



Week Starting Weight	149.7	Calculated Weight Loss	0.1
Week's Daily Maintenance Calories	1647	Average Weekly Weight	149.9
Average Net Daily Calories	1606.0	Week Weight Loss	-0.2
Week's Maintenance Weight	146.0	Total Weight Loss	208.1
Weekly Vegetables	33	Weekly Fruits	23
Total Weekly Exercise Calories	1673	Total Fruits & Veggies	56

BMI Index = Overweight

BMI —————> 29.0

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 5/29/2007	260		Sardines on Sourdough			Number of Vegetables - 6
Today's Weight - 154.0	400	v	Potato Salad			Number of Fruits - 2
Today's Maintenance Weight - 154.5	75	f	Nectarine		260	Plan
	260		Deli Turkey on Tomato Basil Bread w/ Tomato, Grilled Onion, & Sprouts			Breakfast
		v				Sardines on Sourdough
	100	f	Cherries		100	Snack
	90	v	Marinara		380	Lunch
	120		Tomato Basil Bread			Deli Turkey on Tomato Basil Bread w/ Tomato & Sprouts
	225				75	Nectarine
	275	vv	Scrambled Eggs w/ Onion, Mushroom, & Tomato			Snack
	50		Brown Sugar		90	Peeled Apple
	200	150 v	Potato Salad	Walk 4100 Steps	320	Dinner
	25		Carrots & Salsa			Eggs (2) in Pita w/ Tomato & Mixed Greens
Daily Total	1825	375				Before Bed
Net Daily Total	1450				1225	
Wednesday 5/30/2007	260		Sardines on Sourdough			Number of Vegetables - 7
Today's Weight - 150.0	140	90 ff	Chopped Peeled Apple & 1 Cup Strawberries	Walk Dogs Short Alley Walk		Number of Fruits - 4
Today's Maintenance Weight - 150.0	225	vvv	Salad: Mixed Greens, Tomato, Mushroom, Bean Sprouts, Basil, Parsley, Radish, 1/4 Cup Chow Mein Noodles, Dressing		260	Plan
						Breakfast
	220		2 Sourdough Rolls			Sardines on Sourdough
	180	v	Baked Stuffed Chicken (Basil, Onion, Mushroom, Parmesan Parsley, Tomato)		140	Snack
	75	v	Steamed Turnip & Carrot Salad (Scallion, Parsley, Dressing)			Chopped Peeled Apple & 1 Cup
	180				225	Salad: Mixed Greens, Tomato, Mushroom, Bean Sprouts, Basil, Parsley, Radish, 1/4 Cup Chow Mein Noodles, Dressing
	50	f	Sourdough Roll w/ Country Crock		75	Snack
			Watermelon			Nectarine
		90		Walk Dogs Short Alley Walk	80	Dinner
	75	f	Nectarine		75	Baked Stuffed Chicken (Basil, Onion, Mushroom, Parmesan Parsley, Tomato)
	125	vv	Air Popcorn		180	Steamed Turnip & Carrot Salad (Scallion, Parsley, Dressing)
Daily Total	1530	100			100	Tomato-Basil Bread w/ Country Crock
Net Daily Total	1430				1235	Watermelon
Thursday 5/31/2007	275	vv	Scrambled Eggs w/ Onion, Mushroom, & Tomato			Before Bed
Today's Weight - 150.0	80	90	1 Stuffed Chicken Tender	Walk Dogs Short Alley Walk		Number of Vegetables - 4
Today's Maintenance Weight - 105.5	125	vv	Carrot-Beet Salad (Steamed Carrots & Beets, chilled, Scallion, Parsley,			Number of Fruits - 3
	50	f	1 Cup Cherries		275	Plan
	50		1 TB Brown Sugar			Breakfast
	100	f	1/4 Cup Chili Spiced Dried Mango			Scrambled Eggs w/ Onion, Mushroom, &
	195		Sourdough roll w/ Fake Crab		80	Snack
	140	90	Strawberry & Apple Salad	Walk Dogs Short Alley Walk	125	Lunch
	220		Deli Turkey on Sourdough Roll		140	1 Stuffed Chicken Tender
		225				Carrot-Beet Salad: 2 Cups
		90		Slimmons		Strawberry & Apple Salad
	75	f	Nectarine	Walk Dogs Short Alley Walk	75	Snack
	125	vv	Air Popcorn		390	Dinner
Daily Total	1535	375			75	Deli Turkey on Tomato-Basil Bread w/ Tomato, Onion, & Sprout
Net Daily Total	1160				1185	Nectarine
Friday 6/1/2007	230		3 oz Sockeye Salmon on 5 Ak Mok Crackers			Before Bed
Today's Weight - 149.5	50	f	1 Cup Watermelon			Number of Vegetables - 6
Today's Maintenance Weight - 123.2	120		Sourdough Roll			Number of Fruits - 5
		90		Walk Dogs Short Alley Walk	230	Plan
	390	v	Deli Turkey on Tomato Basil Bread w/ Tomato, Onion, & Sprouts			Breakfast
	75	f	Nectarine		90	3 oz Sockeye Salmon on 5 Ak Mok
	200	200	Grilled Salmon (Brushed w/ Chili Oil)	Take Elena Shopping	120	1 Cup Watermelon
	150		Rice			Snack
	75	vvv	Ratini w/ Orange-Chili-Garlic Sauce			Sourdough Roll
	100	f	Chili Spiced Dried Mango		390	Lunch
	140	ff	Strawberry & Apple Salad		75	Deli Turkey on Tomato Basil Bread w/ Tomato, Onion, & Sprouts
						Nectarine
						Snack
Daily Total						Dinner
Net Daily Total						Mustard Salmon



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Week's Maintenance Weight	146.0	Total Weight Loss	208.1			
Weekly Vegetables	33	Weekly Fruits	23			
Total Weekly Exercise Calories	1673	Total Fruits & Veggies	56			
BMI Index = Overweight		BMI → 25.0				
Date	Estimated Food Calories	Estimated Exercise Calories	Food	Exercise	Plan Calories	Comments
		90		Walk Dogs Short Alley Walk	100	1/2 Cup Rice
	125	vv	Popcorn		75	Steamed Leafy Vegetable
Daily Total	1653	300			125	Before Bed
Net Daily Total	1353				1505	Popcorn
Saturday 6/2/2007	260		Sardines on Ak Mok Crackers(s)			Number of Vegetables - 6
Today's Weight - 150.0	150	f	Chili Spiced Mango			Number of Fruits - 3
Today's Maintenance Weight - 150.0		90		Walk Dogs Short Alley Walk		Plan
Today's Maintenance Weight - 138.6	75	v	Turnip-Carrot Salad			Breakfast
		223		Slimmons	260	Sardines on Ak Mok Crackers(s)
	400	v	Grilled Salmon on Tomato Basil Bread w/ Tomato, Onion, & Sprouts		100	Chili Spiced Mango
	75	f	Nectarine			Snack
					75	Turnip-Carrot Salad
	240		Tomato Basil Toast			Lunch
					300	Deli Turkey on Tomato Basil Bread w/ Tomato, Onion, & Sprouts
	60	v	Turnip-Carrot Salad			Nectarine
					75	Snack
	50		1 TB Brown Sugar			
	90	f	Marinara		60	1 Cup Cherries
Amazing Carrots						Dinner
	300	vvv	Mixed Veggies & Chicken Grilled on BBQ w/ Thai Red Curry Sauce (Chicken, Onion, Bok Choy, Chinese Broccoli, Red Pepper, Brown Mushrooms, Shitake Mushrooms, Thai Purple Basil, Cilantro, Thai Red Curry Sauce)			Mixed Veggies & Chicken Grilled on BBQ
	100		1/2 Cup Rice			
					200	w/ Thai Red Curry Sauce
					200	1 Cup Rice
Daily Total	1800	273				Before Bed
Net Daily Total	1523				1270	
Sunday 6/3/2007	50		1 TB Brown Sugar			Number of Vegetables - 0
Today's Weight - 150.0	1000		Skipped Breakfast - Bad Mistake!			Number of Fruits - 0
Today's Maintenance Weight - 210.9		100	1/2 Loaf Garlic-Herb Bread			Plan
	250		Chocolate Covered Almonds	Farmers Market	280	Breakfast
						Oatmeal w/ Mixed Berries & 1 TB Honey
	230		3 oz Sockeye Salmon on 5 Ak Mok Crackers			Snack
	75		Turnip-Carrot Salad			
	25		Donut Nectarine			Lunch
					230	3 oz Sockeye Salmon on 5 Ak Mok
			Diane's Party		75	Turnip-Carrot Salad
	300		2 Small Pieces Rum Cake		75	Nectarine
						Snack
	200		Mixed Veggies & Chicken Grilled on BBQ w/ Thai Red Curry Sauce			Diane's Party
Texas Sweet Onions	200		1 Cup Rice			Dinner
						Mixed Veggies & Chicken Grilled on BBQ
	90		Marinara		200	w/ Thai Red Curry Sauce
					200	1 Cup Rice
Daily Total	2420	100				
Net Daily Total	2320				1060	
Monday 6/4/2007	290	vv	Scrambled Eggs (2) w/ Onion & Tomato			Number of Vegetables - 4
Today's Weight - 150.0	104		1.3 Oz Garlic-Herb Toast			Number of Fruits - 6
Today's Maintenance Weight - 179.3	50		1 TB Brown Sugar			Plan
	140	ff	Strawberry & Apple Salad		290	Breakfast
						Scrambled Eggs (2) w/ Onion & Tomato
	75	v	Turnip-Carrot Salad		104	1.3 Oz Garlic-Herb Toast
						Snack
	300	v	Deli Turkey on Garlic Herb Bread w/ Tomato, Onion, & Sprouts		140	Strawberry & Apple Salad
	75	ff	Nectarine		300	Lunch
						Deli Turkey on Tomato Basil Bread w/ Tomato, Onion, & Sprouts
		150		Walk 3736 Steps	75	Nectarine
	300		Gelsons Spicy Tuna Roll			Snack
					50	1 Cup Cherries
Look what TURNIP ed!	100	ff	2 Cups Cherries			Dinner
						Mixed Veggies & Chicken Grilled on BBQ
	208		2.6 Oz Garlic Herb Toast			
	100	v	Mixed Veggies & Chicken Grilled on BBQ w/ Orange-Chili-Garlic Sauce			
	150		3/4 Cup Rice			
	230		3 oz Sockeye Salmon on 5 Ak Mok Crackers		200	w/ Orange-Chili-Garlic Sauce
					200	1 Cup Rice
Daily Total	2122	150				Snack
Net Daily Total	1972				1359	