Laura Rebecca Silverman Week End 7/16/2007

West Charles Weight	4.4	0.0	C-11-4-4-W-2-64-1	0.7	- I	
Week Starting Weight Week's Daily Maintenance Calories		8.9 38	Calculated Weight Loss Average Weekly Weight	-0.3 149.1		
Average Net Daily Calories		0.0	Week Weight Loss	-0.2	- 1	
Week's Maintenance Weight		3.6	Total Weight Loss	208.9	_	
Weekly Vegetables	2		Weekly Fruits	15		
			•			
Total Weekly Exercise Calories	90	60	TTL Fruits & Veggies Combined:	36	_	
BMI Index = Overweight			BMI	▶ 24.9		
		nated			Plan Calories	
D-1-	Food	Exercise	F	Formities	를 등	O
<u>Date</u> Tuesday	Calories 380	Calories v,v	Food Food Food Food	Exercise mato & Onion & Mushroom		Comments Number of Vegetables - 4
7/10/2007	300	*,*	Eggs on Sourdough #7 10	Indio & Onion & Masinooni		Number of Fruits – 4
Today's Weight - 148.0	300			on Sourdough		Plan
Today's Maintenance Weight-139.5	75	f	Pe	ach		Breakfast
	260		Sardines on 5	L Ak Mok Crackers		
	50	f		uot		Snack
English (Co.)		160		Walk 3933 per Pedometer		
	235			Sourdough		Lunch
	300	f.f 150	Dried Mangos	& Cranberries Slimmons		
	125	V.V	Por	ocorn Silmmons		
Harris Co.	120					Snack
manage of the second	120		Sourdou	igh Toast		
Nectarines & Pluocts						Dinner
					-	
Daily Total	1845	310				Before Bed
Net Daily Total		35			0	
Wednesday 7/11/2007	75	f 50	Neci	tarine Chart Allay Walk		Number of Fruits - 2
7/11/2007 Today's Weight - 149.0	360	ν	Faas w Tomato onion &	Short Alley Walk Sprouts on Rosemary Bread		Number of Fruits — 2 Plan
Today's Maintenance Weight - 148.2	300	•	Eggs #. Torrido, ornori, &	Sprouts on Rosemary Bread		Breakfast
	280		Special K w/	Brown Sugar		
	310	٧	Subway Oven Roasted Chicken S	Sandwich, no mayo, oil, or cheese		Snack
	75	f	Pe	<u> </u> ach		Lunch
	73					
	260			Ak Mok Crackers		
	100	٧	Green Beans w/ Californ	ia Mustard Seed Dressing		
ALL TA	200		Steemed Red Detete w/ C	 alifornia Mustard Seed Dress		Snack
	200	٧.	Steamed Red Potato W/ Ci	diifornia Mustara Seed Dress		Dinner
	20		Hot & S	our Soup		
Strawberry Guy!	4000	F0				D.C., D.I
Daily Total Net Daily Total	1680	50 30			0	Before Bed
Thursday	220	-	Rosemary Bread	w/ Country Crock		Number of Vegetables - 2
7/12/2007	220	٧,٧	Scrambled Eggs (2) w/ Squash B	lossom, Onion, & Oyster Mushroom		Number of Fruits - 1
Today's Weight - 150.0		50		Short Alley Walk		Plan
Today's Maintenance Weight-155.0	80 75	f	Rosemary Bread Peach	P	-	Breakfast
	115	1	5 Ak Mok Crackers	г		
						Snack
Marie III	300	-	Gelsons Sushi - Spicy Tuna Hand Roll			
	300		Gelsons Sushi – Nigiri			
	115		5 Ak Mok Crackers		-	
to chick the	75	٧	Tomato w/ Dressing			Lunch
		150	, ,	Slimmons		
	050		4.01 01.1. 19.01.1.0.1			
	250 80		1 Slice Richard's B'day Cake 1 Roll		-	Snack
	υυ		I IVII			Ondok
Asian Vegetables	75	٧	Tomato w/ Dressing			Dinner
		-				
Daily Total	1905	200	1		+	Before Bed
Net Daily Total		05	1		0	
Friday		50		Short alley Walk		Number of Vegetables - 2
7/13/2007	360	٧	Eggs (2) on Rosemary Bread	w/ Tomato, Onion, & Sprout		Number of Fruits – 1
Today's Weight — 148.0 Today's Maintenance Weight—158.2	260		Doli Turkov on	Rosemary Bread	+	Plan Breakfast
Today 5 maintenance meight 130.2	50	f		rosemary bread		DI CONTUCT
		•		İ		
TOMATCES	115		5 Ak Mo	k Cracker		Snack
\$3º11	055		0 " 5	Al. Male Canalines	_	Lunch
	255		Sardines on 5	Ak Mok Crackers I	-	Lunch
	050		Ginger Sng	lps @ Mom's		
	250					

Laura Rebecca Silverman Week End 7/16/2007

Week Starting Weight	1.4	9 N	Calculated Waight Loop	Λ 7		
Week's Daily Maintenance Calories		8.9 i38	Calculated Weight Loss Average Weekly Weight	-0.3 149.1		
Average Net Daily Calories			Week Weight Loss	-0.2		
		3.6	•	208.9		
Week's Maintenance Weight			Total Weight Loss		-	
Weekly Vegetables			Weekly Fruits	15		
Total Weekly Exercise Calories	91	60	TTL Fruits & Veggies Combined:	36		
BMI Index = Overweight			ВМІ	<b>24.9</b>		
	Estin	nated			S	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	g <sub>P</sub>	Comments
Dute	Culones	Culonics	1000	Exercise		Confinents
	500	٧	Stund Thai F	ood @ Mom's		Snack
	300	,	Stupu mu i	OOU & MOITS		
World's Best Tomatoes						Dinner
Daily Total	1790	50				Before Bed
Net Daily Total		40	5 11 11 1 0 1		0	N 1 (V 111 0
Saturday 7/14/2007	115		5 Ak Mok Crackers			Number of Vegetables - 2  Number of Fruits - 3
7/14/2007 Today's Weight - 149.0	220		Sardines on Rosemary Bread			Number of Fruits – 3 Plan
Today's Maintenance Weight – 148.2	150	f	Grapes			Breakfast
Today o maintendrice freight 1 forz	,,,,,	175	Grapes	Slimmons		
AND THE RESERVE OF THE PARTY OF	400	,	Bristol Farms Spicy Roll			
			1.24			Snack
	50	f	Grapes			
	260		Deli Turkey on Rosemary			Lunch
	450		F " 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			
	150		English Muffin			
	200		Grilled Salmon			Snack
	125	٧	Baked Potato w/ Worcheshire			Silder
Amazing Carrots	75	٧	Sliced Tomato w/ Honey Mustard Seed			Dinner
,			,,			
	60	f	Blueberries			
Daily Total	1805	175				Before Bed
Net Daily Total		30			0	
Sunday 7/15/2007	200	50	Salmon - Grilled	Short Alley Walk		Number of Vegetables - 3  Number of Fruits - 1
1/13/2007		30		Short Alley Walk		
Today's Weight - 148 0	I 160		Sardines on Rosemany Bread			Plan
Today's Weight — 148.0 Today's Maintenance Weight—255.5	160		Sardines on Rosemary Bread			Plan Breakfast
Today's Weight — 148.0 Today's Maintenance Weight—255.5	160		·			Plan Breakfast
	1000		Sardines on Rosemary Bread  Jewelry Party  Cake / Cookies			
	1000		Jewelry Party Cake / Cookies			
			Jewelry Party			Breakfast Snack
	1000		Jewelry Party Cake / Cookies			Breakfast
	1000		Jewelry Party Cake / Cookies			Breakfast Snack
	1000		Jewelry Party Cake / Cookies			Breakfast Snack
	1000		Jewelry Party Cake / Cookies			Breakfast Snack Lunch
	1000		Jewelry Party Cake / Cookies			Breakfast Snack
	1000		Jewelry Party Cake / Cookies			Breakfast Snack Lunch
Today's Maintenance Weight-255.5	1000		Jewelry Party Cake / Cookies			Breakfast  Snack  Lunch  Snack
Today's Maintenance Weight – 255.5	1000		Jewelry Party Cake / Cookies			Breakfast  Snack  Lunch  Snack
Today's Maintenance Weight-255.5  Texas Sweet Onions	1000		Jewelry Party Cake / Cookies			Breakfast  Snack  Lunch  Snack  Dinner
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total	1000	50	Jewelry Party Cake / Cookies		0	Breakfast  Snack  Lunch  Snack
Today's Maintenance Weight – 255.5  Texas Sweet Onions  Daily Total  Net Daily Total	1000 1500 2860	50	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric	ette	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed
Today's Maintenance Weight—255.5  Texas Sweet Onions  Daily Total Net Daily Total Monday 7/16/2007	1000		Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric	ette Short Alley Walk	0	Breakfast  Snack  Lunch  Snack  Dinner
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 2860	10	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric		0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan
Today's Maintenance Weight—255.5  Texas Sweet Onions  Daily Total Net Daily Total Monday 7/16/2007	1000 1500 1500 2860 28 120	50 f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric	Short Alley Walk Mango	0	Breokfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables – 4  Number of Fruits – 3
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100	10	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bar Chili	Short Alley Walk Mango Salmon Salad	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120	50 f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bar Chili TJ's Smoked Rosema	Short Alley Walk Mango Salmon Salad ry Bread	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100	50 f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bar Chili TJ's Smoked Rosema	Short Alley Walk Mango Salmon Salad	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120	50 f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema	Short Alley Walk Mango Salmon Salad ry Bread arine	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75	50 f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema	Short Alley Walk Mango Salmon Salad ry Bread	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75	50 f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Ban  Chili  TJ's Smoked Roseme Nec  Black Licoric	Short Alley Walk Mango Salmon Salad ry Bread arine	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150	50 f v	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bar Chili TJ's Smoked Roseme Nec Black Licoric 7.6 oz Baked Potato w. Lernon	Short Alley Walk Mango Salmon Salad ry Bread arine e - 4 pieces Juice, Parmesan, & Green Onion	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150	50 f v f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bac Chili TJ's Smoked Roseme Nec Black Licoric 7.6 oz Baked Potato w. Lemon	Short Alley Walk Mango Salmon Salad ry Bread arine e - 4 pieces Juice, Parmesan, & Green Onion	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150	50 f v	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bac Chili TJ's Smoked Roseme Nec Black Licoric 7.6 oz Baked Potato w. Lemon	Short Alley Walk Mango Salmon Salad ry Bread arine e - 4 pieces Juice, Parmesan, & Green Onion	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack
Today's Maintenance Weight—255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight — 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150 100 50	50 f v f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon	Short Alley Walk Mango Salmon Salad ry Bread arine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150	50 f v f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arine e - 4 pieces Juice, Parmesan, & Green Onion	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150 100 50	50 f v f	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rimp, Crob, Undefinable meat that I didn't	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack
Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 7/16/2007 Today's Weight - 152.0 Today's Maintenance Weight-140.9	1000 1500 1500 2860 28 120 100 240 120 75 120 150 100 50	50 f v f V V V F	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arrine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rrimp, Crab, Undefinable meat that I didn't les, Vegetables.	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack  Dinner
Today's Maintenance Weight-255.5  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight - 152.0	1000 1500 1500 2860 28 120 100 240 120 75 120 150 100 50	50 f v f V V V F	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arrine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rrimp, Crab, Undefinable meat that I didn't les, Vegetables.	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack
Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 7/16/2007 Today's Weight - 152.0 Today's Maintenance Weight-140.9	1000 1500 1500 2860 28 120 100 240 120 75 120 150 100 50	50 f v f V V V F	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arrine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rrimp, Crab, Undefinable meat that I didn't les, Vegetables.	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack  Dinner
Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 7/16/2007 Today's Weight - 152.0 Today's Maintenance Weight-140.9	1000 1500 1500 2860 28 120 100 240 120 75 120 150 100 50	50 f v f V V V F	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arrine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rrimp, Crab, Undefinable meat that I didn't les, Vegetables.	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack  Dinner
Texas Sweet Onions  Texas Sweet Onions  Daily Total  Net Daily Total  Monday  7/16/2007  Today's Weight – 152.0  Today's Maintenance Weight–140.9  Look what TURNIP ed!	1000 1500 1500 2860 28 120 100 240 120 75 120 150 600	50 f v f V F v	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arrine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rrimp, Crab, Undefinable meat that I didn't les, Vegetables.	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack  Dinner  Dinner
Texas Sweet Onions  Daily Total Net Daily Total Monday 7/16/2007 Today's Weight - 152.0 Today's Maintenance Weight-140.9	1000 1500 1500 2860 28 120 100 240 120 75 120 150 600	50 f v f V V V F	Jewelry Party Cake / Cookies  Chinese w/ Wendy & Eric  Bag Chili TJ's Smoked Rosema Nec Black Licoria 7.6 oz Baked Potato w. Lemon  Ca Papaya-N Weird Vietnamese Soup - Clear Broth, St	Short Alley Walk Mango Salmon Salad ry Bread arrine e - 4 pieces Juice, Parmesan, & Green Onion rots ango Salsa rrimp, Crab, Undefinable meat that I didn't les, Vegetables.	0	Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breakfast  Snack  Lunch  Snack  Dinner