



Week Starting Weight	149.6	Calculated Weight Loss	0.0
Week's Daily Maintenance Calories	1646	Average Weekly Weight	149.0
Average Net Daily Calories	1656.4	Week Weight Loss	0.6
Week's Maintenance Weight	150.6	Total Weight Loss	209.0
Weekly Vegetables	20	Weekly Fruits	18

Total Weekly Exercise Calories 975 TTL Fruits & Veggies Combined: 38

BMI Index = Overweight			BMI —————> 24.9		Plan Calories	Comments
Date	Estimated Food Calories	Exercise Calories	Food	Exercise		
Tuesday 6/19/2007	260		Turkey on Garlic-Herb Bread			Number of Vegetables – 1
Today's Weight – 148.0	260		3 oz Sockeye Salmon on 5 Ak Mok Crackers			Number of Fruits – 3
Today's Maintenance Weight–143.6	75	f	Nectarine			Plan
	120		5 Ak Mok Crackers			Breakfast
	600	v	Bristol Farms Sushi – 3 Half Orders			Snack
	120	225		Slimmons		Lunch
	100	f	Peeled Apple			
			Brown Sugar			
	220		Pita x 2			Snack
	50	f	Papaya-Mango Salsa			Dinner
			Note to self: Need to increase veggies			
Daily Total	1805	225				Before Bed
Net Daily Total	1580				0	
Wednesday 6/20/2007	300	f	Oatmeal w/ 1 Cup Mixed Berries & Raw Sugar			Number of Vegetables – 3
Today's Weight – 149.0	75	f	Nectarine			Number of Fruits – 3
Today's Maintenance Weight–142.3						Plan
	500		Lunch Food Records not recorded – Estimate			Breakfast
						Snack
						Lunch
	400	v,v,v	Salad (Mixed Greens, Red Pepper, Mushroom, Bean Sprout, Basil, Parsley, Pasta, Chicken, Dressing)			Snack
	150	f	Sorbet w/ Strawberries			Dinner
	140		Sardines			
Daily Total	1565					Before Bed
Net Daily Total	1565				0	
Thursday 6/21/2007	100	f	Dried Cranberries			Number of Vegetables – 4
Today's Weight – 148.0	140		Salmon (3 oz)			Number of Fruits – 3
Today's Maintenance Weight–129.5	120		Ak Mok Crackers			Plan
						Breakfast
	185	v,v	Steamed Fingerling Potatoes w/ Country Crock, 1 TB Parmesan, & Chives			
	125	v	Salad (Mixed Greens, Red Pepper, Mushroom, Bean Sprout, Basil, Parsley, Pasta, Chicken, Dressing)			Snack
		f				Lunch
	100		Dried Cranberries			
	120		Ak Mok Crackers			
	135	v	Golden Beet			Snack
		250		Slimmons		
	260		Egg White Salad on Garlic-Herb Bread			Dinner
	75	f	Nectarine			
Asian Vegetables						
	240		Garlic Herb Toast			
	75		Whip Cream			
Daily Total	1675	250				Before Bed
Net Daily Total	1425				0	
Friday 6/22/2007	220	v	Scrambled Eggs (2) w/ Mushroom, Scallion, & Tomato			Number of Vegetables – 4
Today's Weight – 148.0	180		English Muffin w/ Country Crock			Number of Fruits – 2
Today's Maintenance Weight–158.2	50	f	Dried Cranberries			Plan
						Breakfast
	150		Christiane's Rotisserie Chicken			
	100		Brown Basmati Rice			
	150	v	Potato Wedges			Snack
	75	f	Nectarine			Lunch



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Average Net Daily Calories	1656.4	Week Weight Loss	0.6
Week's Maintenance Weight	150.6	Total Weight Loss	209.0
Weekly Vegetables	20	Weekly Fruits	18

Total Weekly Exercise Calories 975 TTL Fruits & Veggies Combined: 38

BMI Index = Overweight BMI 24.9

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
		125		Walk to Sharkeys - 2900 Steps		
	600	v,v	Sharkey's Naked Chicken Plate			
	100		Whip Cream		Snack	
	240		10 Ak Mok Crackers		Dinner	
World's Best Tomatoes						
Daily Total	1865	125				Before Bed
Net Daily Total	1740				0	
Saturday 6/23/2007	410		2 Eggs on Sourdough Toast			Number of Vegetables - 3
Today's Weight - 150.0	1500		Dye Day @ Garen's			Number of Fruits - 2
Today's Maintenance Weight - 216.8			Salmon			Plan
		f	Beet Salad		Breakfast	
		f	Watermelon			
			Cherries			
			Crackers & Cheese		Snack	
			Porto			
			Brownie		Lunch	
		v	Lasagna			
		v	Sushi			
		125		Walk 2900 Steps @ Garen's		
			Dinner w/ Eric & Family		Snack	
	600	v,v	Chicken Caesar Salad; light on dressing			
Amazing Carrots					Dinner	
Daily Total	2510	125				Before Bed
Net Daily Total	2385				0	
Sunday 6/24/2007	100		Slivered Almonds			Number of Vegetables - 2
Today's Weight - 150.0	400	f	Oatmeal w/ Mixed Berries & Raw Sugar			Number of Fruits - 3
Today's Maintenance Weight - 136.8						Plan
	50	250	1 Handful Special K	Fred Siegel/Craft & Folk Art Museum, LACMA, Lighten Up, Getty Center		
	600	v	Bristol Farms Spicy Tuna Bowl			
	120		English Muffin			
	75	f	Nectarine			
	125	v	Popcorn			
	100		Slivered Almonds			
	30	f	Tomato			
Texas Sweet Onions	35		Laughing Cow			
	120		English Muffin			
Daily Total	1755	250				
Net Daily Total	1505				0	
Monday 6/25/2007	400	f	Oatmeal w/ Mixed Berries & Raw Sugar			Number of Vegetables - 3
Today's Weight - 150.0	195	v	Laughing Cow, Tomato, & Onion on Engoish Muffin			Number of Fruits - 2
Today's Maintenance Weight - 126.8						Plan
	195	v	Laughing Cow, Tomato, & Onion on Engoish Muffin		Breakfast	
						
	125	v	Popcorn		Snack	
	90	f	Peeled Apple			
	140		Sockeye Salmon		Lunch	
	250		Deli Turkey			
					Snack	
Look what TURNIP ed!					Dinner	
Daily Total	1395					Before Bed
Net Daily Total	1395				0	