Laura Rebecca Silverman Week End 7/3/2007

			Week Lild 7/3/20			
Week Starting Weight		9.0	Calculated Weight Loss	0.0		
Week's Daily Maintenance Calories		39	Average Weekly Weight	149.0		
Average Net Daily Calories		37.9	Week Weight Loss	0.0		
Week's Maintenance Weight		8.9	Total Weight Loss	209.0		
Weekly Vegetables		24	Weekly Fruits	18		
Total Weekly Exercise Calories	12	225	TTL Fruits & Veggies Combined:	42		
BMI Index = Overweight			ВМІ	≥ 24.9		
		nated			les.	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	0	Comments
Tuesday 6/26/2007	230 200	٧.٧		w/ Onion & Tomato / Country Crock		Number of Vegetables — 2  Number of Fruits — 3
Today's Weight - 148.0	200		English Mullin	/ Country Crock		Plan
Today's Maintenance Weight-124.5				Walk 2500 Steps		Breakfast
	400	,		Tuna Hand Roll		
	50	f 100	Waternelo	n - 1 Cup		Snack
23,770,70	120	100	Sourdo	L ugh Roll		Silder
				- <del></del>		Lunch
	100	f	Large	Peach		
	770	225	Tl C 1 1 /	Slimmons Tempte Orien & Creans		
	370 50	v f	Turkey on Sourdough w/	Tomato, Onion, & Greens n — 1 Cup	+	Snack
	125	V	Poncorr	ı – 3 TB		
Nectarines & Pluocts			·			Dinner
	50		1 TB Bro	wn Sugar		
					-	
Daily Total	1695	325			+	Before Bed
Net Daily Total		370			0	
Wednesday	330	٧	Sardines on Toast	w/ Tomato & Onion		Number of Vegetables - 5
6/27/2007	100	f	Pe	ach		Number of Fruits – 2
Today's Weight - 150.0	740	75	Dell Today	Walk longer alley walk		Plan
Today's Maintenance Weight-180.9	340 50	f		on Sourdough melon		Breakfast
10 Y	30		Water	IIICIOII		
	120		Sourdou	gh Toast		Snack
	385		3.5 oz	Pretzels		Lunch
	125	V.V	Chickon & Miyad Vaggios (on	BBQ) w/ Moonlight Marinade		
	200	7.7		n Rice		
The state of the s						Snack
	240			gh Toast		
	175		Midnight Noshing Chicken & Mixed Massics (so DE	Q) w/ Moonlight Marinade w. Ric		Dinner
	175	V.V	Chicken & Mixed Veggles (on Be	(a) w/ Moonlight Marinade w. Kic		
Strawberry Guy!						
Daily Total	2065	75				Before Bed
Net Daily Total		990	7 6 1 61	F H H I O I	0	N 1 (V 11) 5
Thursday 6/28/2007	260 100	f		on 5 Ak Mok Crackers ach		Number of Vegetables - 5 Number of Fruits - 2
Today's Weight - 150.0	100	50	16	Short Alley Walk		Plan
Today's Maintenance Weight-148.6	600		1.2 Thai S	alad @ CPK		Breakfast
	120		Sour	dough		Snack
	220		Deli Turkev (	n Sourdough		SHOOK
	220	225	Doi: Tulkey C	Slimmons	1	Lunch
The state of the s						
	390	٧		Tomato on Sourdough		
	100	f	Nect	arine	+	Snack
THE STATE OF THE S	120		Sour	l dough	+	Ondo.
Asian Vegetables						Dinner
Daily Total	1910	275			+	Before Bed
Net Daily Total		635			0	
Friday	75	٧		Salsa		Number of Vegetables - 3
6/29/2007	380		Sardines on 10	Ak Mok Crackers		Number of Fruits - 2
Today's Weight — 150.0 Today's Maintenance Weight—177.7	240	50	Cd-	Short Alley Walk ugh Roll	$\perp$	Plan Breakfast
Today 5 maintenance meight-1/7.7	240		Sourdo	ugn NOII	+	Dr Cantuat
	210	٧	Deli Turkey on Sou	ırdough w/ Tomato		
VINE RIPE TOMATORS	50	f		uot		Snack
\$3º11	100	,				Linet
	100	f	Nect	arine	+	Lunch
	600		Sourdoug	h Roll x 5		
What was a second of the secon		1	I Sourdoug	····		+

Laura Rebecca Silverman Week End 7/3/2007

Week Starting Weight	14	9.0	Calculated Weight Loss	0.0		
Week's Daily Maintenance Calories	16	i39	Average Weekly Weight	149.0		
Average Net Daily Calories			Week Weight Loss	0.0		
Week's Maintenance Weight	14	8.9	Total Weight Loss	209.0		
Weekly Vegetables	2	!4	Weekly Fruits	18		
Total Weekly Exercise Calories	· ·		TTL Fruits & Veggies Combined: 42			
BMI Index = Overweight			BMI	<b>24.9</b>		
	Estin	nated			es_	
	Food	Exercise			Plan Calories	
Date	Calories	Calories	Food	Exercise	ت	Comments
	450					
	150		Deli	Turkey C		Snack
World's Best Tomatoes	200	٧	Ground Turkey w/ Onion, Mu	shroom, Garli, & Rice Noodles		Dinner
			,			
Daily Total	2005	50				Before Bed
Net Daily Total		55			0	50.00
Saturday	25	٧		shroom, Garli, & Rice Noodles		Number of Vegetables — 1
6/30/2007	75	f	Nec	tarine		Number of Fruits – 3
Today's Weight — 150.0 Today's Maintenance Weight—105.9	400	50	Bristol Farms	Spicy Tuna Roll		Plan Breakfast
1999 5 maintenance freight 1993	100	200		Slimmons		
AND THE RESERVE OF THE PARTY OF	300	f		ed Mango		
	75	f	Nec	tarine		Snack
	280		Snecial K w	Brown Sugar		Lunch
	200		Special it #/	Diown Sugar		Landi
Sept 1 of the Mark	260		3 oz Sockeye Salmon	on 5 Ak Mok Crackers		
						Snack
						SHOCK
Amazing Carrots						Dinner
l						
Daily Total	1415	250				Before Bed
Net Daily Total		65			0	
Sunday	100	f	Dried	Papaya		Number of Vegetables - 4
7/1/2007 Today's Weight - 147.0		50 75		Short Alley Walk Farmers Market & Trader Joes		Number of Fruits — 3 Plan
Today's Maintenance Weight-163.6	200	73	Bac	gette		Breakfast
	150		Black	Licorice		
	150			Licorice  Crackers		Snack
	120 320	V.V	5 Ak Mol	Crackers   		
	120	v.v f	5 Ak Mol	c Crackers		Snack Lunch
	120 320 75	f	5 Ak Mol Eggs (2) on Sundried Tomato & Habere Nec	Crackers  no Tortilla w. Greens, Tomato, & Scallion tarine		
	120 320	v.v f	5 Ak Mol Eggs (2) on Sundried Tomato & Habere Nec Ground Turkey w. Onion, Mushroom, F	Crackers   		
	320 75 350 350	f v	5 Ak Mol Eggs (2) on Sundried Tomato & Habere Nec Ground Turkey w. Onion, Mushroom, F. Ground Turkey w. Onion, Mushroom, F.	Crackers  Ino Tortilla w. Greens, Tomato, & Scallion tarine  Icice Noodle, Water Chestnut on Bagette  Icice Noodle, Water Chestnut on Bagette		
Tayan Swart Anison	120 320 75 350	f	5 Ak Mol Eggs (2) on Sundried Tomato & Habere Nec Ground Turkey w. Onion, Mushroom, F. Ground Turkey w. Onion, Mushroom, F.	Crackers  Ino Tortilla w. Greens, Tomato, & Scallion carine  Inc.		Lunch
Texas Sweet Onions	320 75 350 350 350	f v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat	c Crackers  no Tortilla w. Greens, Tomato, & Scallion carine  licice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  o Tortilla w. Tomato & Sprouts		Lunch
Texas Sweet Onions	320 75 350 350	f v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat	Crackers  Ino Tortilla w. Greens, Tomato, & Scallion tarine  Icice Noodle, Water Chestnut on Bagette  Icice Noodle, Water Chestnut on Bagette		Lunch
	320 75 350 350 350 160	v v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat	c Crackers  no Tortilla w. Greens, Tomato, & Scallion carine  licice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  o Tortilla w. Tomato & Sprouts		Lunch  Snack  Dinner
Daily Total	320 75 350 350 350 160 100	v v f	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat	c Crackers  no Tortilla w. Greens, Tomato, & Scallion carine  licice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  o Tortilla w. Tomato & Sprouts	0	Lunch
Daily Total Net Daily Total Monday	320 75 350 350 350 160 100	v v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat	c Crackers  no Tortilla w. Greens, Tomato, & Scallion carine  licice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  o Tortilla w. Tomato & Sprouts	0	Lunch  Snack  Dinner
Daily Total Net Daily Total Monday 7/2/2007	120 320 75 350 350 160 100 1925 18	f v v f 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili	k Crackers  Ino Tortilla w. Greens, Tomato, & Scallion carine  Licice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  Tortilla w. Tomato & Sprouts  Mango  Mango  Short Alley Walk	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables – 4  Number of Fruits – 3
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120 320 75 350 350 350 160 100	f v v f 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili	Crackers  In Tortilla w. Greens, Tomato, & Scallion carine  Icice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  Tortilla w. Tomato & Sprouts  Mango	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables – 4  Number of Fruits – 3  Plan
Daily Total Net Daily Total Monday 7/2/2007	120 320 75 350 350 160 100 1925 18 120	f v v f 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat  Chili	k Crackers  Ino Tortilla w. Greens, Tomato, & Scallion carine  Icice Noodle, Water Chestnut on Bagette cice Noodle, Water Chestnut on Bagette  Tortilla w. Tomato & Sprouts  Mango  Mango  Short Alley Walk  Mango	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables – 4  Number of Fruits – 3
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75 350 350 350 160 100 1925 18 120 100 240 120	f v v f 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat  Chili  Bag  Chili	k Crackers  Ino Tortilla w. Greens, Tomato, & Scallion carine  Licice Noodle, Water Chestnut on Bagette lice Noodle, Water Chestnut on Bagette  Tortilla w. Tomato & Sprouts  Mango  Mango  Short Alley Walk	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables – 4  Number of Fruits – 3  Plan
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75 350 350 350 160 100 1925 18 120 100 240	f v v f 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat  Chili  Bag  Chili  TJ's Smoked Rosema	c Crackers  In Tortilla w. Greens, Tomato, & Scallion tarine  Ice Noodle, Water Chestnut on Bagette tice Noodle, Water Chestnut on Bagette  To Tortilla w. Tomato & Sprouts  Mango  Jette  Short Alley Walk  Mango  Salmon Salad	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables – 4  Number of Fruits – 3  Plan
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75  350 350  160  100  1925  18  120  100  240  120  75	f v v f 125 500 f v v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  Bag  Chili  TJ's Smoked  Rosema	k Crackers  Ino Tortilla w. Greens, Tomato, & Scallion carine  Icice Noodle, Water Chestnut on Bagette Icice Noodle, Water Che	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75 350 350 350 160 100 1925 18 120 100 240 120	f v v f 125 500 f v v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  Bag  Chili  TJ's Smoked  Rosema	Crackers  In Tortilla w. Greens, Tomato, & Scallion Carine Cice Noodle, Water Chestnut on Bagette Cice Noodle, Water Chestnut on Bagette Cice Noodle, Water Chestnut on Bagette Co Tortilla w. Tomato & Sprouts  Mango  Jette Short Alley Walk  Mango Salmon Salad  Try Bread	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75  350 350  160  100  1925  18  120  100  240  120  75	f v v f 125 500 f v v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere  Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  Bag  Chili  TJ's Smoked  Rosemo Nec	k Crackers  Interpretation of Tortilla w. Greens, Tomato, & Scallion carine  Icarine  Icice Noodle, Water Chestnut on Bagette	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75 350 350 350 160 100 1925 18 120 100 240 120 75	f v v f 125 500 f v v v	5 Ak Mol Eggs (2) on Sundried Tomato & Habere Nec Ground Turkey w. Onion, Mushroom, F Ground Turkey w. Onion, Mushroom, F Habenero & Sun Dried Tomat Chili  Bag Chili TJ's Smoked Rosemo Nec Black Licoric 7.6 oz Baked Potato w. Lemon	c Crackers  In Tortilla w. Greens, Tomato, & Scallion carine Cice Noodle, Water Chestnut on Bagette Cice Noodle, Water Chestnut on Bagette Co Tortilla w. Tomato & Sprouts  Mango  Jette  Short Alley Walk  Mango  Salmon Salad Try Bread  Tarrine  Let e - 4 pieces  Juice, Parmesan, & Green Onion	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Plan  Breakfast  Snack  Lunch
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75 350 350 350 160 100  1925 18 120 100 240 120 75 120 150	f v v f 125 500 f v v V V V V V V V V V V V V V V V V V	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat  Chili  TJ's Smoked Rosema Nec  Black Licoria  7.6 oz Baked Potato w. Lemon	Crackers  In Tortilla w. Greens, Tomato, & Scallion carine Carine Cice Noodle, Water Chestnut on Bagette Cice Noodle, Water Chestnut on Bagette Co Tortilla w. Tomato & Sprouts  Mango  Lette  Short Alley Walk  Mango  Salmon Salad  Arry Bread  Tarrine  Lete - 4 pieces  Juice, Parmesan, & Green Onion  Trots	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast
Daily Total  Net Daily Total  Monday  7/2/2007  Today's Weight — 148.0  Today's Maintenance Weight—140.9	120  320 75 350 350 350 160 100 1925 18 120 100 240 120 75	f v v f 125 500 f v v v	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F  Ground Turkey w. Onion, Mushroom, F  Habenero & Sun Dried Tomat  Chili  TJ's Smoked Rosema Nec  Black Licoria  7.6 oz Baked Potato w. Lemon	c Crackers  In Tortilla w. Greens, Tomato, & Scallion carine Cice Noodle, Water Chestnut on Bagette Cice Noodle, Water Chestnut on Bagette Co Tortilla w. Tomato & Sprouts  Mango  Jette  Short Alley Walk  Mango  Salmon Salad Try Bread  Tarrine  Let e - 4 pieces  Juice, Parmesan, & Green Onion	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast  Snack  Lunch  Snack
Daily Total Net Daily Total Monday 7/2/2007 Today's Weight — 148.0	120  320 75 350 350 350 160 100  1925 18 120 100 240 120 75 120 150	f v v f 125 500 f v v V V V V V V V V V V V V V V V V V	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  TJ's Smoked Rosema Nec  Black Licoria  7.6 oz Baked Potato w. Lemon	Crackers  In Tortilla w. Greens, Tomato, & Scallion carine Carine Cice Noodle, Water Chestnut on Bagette Cice Noodle, Water Chestnut on Bagette Co Tortilla w. Tomato & Sprouts  Mango  Lette  Short Alley Walk  Mango  Salmon Salad  Arry Bread  Tarrine  Lete - 4 pieces  Juice, Parmesan, & Green Onion  Trots	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Plan  Breakfast  Snack  Lunch
Daily Total  Net Daily Total  Monday  7/2/2007  Today's Weight — 148.0  Today's Maintenance Weight—140.9	120  320  75  350  350  350  160  100  1925  18  120  100  240  120  75  120  150  100  50	f v v f 125 125 125 125 125 125 125 125 125 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  TJ's Smoked Rosema Nec  Black Licoria  7.6 oz Baked Potato w. Lemon  Cai Papaya-W	Crackers  Compared to the comp	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast  Snack  Lunch  Snack
Daily Total  Net Daily Total  Monday  7/2/2007  Today's Weight – 148.0  Today's Maintenance Weight–140.9	120  320 75 350 350 350 160 100 1925 18 120 100 240 120 75 120 150 100 50	f v v f f v v v V F V V 75	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  TJ's Smoked Rosema Nec  Black Licoria  7.6 oz Baked Potato w. Lemon  Cai Papaya-W	k Crackers  Into Tortilla w. Greens, Tomato, & Scallion carine  Icice Noodle, Water Chestnut on Bagette Icice Noodle, Water Ch	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 4  Number of Fruits — 3  Plan  Breaklast  Snack  Lunch  Snack  Dinner
Daily Total  Net Daily Total  Monday  7/2/2007  Today's Weight - 148.0  Today's Maintenance Weight-140.9	120  320  75  350  350  350  160  100  1925  18  120  100  240  120  75  120  150  100  50	f v v f 125 125 125 125 125 125 125 125 125 125	5 Ak Mol  Eggs (2) on Sundried Tomato & Habere Nec  Ground Turkey w. Onion, Mushroom, F.  Ground Turkey w. Onion, Mushroom, F.  Habenero & Sun Dried Tomat  Chili  TJ's Smoked Rosema Nec  Black Licoria  7.6 oz Baked Potato w. Lemon  Cai Papaya-W	Crackers  Compared to the comp	0	Lunch  Snack  Dinner  Before Bed  Number of Vegetables - 4  Number of Fruits - 3  Plan  Breakfast  Snack  Lunch  Snack