



Week Starting Weight	149.0	Calculated Weight Loss	0.0
Week's Daily Maintenance Calories	1639	Average Weekly Weight	148.9
Average Net Daily Calories	1660.0	Week Weight Loss	0.1
Week's Maintenance Weight	150.9	Total Weight Loss	209.1
Weekly Vegetables	28	Weekly Fruits	12

Total Weekly Exercise Calories 1120 TTL Fruits & Veggies Combined: 40

BMI Index = Overweight			BMI —————> 24.8		Plan Calories	Comments
Date	Estimated Food Calories	Exercise Calories	Food	Exercise		
Tuesday 7/10/2007	50	50	Brown Sugar	Short Alley Walk		Number of Vegetables – 3 Number of Fruits – 4
Today's Weight – 148.0	310		Eggs (2) on Habenero & Sun Dried Tomato Tortilla w.			Plan
Today's Maintenance Weight–136.4	45	v	Mushrooms, Green Onions, Tomato, & Sprouts			Breakfast
	100	f	Chili Mango			
		100		Walk 2300 Steps		Snack
	250		Ground Turkey on Bagette			Lunch
	180	f.f	2.5 Cups Fresh Blackberries			
	190	v.v	Tomato, Scallion, Mixed Greens, & Mushrooms on Sun Dried Tomato & Habenero Tortilla			
	150	f	Dried Cranberries			
	350	225	Ralph's Spicy Tuna & Avacado Roll	Slimmons		Snack
Nectarines & Pluots	250		2 TB Chocolate Chips			Dinner
Daily Total	1875	375				Before Bed
Net Daily Total	1500				0	
Wednesday 7/11/2007	240		TJ's Salmon Salad			Number of Vegetables – 2 Number of Fruits – 3
Today's Weight – 148.0	1000		Cookie Dough			Plan
Today's Maintenance Weight–203.6						Breakfast
	1000		Assorted other crap			
			Sushi			Snack
			cookies			
			chips			Lunch
			watermelon			
			nectarine			
			pear			
			Dried Cranberries			Snack
						Dinner
Strawberry Guy!						
Daily Total	2240					Before Bed
Net Daily Total	2240				0	
Thursday 7/12/2007		v	Eggs (2) on Habenero & Sun Dried Tomato Tortilla w.			Number of Vegetables – 3 Number of Fruits – 1
Today's Weight – 150.0			Mushrooms, Green Onions, Tomato, & Sprouts			Plan
			Lost track of food.. Make plan tomorrow & stick with it.			Breakfast
						Snack
						Lunch
						Snack
Asian Vegetables						Dinner
Daily Total						Before Bed
Net Daily Total					0	
Friday 7/13/2007	310	v	Eggs (2) on Habenero & Sun Dried Tomato Tortilla w.			Number of Vegetables – 5 Number of Fruits – 1
Today's Weight – 150.0	45		Mushrooms, Green Onions, Tomato, & Sprouts			Plan
Today's Maintenance Weight–165.0	880		Pretzels – 8 oz			Breakfast
	260		Deli Turkey on Rosemary Brad w/	310		Eggs (2) on Habenero & Sun Dried Tomato
	45	v	Tomato, Onion, & Sprouts	45		Mushrooms, Green Onions, Tomato, & Sprouts
						Snack
	75	f	Peach	75		Peach
						Lunch

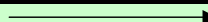




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BMI Index = Overweight			BMI <div></div> 24.8			
Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	200	v.v.v	Beet, Turnip, Scallion, Pasta, &	Mixed Green Salad w/ Dressing	260	Deli Turkey on Rosemary Brad w/
					45	Tomato, Onion, & Sprouts
					90	Apple
						Snack
						Strawberroes w Yogurt-Honey Dressing
						Dinner
					200	Mustard Salmon
					75	Steamed Broccoli
					175	Baked Potato w/ Lemon Juice & Parmesan
					125	Before Bed
Daily Total	1815					
Net Daily Total	1815				1400	Popcorn
Saturday	50	v	Beet, Turnip, Scallion, & Pasta Salad			Number of Vegetables – 6
7/14/2007	100		Rosemary Toast			Number of Fruits – 2
		50		Short Alley Walk		
Today's Weight – 150.0	180		Yogurt w/ Honey			Plan
Today's Maintenance Weight–124.1		225		Slimmons		Breakfast
	200	v.v.v	Beet, Turnip, Scallion, Pasta, & Mixed Green Salad w/ Dressing			
	40	f	Black Velvet Plum			
	260		Sardines on 5 Ak Mok Crackers			Snack
	50		Deli Turkey			
						Lunch
	120		Rosemary Toast			
	260	v.v	Mixed Seafood over Chinese Broccoli w/ Orange-Chili-Garlic Sauce			
	180		Yogurt w/ Honey			Snack
	150		CC			Dinner
Amazing Carrots	50	f	Strawberries			
Daily Total	1640	275				Before Bed
Net Daily Total	1365				0	
Sunday	50	v	Beet, Turnip, Scallion, & Pasta Salad			Number of Vegetables – 4
7/15/2007						Number of Fruits – 1
Today's Weight – 148.0		f	Dried Chili Powder Mango			Plan
Today's Maintenance Weight–137.3	260		Sardines on 5 Ak Mok Crackers			Breakfast
	750		Sourdough /w Deli Turkey			
	120		Sourdough Toast			Snack
						Lunch
	150		Grilled BBQ Chicken			
	95	v	Corn on Cob			
	60	v	1 Sliced Heirloom Tomato			
		170		Wakk 4000 Steps per Pedometer		Snack
	95	v	Corn on Cob			
	100		1 TB Chocolate Chips			Dinner
Daily Total	1680	170				Before Bed
Net Daily Total	1510				0	
Monday	290	v	Sockeye Salmon on Sourdough w/ Tomato & Onion			Number of Vegetables – 5
7/16/2007	300		Chocolate Chips			Number of Fruits – 0
Today's Weight – 148.0		50		Short Alley Walk with Dogs		Plan
Today's Maintenance Weight–139.1	450	v.v	Sharkey's Naked Chicken Enchiada			Breakfast
	280		Deli Turkey on Sourdough			
	100	v	Corn on Cob			Snack
	50	v	Heirloom Tomato w/ D ressing			Lunch
	240		Sourdough Toast			
		250		Walk 5994 Steps per Pedometer		
	120		Sourdough Toast			
						Snack
						Dinner
Look what TURNIP ed!						
Daily Total	1830	300				Before Bed



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	Food Calories	Exercise Calories				
Net Daily Total	1530				0	

