








Week Starting Weight	149.0	Calculated Weight Loss	0.0
Week's Daily Maintenance Calories	1639	Average Weekly Weight	149.0
Average Net Daily Calories	1637.9	Week Weight Loss	0.0
Week's Maintenance Weight	148.9	Total Weight Loss	209.0
Weekly Vegetables	24	Weekly Fruits	18
Total Weekly Exercise Calories	1225	TTL Fruits & Veggies Combined:	42

BMI Index = Overweight			BMI → 24.9				
Date	Estimated		Food	Exercise	Plan Calories	Comments	
	Food Calories	Exercise Calories					
Tuesday	230	v.v	Scrambled Eggs (2) w/ Onion & Tomato			Number of Vegetables – 2	
6/26/2007	200		English Muffin w/ Country Crock			Number of Fruits – 3	
Today's Weight – 148.0						Plan	
Today's Maintenance Weight–124.5				Walk 2500 Steps		Breakfast	
	400		Gelsons Spicy Tuna Hand Roll				
	50	f	Watermelon – 1 Cup			Snack	
	120	100	Sourdough Roll			Lunch	
	100	f	Large Peach				
		225		Slimmons			
	370	v	Turkey on Sourdough w/ Tomato, Onion, & Greens				
	50	f	Watermelon – 1 Cup			Snack	
	125	v	Popcorn – 3 TB			Dinner	
	Nectarines & Pluots	50		1 TB Brown Sugar			
Daily Total	1695	325				Before Bed	
Net Daily Total	1370				0		
Wednesday	330	v	Sardines on Toast w/ Tomato & Onion			Number of Vegetables – 5	
6/27/2007	100	f	Peach			Number of Fruits – 2	
Today's Weight – 150.0		75		Walk longer alley walk		Plan	
Today's Maintenance Weight–180.9	340		Deli Turkey on Sourdough			Breakfast	
	50	f	Watermelon				
	120		Sourdough Toast			Snack	
	385		3.5 oz Pretzels			Lunch	
	125	v.v	Chicken & Mixed Veggies (on BBQ) w/ Moonlight Marinade				
	200		Saffron Rice			Snack	
	240		Sourdough Toast				
			Midnight Noshing			Dinner	
	175	v.v	Chicken & Mixed Veggies (on BBQ) w/ Moonlight Marinade w. Ric				
	Strawberry Guy!						
Daily Total	2065	75				Before Bed	
Net Daily Total	1990				0		
Thursday	260		3 oz Sockeye Salmon on 5 Ak Mok Crackers			Number of Vegetables – 5	
6/28/2007	100	f	Peach			Number of Fruits – 2	
Today's Weight – 150.0		50		Short Alley Walk		Plan	
Today's Maintenance Weight–148.6	600		1.2 Thai Salad @ CPK			Breakfast	
	120		Sourdough				
	220		Deli Turkey on Sourdough			Snack	
		225		Slimmons		Lunch	
	390	v	Deli Turkey w/ onion & Tomato on Sourdough				
	100	f	Nectarine			Snack	
	120		Sourdough			Dinner	
	Asian Vegetables						
	Daily Total	1910	275				Before Bed
Net Daily Total	1635				0		
Friday	75	v	Corn Salsa			Number of Vegetables – 3	
6/29/2007	380		Sardines on 10 Ak Mok Crackers			Number of Fruits – 2	
Today's Weight – 150.0		50		Short Alley Walk		Plan	
Today's Maintenance Weight–177.7	240		Sourdough Roll			Breakfast	
	210	v	Deli Turkey on Sourdough w/ Tomato				
	50	f	Pluot			Snack	
	100	f	Nectarine			Lunch	
	600		Sourdough Roll x 5				



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Week's Maintenance Weight	148.9	Total Weight Loss	209.0
Weekly Vegetables	24	Weekly Fruits	18
Total Weekly Exercise Calories	1225	TTL Fruits & Veggies Combined:	42

BMI Index = Overweight			BMI → 24.9			
Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	150		Deli Turkey			Snack
	200	v	Ground Turkey w/ Onion, Mushroom, Garli, & Rice Noodles			Dinner
Daily Total	2005	50				Before Bed
Net Daily Total	1955				0	
Saturday 6/30/2007	25	v	Ground Turkey w/ Onion, Mushroom, Garli, & Rice Noodles			Number of Vegetables – 1
Today's Weight – 150.0	75	f	Nectarine			Number of Fruits – 3
Today's Maintenance Weight – 105.9	400	50		Short Alley Walk		Plan
		200	Bristol Farms Spicy Tuna Roll			Breakfast
	300	f	Chili Spiced Mango	Slimmons		
	75	f	Nectarine			Snack
	280		Special K w/ Brown Sugar			Lunch
Amazing Carrots	260		3 oz Sockeye Salmon on 5 Ak Mok Crackers			
						Snack
						Dinner
Daily Total	1415	250				Before Bed
Net Daily Total	1165				0	
Sunday 7/1/2007	100	f	Dried Papaya			Number of Vegetables – 4
Today's Weight – 147.0		50		Short Alley Walk		Number of Fruits – 3
Today's Maintenance Weight – 163.6	200	75		Farmers Market & Trader Joes		Plan
			Bagette			Breakfast
	150		Black Licorice			
	120		5 Ak Mok Crackers			
	320	v.v	Eggs (2) on Sundried Tomato & Haberen0 Tortilla w. Greens, Tomato, & Scallion			Snack
Texas Sweet Onions	75	f	Nectarine			Lunch
	350	v	Ground Turkey w. Onion, Mushroom, Rice Noodle, Water Chestnut on Bagette			
	350		Ground Turkey w. Onion, Mushroom, Rice Noodle, Water Chestnut on Bagette			
	160	v	Habenero & Sun Dried Tomato Tortilla w. Tomato & Sprouts			Snack
	100	f	Chili Mango			Dinner
Daily Total	1925	125				Before Bed
Net Daily Total	1800				0	
Monday 7/2/2007	120	50	Bagette	Short Alley Walk		Number of Vegetables – 4
Today's Weight – 148.0	100	f	Chili Mango			Number of Fruits – 3
Today's Maintenance Weight – 140.9						Plan
	240	v	TJ's Smoked Salmon Salad			Breakfast
	120		Rosemary Bread			
	75	f	Nectarine			Snack
	120		Black Licorice – 4 pieces			Lunch
Look what TURNIP ed!	150	v	7.6 oz Baked Potato w. Lemon Juice, Parmesan, & Green Onion			
	100	V	Carrots			Snack
	50	F	Papaya–Mango Salsa			
						Dinner
	600	v	Weird Vietnamese Soup – Clear Broth, Shrimp, Crab, Undefined meat that I didn't eat, Rice Noodles, Vegetables.			
		75		Walk 1700 Steps		
						Before Bed
					0	
Daily Total	1675	125				
Net Daily Total	1550					