Laura Rebecca Silverman Week End 6/12/2007

Week Starting Weight						
HOOK Starting HEIGHT	14	9.9	Calculated Weight Loss	0.4		
Week's Daily Maintenance Calories		49	Average Weekly Weight	151.1		
Average Net Daily Calories		3.4	Week Weight Loss	-1.2		
Week's Maintenance Weight		3.0	Total Weight Loss	206.9		
			•			
Weekly Vegetables	2	6	Weekly Fruits	16		
Total Weekly Exercise Calories	23	25	TTL Fruits & Veggies Combined:	42		
BMI Index = Overweight			BMI	25.2		
Divil lindex - Overweight			DMI	ZJ.Z		
		nated			Plan Calories	
	Food	Exercise			문흥	
Date	Calories	Calories	Food	Exercise	ت	Comments
Tuesday	300	f		ed Berries & Raw Sugar		Number of Vegetables — 1
6/5/2007		50	,	Short Alley Walk w/ Dogs		Number of Fruits – 4
Today's Weight - 152.0	290	٧	Sockeye Salmon on 5 Ak Mok	Crackers w/ Tomato & Onion		Plan
Today's Maintenance Weight-175.0		•	Standy's Camion on Chairman			Breakfast
,	75	f	Nect	arine		
	,,,		11001	umo		
	350		Sourdough w/ A	rtichoke Hummus		Snack
	550	225	Sourdough wy A	Slimmons		
	265	f,f	Peeled Annie & Strawherries w/	NF Yogurt-and-Honey Dressing		Lunch
	270	151		n Sourdough		
	270		Dell Turkey (iii Sourdougii		
	OVERNIGHT					
	650		Sourdough w / A	rtichoke Hummus		Snack
	030		Sourdough wy A	delione Hullillus		Since
Nectorines & Pluocts						Dinner
recturines a riducts						Dillion
Daily Total	2200	275				Before Bed
					0	before bed
Net Daily Total	270		6. 11.15	/ Tamata & Oai	0	Number of Vental 7
Wednesday	230	٧	Screambled Eggs (y/ Tomato & Onion		Number of Vegetables - 7
6/6/2007 Today's Weight - 149.0	000		0.5	N. Mali Canalisas		Number of Fruits - 3 Plan
	290	000	Sardines on 5 a	Ak Mok Crackers		l .
Today's Maintenance Weight-126.4	000	200	D.I.I.	Costco - Walk 5280 Steps	070	Breakfast / Touch & O.
	200	٧	Potato	Salad	230	Screambled Eggs w/ Tomato & Onion
					180	Garlic-Herb Toast w/ Country Crock
	75	f	Nect	arine		Snack
					75	Nectorine
	150			Chicken Tenders		Lunch
	100	v.v		Squash	290	Sardines on 5 Ak Mok Crackers w/ Tomato &
	150	٧		w/ Country Crock		Onion
	100	f.f	Mixed Strawberr	es & Blueberries		
						Snack
	120		English	Muffin		
			-			Dinner
-	125	٧	Pop	corn	150	BBQ Chicken
					100	Grilled Eggplant & Squash
	50	٧	Steamed Ca	rots & Beets	200	Sourdough Roll w/ Country Crock
Strawberry Guy!						
Daily Total	1590	200			125	Before Bed
Net Daily Total	17	90				Donoore
not bully rotur	10	30			1350	Popcorn
		30	Sardines on 5 Ak Mok Crackers		1350	
Thursday 6/7/2007	250	30	Sardines on 5 Ak Mok Crackers		1350	Number of Vegetables - 5
Thursday		30			1350	
Thursday 6/7/2007	250	30	Sardines on 5 Ak Mok Crackers Trader Joes Spicy Ranchero Egg White Trader Joes Middle Eastern Flat Bread		1350	Number of Vegetables - 5 Number of Fruits - 1
Thursday 6/7/2007 Today's Weight — 150.0	250	100	Trader Joes Spicy Ranchero Egg White Trader Joes Middle Eastern Flat Bread	Shopping w/ Elena	1350	Number of Vegetables - 5 Number of Fruits - 1 Plan
Thursday 6/7/2007 Today's Weight — 150.0	250		Trader Joes Spicy Ranchero Egg White	Shopping w/ Elena	1350	Number of Vegetables - 5 Number of Fruits - 1 Plan
Thursday 6/7/2007 Today's Weight — 150.0	250 100 130		Trader Joes Spicy Ranchero Egg White Trader Joes Middle Eastern Flat Bread	Shopping w/ Elena	1350	Number of Vegetables - 5 Number of Fruits - 1 Plan
Thursday 6/7/2007 Today's Weight — 150.0	250 100 130 288		Trader Joes Spicy Ranchero Egg White Trader Joes Middle Eastern Flat Bread Italia Deli Hard Roll (3.6 oz) Italia Deli Hard Roll (3.6 oz) Note to Self: You MUST eat a good bre	akfast before going out for the morning.	1350	Number of Vegetables - 5 Number of Fruits - 1 Plan Breakfast
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