



Week Starting Weight	150.9	Calculated Weight Loss	0.0
Week's Daily Maintenance Calories	1660	Average Weekly Weight	150.4
Average Net Daily Calories	1671.7	Week Weight Loss	0.5
Week's Maintenance Weight	152.0	Total Weight Loss	207.6
Weekly Vegetables	29	Weekly Fruits	11
Total Weekly Exercise Calories	1318	TTL Fruits & Veggies Combined:	40





BMI Index = Overweight BMI 25.1

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 7/24/2007	200		Left Over Ramen			Number of Vegetables - 7
Today's Weight - 151.0	160		Whole Wheat Bagette			Number of Fruits - 2
Today's Maintenance Weight-145.5						Plan
	260		Sourdough w/ Sardine			Breakfast
	200	v.v.v.v	4 Cups Mixed Beets, Turnip, & Carrots			Snack
	120		Grilled Chicken Breast			
	75		Dressing			Lunch
		100		Walk 2300 Steps		
	220		Sourdough Bread			
	100	f	Cherries			
						Snack
	120		Sourdough Toast			Dinner
	100	f	Peach			
Nectarines & Pluots		250		Slimmons		
	40	v	Tomato w. Vinegar-Marinated Cucumber & Onion			
	60	v	1 Red Potato; steamed			
	75		Whole Wheat Bagette			
	100	v	;Beet Salad			
	120		Sourdough			
Daily Total	1950	350				Before Bed
Net Daily Total		1600			0	
Wednesday 7/25/2007	260	50	Sardines on Sourdough	Walk Short Alley Walk		Number of Vegetables - 2
Today's Weight - 150.0	200		Whole Wheat Bagette			Number of Fruits - 2
Today's Maintenance Weight-163.2						Plan
	120		Sourdough Toast			Breakfast
	50	f	Strawberries			
						Snack
	380		Swiss on Sourdough			
	60	f	Nectarine			Lunch
	300		Spicy Hand Roll			
	130		Grilled Chicken Tenderloins			Snack
	150	v	Potato Salad			
	75	v	Beet Salad			Dinner
	120		Sourdough			
Strawberry Guy!						
Daily Total	1845	50				Before Bed
Net Daily Total		1795			0	
Thursday 7/26/2007	220	v	Scrambled Eggs (2) w/ Onion, Mushroom, & Tomato			Number of Vegetables - 5
Today's Weight - 150.0	240		Sourdough Toast			Number of Fruits - 3
Today's Maintenance Weight-106.4		50		Short Alley Walk		Plan
	300		Deli Turkey on Sourdough			Breakfast
	25	v	Beet Salad			
	75	f	Cherries			
						Snack
	50	f	Sliced Tomato w/ Dressing			
						Lunch
	130		Slice of Cheese on 1/2 Sourdough			
	100	f	Peach			
		250		Slimmons		
	25	v	Cucumbers & Onion marinated in Vinegar			Snack
Asian Vegetables	180		Deli Turkey on Sourdough			Dinner
	125	v/v	Popcorn			
Daily Total	1470	300				Before Bed
Net Daily Total		1170			0	
Friday 7/27/2007	120		Sourdough			Number of Vegetables - 0
Today's Weight - 150.0	100		Rattini w/ Orange-Chili-Garlic Sauce			Number of Fruits - 0
Today's Maintenance Weight-184.5						Plan
	480		Deli Turkey on Sourdough			Breakfast
	120		English Muffin			
	60		Nectarine			Snack



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Total Weekly Exercise Calories	1318	TTL Fruits & Veggies Combined:	40

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Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	50		Strawberries			Lunch
			Maria's Italian Kitchen			
	500		Rosemary Bread			
	600		Pasta Primavera			Snack
World's Best Tomatoes						Dinner
Daily Total	2030					Before Bed
Net Daily Total	2030				0	
Saturday 7/28/2007	300	v	Pasta Primavera			Number of Vegetables - 6
Today's Weight - 150.0	180		Deli Turkey on English Muffin			Number of Fruits - 1
Today's Maintenance Weight-188.2	1000		GLASG Meeting - Assorted Crap			Plan
						Breakfast
	180		English Muffin w/ Deli Turkey			
	60	f	Nectarine			Snack
		100				
	200		Grilled Salmon	Costco		Lunch
	100	v	Baked Potato - Plain			
	25	v	1 Summer Squash			
	50	v	Baked Potato			Snack
Amazing Carrots	75	v.v	Zucchini & Squash			Dinner
Daily Total	2170	100				Before Bed
Net Daily Total	2070				0	
Sunday 7/29/2007	200		Grilled Salmon			Number of Vegetables - 4
Today's Weight - 151.0	50	v	Zucchini			Number of Fruits - 0
Today's Maintenance Weight-145.5		60	Farmers Market - Walk 1500 Steps			Plan
	100	v	Sliced Tomato w/ Dressing			Breakfast
	300		Deli Turkey on Sourdough			
	370	v	Deli Turkey on Sourdough w/ Tomato, Onion, & Sprouts			Snack
		180	Pow Wow w/ Eric - Walk 4278			
	300		Zankou Chicken - 1/4 All White			Lunch
	350		2 Pita			
	50	v	Pickled Turnip & Tomato			
	120		Sourdough Toast			Snack
Texas Sweet Onions						Dinner
Daily Total	1840	240				Before Bed
Net Daily Total	1600				0	
Monday 7/30/2007	350	f	Oatmeal w/ 1 Cup Mixed Berries & Raw Sugar			Number of Vegetables - 5
Today's Weight - 151.0	320		Grilled Salmon on Sourdough			Number of Fruits - 3
Today's Maintenance Weight-130.6	60	f	Peach			Plan
						Breakfast
	350	v	Grilled Salmon on Sourdough w/ Tomato, Onion, Sprouts			
			Short Alley Walk			Snack
	140	f	Blueberry Bar			
						Lunch
	150	v	Steamed Potato w/ Mustard Dressing			
	75	v	1/2 Beet			
			Short Alley Walk			
	120		Sourdough			Snack
			2858 Steps (Collins, Yolanda, Hatteras,			
Look what TURNIP ed!	75	v	Beet Salad			Dinner
	75	v	Potato Salad			
		278	Total of 6467 Steps per Pedometer			
Daily Total	1715	278				Before Bed
Net Daily Total	1437				0	