	75	f	Nectarine			Breakfast
	350		Sourdough w/ Artichoke Hummus			Snack
		225 f,f	Peeled Apple & Strawberries w/ NF Yogurt-and-Honey Dressing	Slimmons		Lunch
	265		Deli Turkey on Sourdough			
	270					
	OVERNIGHT					
	650		Sourdough w/ Artichoke Hummus			Snack
Nectarines & Pluots						Dinner
Daily Total	2200	275				Before Bed
Net Daily Total	1925				0	
Wednesday 6/6/2007	230	v	Screambled Eggs w/ Tomato & Onion			Number of Vegetables - 7
Today's Weight - 149.0	290		Sardines on 5 Ak Mok Crackers			Number of Fruits - 3
Today's Maintenance Weight-126.4		200 v	Costco - Walk 5280 Steps			Plan
	200		Potato Salad		230	Breakfast
					180	Screambled Eggs w/ Tomato & Onion
	75	f	Nectarine			Garlic-Herb Toast w/ Country Croc
					75	Snack
	150		BBQ Marinated Chicken Tenders			Nectarine
	100	v,v	Grilled Squash		290	Lunch
	150	v	Corn on the Cob w/ Country Croc			Sardines on 5 Ak Mok Crackers w/ Tomato & Onion
	100	f,f	Mixed Strawberries & Blueberries			
						Snack
	120		English Muffin			
						Dinner
	125	v	Popcorn		150	BBQ Chicken
					100	Grilled Eggplant & Squash
	50	v	Steamed Carrots & Beets		200	Sourdough Roll w/ Country Croc
Strawberry Guy!						
Daily Total	1590	200			125	Before Bed
Net Daily Total	1390				1350	Popcorn
Thursday 6/7/2007	250		Sardines on 5 Ak Mok Crackers			Number of Vegetables - 5
Today's Weight - 150.0	100		Trader Joes Spicy Ranchero Egg White			Number of Fruits - 1
Today's Maintenance Weight-137.4	130		Trader Joes Middle Eastern Flat Bread			Plan
		100		Shopping w/ Elena		Breakfast
	288		Italia Deli Hard Roll (3.6 oz)			
	288		Italia Deli Hard Roll (3.6 oz)			Snack
			Note to Self: You MUST eat a good breakfast before going out for the morning. These last choices were not good and would not have happened if you were not famished.			Lunch
	75	f	Peach			
	100		Trader Joes Spicy Ranchero Egg White Salad			
	130		Trader Joes Middle Eastern Flat Bread			
	30	v	Tomato			
		225		Slimmons		
	100		Deli Turkey (From Italia Italian Delicatessen!)			Snack
Asian Vegetables	265	v,v,v	Salad (Mixed Greens, Tomato, Celery, Scallion, Italian Parsley, Basil, Strawberries, & Dressing)			Dinner
			Another Note to Self: OK, so I panicked. The rolls were not 450 calories as I first recorded. After weighing another one, I found that they are only 3.6 oz each, not 6 oz as I originally estimated. At 80 calories per ounce, 288 calories each. Not the Heavy Housework			
	180	100 v	Trader Joes Ginger Slices			
Daily Total	1936	425				Before Bed
Net Daily Total	1511				0	
Friday 6/8/2007	388		Deli Turkey on Italian Roll			Number of Vegetables - 3
Today's Weight - 152.0	75	f	Blackberries			Number of Fruits - 3
Today's Maintenance Weight-107.5	90		Ginger Slices			Plan
						Breakfast
	75	f	Pecach			
						Snack
	230	v	TJ's Spicy Ranchero Egg White Salad on Middle Eastern Flat Bread w/ Tomato			Lunch