



Week Starting Weight	149.1	Calculated Weight Loss	-0.1
Week's Daily Maintenance Calories	1640	Average Weekly Weight	150.9
Average Net Daily Calories	1681.7	Week Weight Loss	-1.8
Week's Maintenance Weight	152.9	Total Weight Loss	207.1
Weekly Vegetables	19	Weekly Fruits	11
Total Weekly Exercise Calories	1025	TTL Fruits & Veggies Combined:	30

BMI Index = Overweight			BMI → 25.2			
Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 7/17/2007						Number of Vegetables – 0
Today's Weight – 149.0						Number of Fruits – 0
						Plan
						Breakfast
						Snack
						Lunch
Nectarines & Pluots		225				Snack
						Dinner
Daily Total		225				Before Bed
Net Daily Total					0	
Wednesday 7/18/2007	245	v.f	Scrambled Eggs (2) w Onion, Mushroom, Papaya-Mango Salsa			Number of Vegetables – 2
Today's Weight – 150.0	160		Challah Toast			Number of Fruits – 3
Today's Maintenance Weight-148.6						Plan
	150	f	Chili Spiced Mango			Breakfast
	280		Deli Turkey on Challah			Snack
	350		Spicy Tuna Hand Rolls (Gelsons)			Lunch
	300		Salmon Patty on Bun w/ Tomato, Onion,			
	100	v	Roast Potatoes			
	50	f	Watermelon			Snack
						Dinner
Strawberry Guy!						
Daily Total	1635					Before Bed
Net Daily Total	1635				0	
Thursday 7/19/2007	100		NF Yogurt & Honey			Number of Vegetables – 3
Today's Weight – 153.0	295	v	Eggs (2) w/ Mushrooms on Lo Carb Pita			Number of Fruits – 1
Today's Maintenance Weight-162.3	150	f	Dried Cranberries			Plan
	500	v	Grilled Eggplant & Other Vegetables on Artisan Bread w/ Sun Dried Tomato Spread			Breakfast
	150		Lime & Black Pepper Chips			Snack
	270		6 Oreo Cookies			Lunch
	250	250			Slimmons	
	250	v	TJ's Smoked Salmon Salad			
	160		Salmon Patty on Challah			Snack
Asian Vegetables	160		Challah Toast			Dinner
Daily Total	2035	250				Before Bed
Net Daily Total	1785				0	
Friday 7/20/2007	100		NF Yogurt w/ Honey			Number of Vegetables – 4
Today's Weight – 153.0	250		Sardines on Pita			Number of Fruits – 2
Today's Maintenance Weight-153.6	200		Oreos (4)			Plan
	200		Salmon Patty on English Muffin w/			Breakfast
	30	v	Tomato, Onion, Greens, & Mustard			Snack
	50	f	Watermelon			
	150	f	Dried Mango & Cranberries			Lunch



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Week's Maintenance Weight	152.9	Total Weight Loss	207.1
Weekly Vegetables	19	Weekly Fruits	11

Total Weekly Exercise Calories 1025 TTL Fruits & Veggies Combined: 30

BMI Index = Overweight BMI 25.2

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	260		Pita w/ Country Crock			
	450	v,v,v	Salad – Lettuce, Onion, Tomato, Grilled Chicken, Chow Mein Noodles, Dressing			Snack
	World's Best Tomatoes					Dinner
Daily Total	1690					Before Bed
Net Daily Total	1690				0	
Saturday	250		Sardines on Pita			Number of Vegetables – 2
7/21/2007	150	f	Dried Cranberries & Chili–Mango			Number of Fruits – 2
Today's Weight – 150.0		225		Slimmons		Plan
Today's Maintenance Weight–122.3	360		Deli Turkey & Cheese on English Muffin			Breakfast
	250	v	Baked Potato w/ Country Crock & Chives			
	60	f	Peeled Apple – very small			Snack
	500	v	Sharkey's Naked Chicken Wrap			Lunch
						Snack
Amazing Carrots						Dinner
Daily Total	1570	225				Before Bed
Net Daily Total	1345				0	
Sunday	600		Pretzel x 2	(Farmers Market . Failed to eat breakfast before going.		Number of Vegetables – 2
7/22/2007						Number of Fruits – 2
Today's Weight – 150.0	355	v	Eggs (2) w/ Squash Blossoms on Sourdough			Plan
Today's Maintenance Weight–198.2	50	f	Strawberries			Breakfast
		175		Walk 4000 Steps		
	500		Buca de Beppos – Garlic Bread			Snack
	500	v	Grilled Vegetables on Foccacia			Lunch
	50	f	Strawberries			
	300		Bagette – 9 Seed			
						Snack
Texas Sweet Onions						Dinner
Daily Total	2355	175				Before Bed
Net Daily Total	2180				0	
Monday	380	v	Eggs (2) on Sourdough w/ Squash Blossoms, Mushrooms, & Tomato			Number of Vegetables – 6
7/23/2007						Number of Fruits – 1
Today's Weight – 151.0	250		Bagette			Plan
Today's Maintenance Weight–132.3						Breakfast
	405	v.v.v.v	Salad – Mixed Veggies, Tomato, Grilled Chicken, Chow Mein Noodles, Dressing			
	50	f	Strawberries & Cherries			
		100		Heavy Housework		Snack
	120		English Muffin			Lunch
	400	v	Ramen Place – Summer Special			
	50			Short Alley Walk		
						Snack
Look what TURNIP ed!						Dinner
Daily Total	1605	150				Before Bed
Net Daily Total	1455				0	