Laura Rebecca Silverman Week End 7/23/2007

W C : W :	1.1	0.4	0 1 1 1 1 1 1 1 1 1 1 1 1	0.1		
Week Starting Weight Week's Daily Maintenance Calories	14	9.1 640	Calculated Weight Loss Average Weekly Weight	-0.1 150.9		
Average Net Daily Calories		31.7	Week Weight Loss	-1.8		
Week's Maintenance Weight		2.9	Total Weight Loss	207.1		
Weekly Vegetables		9	Weekly Fruits	11	_	
			•		e.	
Total Weekly Exercise Calories	10)25	TTL Fruits & Veggies Combined:	30		
BMI Index = Overweight			BMI	25.2		
		nated			Plan Calories	
	Food	Exercise			윤룡	
Date	Calories	Calories	Food	Exercise		Comments
Tuesday 7/17/2007					-	Number of Vegetables - 0 Number of Fruits - 0
Today's Weight - 149.0						Plan
						Breakfast
						
					 	Snack
33 CC C						Onder
						Lunch
					 	
		225			 	Snack
		220				
Nectorines & Pluocts						Dinner
					<u> </u>	
					<u> </u>	
Daily Total		225			 	Before Bed
Net Daily Total		220			0	
Wednesday	245	v.f	Scrambled Eggs (2) w Onion, N	Mushroom, Papaya-Mango Salsa		Number of Vegetables - 2
7/18/2007						Number of Fruits - 3
Today's Weight - 150.0	160		Challah Toast		ļ	Plan Breakfast
Today's Maintenance Weight-148.6	150	f	Chili Spiced Mango		 	Diedkidst
100°Y	100	,	oniii Spiced mango			
	280		Deli Turkey on Challah			Snack
						
	350		Spicy Tuna Hand Rolls (Gelsons)		 	Lunch
	300		Salmon Patty on Bun w/ Tomato, Onion,			
	100	٧	Roast Potatoes			
ALL HIA	50	f	Watermelon			Snack
					ļ	Dinner
			-		 	Difficer
Strawberry Guy!						
Daily Total	1635	75			<u> </u>	Before Bed
Net Daily Total Thursday	100	35	NE Yogur	t & Honey	0	Number of Vegetables - 3
7/19/2007	295	٧	Eggs (2) w/ Mushro	oms on Lo Carb Pita	-	Number of Fruits – 1
Today's Weight - 153.0						Plan
Today's Maintenance Weight-162.3	150	f	Dried Cr	anberries		Breakfast
	500		Crillod Eggplant & Other Vesstables 4	rtisan Bread w/ Sun Dried Tomato Spread	<u> </u>	
	150	٧		Pepper Chips	 	Snack
	270		6 Oreo	Cookies		Lunch
	050	250	TH 0 1	Slimmons	<u> </u>	
and the same of th	250	٧	TJ's Smoked	Saimon Salad	 	
	160		Salmon Patt	ry on Challah		Snack

Asian Vegetables	160		Challah	n Toast		Dinner
					<u> </u>	
					 	
Daily Total	2035	250				Before Bed
Net Daily Total	17	85			0	
Friday	100		NF Yogurt	w/ Honey	_ <u>-</u> _	Number of Vegetables – 4
7/20/2007 Today's Weight — 153.0	250		Sardines	on Pita		Number of Fruits – 2 Plan
Today's Maintenance Weight-153.6	200		Oreo	s (4)		Breakfast Fian
	200					
	200		Salmon Patty on	English Muffin w/		
VINE RIPE TOMATOES	30	٧		Greens, & Mustard	<u> </u>	Snack
\$70,	50	f	Water	melon	 	Lunch
	150	f	Dried Manago	& Cranberries	 	
	150	f	Dried Mango	& Cranberries		

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	4.4	0.1	Io w ·	0.1		
Week Starting Weight Week's Daily Maintenance Calories	14	9.1 640	Calculated Weight Loss Average Weekly Weight			
Average Net Daily Calories		31.7	Week Weight Loss	-1.8		
Week's Maintenance Weight		2.9	Total Weight Loss	207.1		
2			=			
Weekly Vegetables		9	Weekly Fruits	11	6	
Total Weekly Exercise Calories	10)25	TTL Fruits & Veggies Combined:	30		
BMI Index = Overweight	•		ВМІ	25.2		
		nated			ies ies	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	0	Comments
	260		Pita w/ Co	untry Crock		
	450		Colod Lattice Ocion Transla Calle	Chicken, Chow Mein Noodles, Dressing		Snack
World's Best Tomatoes	430	٧,٧,٧	Saida – Lettuce, Union, Tomato, Grille	Chicken, Chow Mein Noodies, Dressing		Dinner
Horid 3 Best Torridoes						
Daily Total	1690	200			•	Before Bed
Net Daily Total Saturday	250	690 T	Sardina	L s on Pita	0	Number of Vegetables — 2
7/21/2007	150	f		s on Pila s & Chili-Mango		Number of Vegetables – 2 Number of Fruits – 2
Today's Weight — 150.0	1.55	225		Slimmons		Plan
Today's Maintenance Weight-122.3	360		Deli Turkey & Chee	se on English Muffin		Breakfast
	250	٧		untry Crock & Chives		Const.
	60	f	Peeled Apple	- very small		Snack
	500	٧	Sharkev's Nake	L ed Chicken Wrap		Lunch
	300	*	Silurkey a Nuki	о оповон тир		
A THE THE PERSON OF THE PERSON						
						Snack
A						Dinner
Amazing Carrots						Dinner
Daily Total	1570	225				Before Bed
Net Daily Total		345			0	
Sunday	600	345	Pretzel x 2	(Farmers Market , Failled to eat breakfast	0	Number of Vegetables – 2
Sunday 7/22/2007	600			before going.	0	Number of Fruits - 2
Sunday		v f	Eggs (2) w/ Squash I		0	Number of Vegetables - 2 Number of Fruits - 2 Plan Breakfast
Sunday 7/22/2007 Today's Weight — 150.0	355	V	Eggs (2) w/ Squash I	before going. Blossoms on Sourdough	0	Number of Fruits - 2 Plan
Sunday 7/22/2007 Today's Weight — 150.0	355 50	v f	Eggs (2) w/ Squash I Straw	before going. Blossoms on Sourdough berries Walk 4000 Steps	0	Number of Fruits — 2 Plan Breakfast
Sunday 7/22/2007 Today's Weight — 150.0	355 50 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread	0	Number of Fruits - 2 Plan
Sunday 7/22/2007 Today's Weight — 150.0	355 50	v f	Eggs (2) w/ Squash I Straw Buca de Beppo	before going. Blossoms on Sourdough berries Walk 4000 Steps	0	Number of Fruits — 2 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight — 150.0	500 500 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia	0	Number of Fruits — 2 Plan Breakfast
Sunday 7/22/2007 Today's Weight — 150.0	355 50 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread	0	Number of Fruits — 2 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight — 150.0	500 500 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries	0	Number of Fruits - 2 Plan Breakfast Snack Lunch
Sunday 7/22/2007 Today's Weight — 150.0	500 500 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries	0	Number of Fruits - 2 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2	500 500 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries	0	Number of Fruits — 2 Plan Breakfast Snack Lunch Snack
Sunday 7/22/2007 Today's Weight — 150.0	500 500 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries	0	Number of Fruits – 2 Plan Breakfast Snack Lunch
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2	500 500 500	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries	0	Number of Fruits — 2 Plan Breakfast Snack Lunch Snack
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2	500 500 500 500 300	v f 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries	0	Number of Fruits — 2 Plan Breakfast Snack Lunch Snack
Sunday 7/22/2007 Today's Weight – 150.0 Today's Maintenance Weight–198.2 Texas Sweet Onions Daily Total	500 500 500 500 2355	v f 175 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2 Texas Sweet Onions Daily Total Net Daily Total	500 500 500 500 300	v f 175 v f	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries 9 Seed	0	Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday	500 500 500 500 2355	v f 175 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007	500 500 500 500 500 2355 2355	v f 175 v f	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas	before going. Blossoms on Sourdough berries Walk 4000 Steps S — Garlic Bread les on Foccacia berries — 9 Seed h Blossoms, Mushrooms, & Tomato		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 300	v f 175 v f	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries 9 Seed		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007	500 500 500 500 500 2355 2355	v f 175 v f	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas	before going. Blossoms on Sourdough berries Walk 4000 Steps S — Garlic Bread les on Foccacia berries — 9 Seed h Blossoms, Mushrooms, & Tomato		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 500 2355 21 380	v f 175 v f f	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Eggs (2) on Sourdough w/ Squas	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries - 9 Seed h Blossoms, Mushrooms, & Tomato jette I Chicken, Chow Mein Noodles, Dressing s & Cherries		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan Breakfast
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 500 300 2355 21 380 250	v f 175 v f f 175 s 175	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Eggs (2) on Sourdough w/ Squas Salad – Mixed Veggies, Tomato, Grilled Strawberrie	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Carlic Bread les on Foccacia berries - 9 Seed h Blossoms, Mushrooms, & Tornato gette d Chicken, Chow Mein Noodles, Dressing s & Cherries Heavy Housework		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan
Sunday 7/22/2007 Today's Weight – 150.0 Today's Maintenance Weight–198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight – 151.0	500 500 500 500 500 2355 21 380 250	v f 175 v f f	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Eggs (2) on Sourdough w/ Squas Salad – Mixed Veggies, Tomato, Grilled Strawberrie	before going. Blossoms on Sourdough berries Walk 4000 Steps s - Garlic Bread les on Foccacia berries - 9 Seed h Blossoms, Mushrooms, & Tomato jette I Chicken, Chow Mein Noodles, Dressing s & Cherries		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight – 150.0 Today's Maintenance Weight–198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight – 151.0	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f 175 80 v v.v.v.v f 100	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato Lette Chicken, Chow Mein Noodles, Dressing s & Cherries Heavy Housework Muffin		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan Breakfast
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 500 300 2355 21 380 250	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f 175 80 v v.v.v.v f 100	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato Lette Chicken, Chow Mein Noodles, Dressing s & Cherries Heavy Housework Muffin		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1 Plan Breakfast Snack
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight - 151.0 Today's Maintenance Weight-132.3	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan Breakfast Snack Snack
Sunday 7/22/2007 Today's Weight — 150.0 Today's Maintenance Weight—198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight — 151.0	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan Breakfast Snack Lunch
Sunday 7/22/2007 Today's Weight - 150.0 Today's Mointenance Weight-198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight - 151.0 Today's Maintenance Weight-132.3	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits - 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 6 Number of Fruits - 1 Plan Breakfast Snack Snack
Sunday 7/22/2007 Today's Weight - 150.0 Today's Maintenance Weight-198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight - 151.0 Today's Maintenance Weight-132.3	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack
Sunday 7/22/2007 Today's Weight - 150.0 Today's Mointenance Weight-198.2 Texas Sweet Onions Daily Total Net Daily Total Monday 7/23/2007 Today's Weight - 151.0 Today's Maintenance Weight-132.3	500 500 500 500 500 500 300 2355 21 380 250 405 50	v f 175 v f f 175 80 v v.v.v.v f 100 v	Eggs (2) w/ Squash I Straw Buca de Beppo Grilled Vegetat Straw Bagette Eggs (2) on Sourdough w/ Squas Ba Salad – Mixed Veggies, Tomato, Grillet Strawberrie English	before going. Blossoms on Sourdough berries Walk 4000 Steps S - Garlic Bread les on Foccacia berries 9 Seed h Blossoms, Mushrooms, & Tomato lette Chicken, Chow Mein Noodles, Dressing S & Cherries Heavy Housework Muffin Summer Special		Number of Fruits — 2 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 6 Number of Fruits — 1 Plan Breakfast Snack Lunch Snack