Laura Rebecca Silverman
Week End 6/19/2007

Week Starting Weight	151.1	Calculated Weight Loss	0.4
Week's Daily Maintenance Calories	1662	Average Weekly Weight	149.6
Average Net Daily Calories	1468.7	Week Weight Loss	1.5
Week's Maintenance Weight	133.5	Total Weight Loss	208.4
Weekly Vegetables	24	Weekly Fruits	14
Total Weekly Exercise Calories	1845	TTL Fruits & Veggies Combined:	38
BMI Index = Overweight		BMI →	25.0

Date	Estimated Food Calories	Estimated Exercise Calories	Food	Exercise	Plan Calories	Comments
Tuesday	340	v.v	"Pam" Fried Eggs (2) on Pita w/ Mixed Greens & Tomato		P	Number of Vegetables – 6
6/12/2007	50	f	Cherries			Number of Fruits – 1
Today's Weight – 148.0						Plan
Today's Maintenance Weight–107.7	150		Stuffed Chicken Breast			Breakfast
	250	v	Peruvian Purple Potato w/ Country Crock			
	50	v	Beet & Carrot Salad			
		225		Slimmons		Snack
	300	v.v	Salad w/ Pasta, Grilled Chicken, & Dressing			
						Lunch
	150		Three Hershey's Miniatures			
	120		Sourdough Toast			
						Snack
Nectarines & Pluocts						Dinner
Daily Total	1410	225				Before Bed
Net Daily Total	1185				0	
Wednesday	140		Sardines on		P	Number of Vegetables – 5
6/13/2007	120		Sourdough w/			Number of Fruits – 2
Today's Weight – 150.0	30	v.v	Tomato Slices & Scallions			Plan
Today's Maintenance Weight–158.6	50	f	Strawberries			Breakfast
		390		Walk 9073 Steps with Beth		
	800	v.v	Lucy's El Adobe – Chicken Tostada			
						Snack
	800	v	Ramen Place – Udon Noodle Dish			
						Lunch
	75	f	Nectarine			
	120		Sourdough Toast			
						Snack
						Dinner
Strawberry Guy!						
Daily Total	2135	390				Before Bed
Net Daily Total	1745				0	
Thursday	290	f	Peeled Apple		P	Number of Vegetables – 4
6/14/2007		150		Walk 3700 Steps with Beth		Number of Fruits – 2
Today's Weight – 151.0	150	f	Dried Cranberries			Plan
Today's Maintenance Weight–128.6			Ronald Regan Library			Breakfast
	30	v.v	Fresh Garden Salad			
	90		Cesar Dressing			
	400		Roast Turkey Breast on Kaiser Roll			Snack
	120		Sourdough			Lunch
	50		Cherries			
		150		Slimmons		
	200		Mustard Salmon			
	80		Corn on Cob			Snack
	60	v	Country Crock			
Asian Vegetables	125	v	Salad w/ Dressing			Dinner
	120		Sourdough			
Daily Total	1715	300				Before Bed
Net Daily Total	1415				0	
Friday	50		Egg White Salad		P	Number of Vegetables – 1
6/15/2007	120		Sourdough			Number of Fruits – 2
Today's Weight – 150.0						Plan
Today's Maintenance Weight–164.4	315	f	Oatmeal w/ Chopped Apple & Raw Sugar–Cinnamon			Breakfast
		350		Hunington Gardens – Walk 8551 Steps		
			Hunington Gardens Tea Room w/ Beth – Happy Birthday Beth!			
	1000	f	Assorted Finger Sandwiches, Fruit, Cheese, & Desserts			Snack
	200		Mustard Salmon			Lunch
	125	v	Green Salad			
	288		Italian Roll			

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	60		Country Crock			
						Snack
World's Best Tomatoes						Dinner
Daily Total	2158	350				Before Bed
Net Daily Total	1808				0	
Saturday	170		2 Scrambled Eggs		P	Number of Vegetables – 4
6/16/2007	100	v	Sauteed Polenta			Number of Fruits – 1
Today's Weight – 150.0	145	f	1/2 Apple & 1 Cup Strawberry w/ NF Yogurt-Honey Dressing			Plan
Today's Maintenance Weight-130.5		200		Slimmons		Breakfast
	370		Turky on Sourdough w/ Tomato & Greens			
	150	v	Potato Salad			
	100	v	Mixed Green Salad			Snack
	400	v	Vietnamese Soup – Crab, Shrimp, Pork, Rice Noodles, Vegetables, Clear Broth			Lunch
	200		Sourdough			
						Snack
Amazing Carrots						Dinner
Daily Total	1635	200				Before Bed
Net Daily Total	1435				0	
Sunday	160		Sourdough Toast			Number of Vegetables – 2
6/17/2007	140		Sardines			Number of Fruits – 3
Today's Weight – 150.0	20	v	Tomato Slices w/ Green Onion			Plan
Today's Maintenance Weight-107.7						Breakfast
	160		Sourdough Toast			
		220		Walk 5150 Steps		
	290		Turkey on Sourdough w. Tomato & Onion			Snack
	100	v	Potato Salad			
	150	f	Strawberries & Whip Cream			Lunch
	160		Sourdough Toast			
	25	f	Dopnt Appicot			Snack
	100	f	ctaine – 'donut			
Texas Sweet Onions						Dinner
	100		Whip Cream			
Daily Total	1405	220				Before Bed
Net Daily Total	1185				0	
Monday	100		Chocolate Whipped Cream (Tastes like chocolate cake batter)			Number of Vegetables – 2
6/18/2007						Number of Fruits – 3
Today's Weight – 148.0	260		Sardines on 5 Ak Mok Crackers			Plan
Today's Maintenance Weight-137.1	75	f	Peach			Breakfast
	230		Turkey on Sourdough w/ Tomato & Onion			
		160		Walk 3782 Steps @ Red Barn & Lake Balboa		Snack
	75	f	Nectarine			
						Lunch
	288		Italian Hard Roll			
	50	v	Mixed Green Salad			
	260		Salmon on 5 Ak Mok Crackers			Snack
	50	v	Chinese Broccoli w. Orange-Chili-Garlic Sauce			
Look what TURNIP ed!	200	f	Dried Cranberries			Dinner
	80		Garlic-Herb Toast			
Daily Total	1668	160				Before Bed
Net Daily Total	1508				0	