Laura Rebecca Silverman Week End 6/26/2007

W I CL F W LI	4.4	0.0	0 1 1 1 1 1 1 1 1 1 1	0.0		
Week Starting Weight Week's Daily Maintenance Calories		9.6	Calculated Weight Loss Average Weekly Weight	0.0 149.0		
Average Net Daily Calories	1646 1656.4		Week Weight Loss	0.6		
Week's Maintenance Weight	150.6		Total Weight Loss	209.0		
=						
Weekly Vegetables		0	Weekly Fruits	18	*	
Total Weekly Exercise Calories	91	75	TTL Fruits & Veggies Combined:	38	_	
BMI Index = Overweight			ВМІ	24.9		
		nated			u.ses	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	J	Comments
Tuesday 6/19/2007	260		Turkey on Gar	lic—Herb Bread		Number of Vegetables – 1 Number of Fruits – 3
Today's Weight - 148.0	260		3 oz Sockeye Salmon	on 5 Ak Mok Crackers		Plan
Today's Maintenance Weight-143.6	75	f		arine		Breakfast
	400					
	120		5 Ak Mok	Crackers		Snack
	600	٧	Bristol Farms Sus	l hi – 3 Half Orders		SHUCK
		225		Slimmons		Lunch
	120	f		Apple		
	100		Brown	Sugar		
	220		Dita	x 2		Snack
	50	f		ango Salsa		
Nectarines & Pluocts						Dinner
			Note to self: Need	to increase veggies		
Daily Total	1805	225				Before Bed
Net Daily Total		80			0	
Wednesday	300	f	Oatmeal w/ 1 Cup Mixe	ed Berries & Raw Sugar		Number of Vegetables - 3
6/20/2007						Number of Fruits - 3
Today's Weight - 149.0	75	f	Nect	arine		Plan Breakfast
Today's Maintenance Weight-142.3	500		Lunch Food Records n	ot recorded — Estimate		Breakiast
CONT.	300		Eulich 1 ood Necords II	ot recorded Estimate		
						Snack
						Lunch
A STATE OF THE STA	400	V,V,V		room, Bean Sprout, Basil, Parsley, Pasta,		Snack
				Dressing)		
	150	f	Sorbet w/	Strawberries		Dinner
	140		Sara	L dines		
Strawberry Guy!						
Daily Total	1565					Before Bed
Net Daily Total		65	0:10		0	N. I. W. III.
Thursday 6/21/2007	100 140	f		anberries ı (3 oz)		Number of Vegetables - 4 Number of Fruits - 3
Today's Weight - 148.0	120			Crackers		Plan
Today's Maintenance Weight-129.5						Breakfast
	185	V.V	Steamed Fingerling Potatoes w/ Cou	ntry Crock, 1 TB Parmesan, & Chives		
	125		Salad (Mixed Crooms Bod Depart Mixel	room, Bean Sprout, Basil, Parsley, Pasta,		Snack
	120	٧		oom, Bean Sprout, Basii, Parsiey, Pasta, Dressing)		OHUCK
		f		<u>.</u>		Lunch
	100		Dried Cr	anberries		
	400		N. 11.1			
	120 135	٧		Crackers n Beet		Snack
	100	250	Ooluc	Slimmons		
Asian Vegetables	260			Garlic-Herb Bread		Dinner
	75	f	Nect	arine		
	240		Carlie II.	erb Toast		
	75			Cream		
Daily Total	1675	250				Before Bed
Net Daily Total	220	25	Corambled Face (2) or / 11.	chroom Scallion & Tomato	0	Number of Vocatables A
Friday 6/22/2007	180	٧		shroom, Scallion, & Tomato / Country Crock		Number of Vegetables - 4  Number of Fruits - 2
Today's Weight - 148.0	50	f		anberries		Plan
Today's Maintenance Weight-158.2						Breakfast
	150			tesserie Chicken		
VINE RIPE TOMATOES	100 150	٧		smati Rice Wedges		Snack
TOMATORS # Z (0)	130	٧	F0(0(0	mouyes		Ondo.
	75	f	Nect	arine		Lunch
A SECTION AND ADDRESS OF THE PARTY OF THE PA	ı		Ţ.			1

Laura Rebecca Silverman Week End 6/26/2007

Calculated Weight Loss

149.6

Week Starting Weight

Week's Daily Maintenance Calories		46	Average Weekly Weight 149.0		1 8	
Average Net Daily Calories	1656.4		Week Weight Loss	0.6		
Week's Maintenance Weight	150.6		Total Weight Loss	209.0		
Weekly Vegetables			Weekly Fruits	18	-	
					e	
otal Weekly Exercise Calories 975		TTL Fruits & Veggies Combined: 38				
I Index = Overweight  Estimated		BMI 24.9				
	Food	Exercise	ł		Plan Calories	
Date	Calories	Calories	Food	Exercise	Cg B	Comments
Date	Colones	125	FOOD	Walk to Sharkeys — 2900 Steps		Comments
	600	V.V	Sharkev's Nake	ed Chicken Plate		
			,			
	100		Whip	Cream		Snack
Warld's Post Tamatasa	240		10 Al- Ma	k Crackers		Dinner
World's Best Tomatoes	240		TO AK MO	k Cruckers 		Diffile
Daily Total	1865	125				Before Bed
Net Daily Total Saturday	410	40	2 Fage on Sc	l ourdough Toast	0	Number of Vegetables - 3
6/23/2007	710		Dye Day @ Garen's	Todat		Number of Fruits – 2
Today's Weight - 150.0	1500		Sal	mon		Plan
Today's Maintenance Weight-216.8				Salad	1	Breakfast
		† f		rmelon erries	1	
		,		& Cheese	1	Snack
			Po	orto		
SAL CONTRACTOR				wnie		Lunch
		V V		agna Ishi		
		125	30	Walk 2900 Steps @ Garen's		
As your boll			Dinner w/ E	ric & Family		Snack
A SAME THE RESERVE OF THE PARTY	600	٧,٧	Chicken Caesar Sal	ad; light on dressing		
Amazing Carrots						Dinner
•						
Daily Total	2510	125				Before Bed
Net Daily Total Sunday	100	85	Slivered	Almonds	0	Number of Vegetables - 2
6/24/2007	100		Silvores	7 interior		Number of Fruits – 3
Today's Weight — 150.0	400	f	Oatmeal w/ Mixed	Berries & Raw Sugar		Plan
Today's Maintenance Weight-136.8	50	250	1 Handful Special K	Fred Siegel/Craft & Folk Art Museum, LAG	CMA Lighton	Illa Cotty Contor
	30	250	i Handrai Special K	Trea slegely craft at Folk Art museum, Ex	JWA, LIGITOR	op, very center
	600	V	Bristol Farms	Spicy Tuna Bowl		
die	100			M CC		
	120 75	f		n Muffin tarine		
	125	٧	Nectarine Popcorn			
At the second second	100 30			Almonds nato	1	
Texas Sweet Onions	35	1		ing Cow	1	
	120		English	n Muffin		
Daily Total	1755	250			1	
Net Daily Total		05			0	
Monday	400	f	Oatmeal w/ Mixed	Berries & Raw Sugar		Number of Vegetables – 3
6/25/2007 Today's Weight - 150.0	195	٧	Laughing Cow Tomato	L Onion on Engoish Muffin		Number of Fruits - 2 Plan
Today's Maintenance Weight – 126.8	130	Y	Edugining Cow, Tollidto, &	Comon on Engoish Mullin		Breakfast
	195	٧	Laughing Cow, Tomato, 8	k Onion on Engoish Muffin		
No.	100				1	Speed
	125 90	v f		corn d Apple	1	Snack
	140			e Salmon	L	Lunch
	050	-				
	250		Deli	Turkey I	1	
						Snack
Look what TURNIP ed!						Dinner
ĺ					1	
Daily Total Net Daily Total	1395 13	205			0	Before Bed