Laura Rebecca Silverman Week End 7/30/2007

					_	
Week Starting Weight		0.9	Calculated Weight Loss	0.0		
Week's Daily Maintenance Calories		360	Average Weekly Weight	150.4	_	
Average Net Daily Calories		71.7	Week Weight Loss	0.5		
Week's Maintenance Weight	15	2.0	Total Weight Loss	207.6		
Weekly Vegetables		29	Weekly Fruits	11		
Total Weekly Exercise Calories		318	TTL Fruits & Veggies Combined:	40	200	THE RESERVE OF THE PARTY OF THE
	10	/10				
BMI Index = Overweight			BMI	≥ 25.1		
		nated			Plan Calories	
	Food	Exercise			문흥	
Date	Calories	Calories	Food	Exercise	٥	Comments
Tuesday	200		Left Ove	r Ramen		Number of Vegetables — 7
7/24/2007						Number of Fruits – 2
Today's Weight - 151.0	160		Whole Whe	at Bagette		Plan
Today's Maintenance Weight-145.5	000			/ o . r		Breakfast
	260		Sourdough	w/ Sardine		
	200	V.V.V.V	4 Cups Mixed Beets	Turnin & Carrote		Snack
EX 500 C	120	1.1.1.1		ken Breast		- STAGE
	75			ssing		Lunch
		100		Walk 2300 Steps		
A CHECK TO THE RESIDENCE OF THE PERSON OF TH	220		Sourdou			
	100	f	Che	rries		
Handa Arthur						Snack
	120		Sourdou	gh Toast		
Nectarines & Pluocts		1 .		1		Dinner
	100	f	Per	och Clienter and		
		250		Slimmons		
	40		Tomato w. Vinegar-Marin	anted Cucumber & Onion		
	60	v v	1 Red Pota			
	75	'	Whole Whe			
	1 ~~	1	WHOLE WHE	290110		
	100	v	:Beet	Salad		
	120		Source			
				•		
Daily Total	1950	350				Before Bed
Net Daily Total		500			0	
Wednesday	260		Sardines on	Sourdough		Number of Vegetables - 2
7/25/2007	000	50	W 1 W	Walk Short Alley Walk		Number of Fruits – 2
Today's Weight - 150.0	200		Whole Whe	at Bagette		Plan Breakfast
Today's Maintenance Weight-163.2	120		Sourdou	ah Taast		breakiast
0.70	50	f		gri roust perries		
	30	'	Strum	Jerrica .		Snack
	380		Swiss on	Sourdough		
	60	f		arine		Lunch
4						
	300		Spicy H	and Roll		
A SHEETING TO SHEET SHEET	130			n Tenderloins		Snack
	150 75	٧		Salad		
			Potato			Dianas
		٧	Beet	Salad		Dinner
	120	٧	Beet			Dinner
Strawberry Guyl		V	Beet	Salad		Dinner
Strawberry Guy!	120		Beet	Salad		
Daily Total	120	v 50	Beet	Salad	0	Dinner Before Bed
Daily Total Net Daily Total Thursday	120 1845 17 220	50	Beet Source	Salad	0	Before Bed Number of Vegetables – 5
Daily Total Net Daily Total Thursday 7/26/2007	120 1845	50 795 V	Beet Source Source Scrambled Eggs (2) w/ Or	Salad dough nion, Mushroom, & Tomato gh Toast	0	Before Bed Number of Vegetables – 5 Number of Fruits – 3
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240	50	Scrambled Eggs (2) w/ O	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan
Daily Total Net Daily Total Thursday 7/26/2007	120 1845 17 220 240 300	50 795 V	Beet Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey o	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk in Sourdough	0	Before Bed Number of Vegetables – 5 Number of Fruits – 3
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25	50 795 V	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk in Sourdough	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300	50 795 V	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk in Sourdough	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75	50 95 V 50 V	Beet Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che	Salad Jough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25	50 795 V	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet	Salad Jough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75	50 95 V 50 V	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries by w/ Dressing	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75	50 95 V 50 V	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries by w/ Dressing	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75 50 130 100	50 795 v 50 v f	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per	Salad Jough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries o w/ Dressing on 1/2 Sourdough sch Slimmons	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75 50 130 100	50 795 v 50 v f	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per	Salad Jough Trion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad Tries Tries To w/ Dressing In 1/2 Sourdough Slimmons marinated in Vinegar	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4	120 1845 17 220 240 300 25 75 50 130 100	50 795 v 50 v f f	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per	Salad Jough Trion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad Tries Tries To w/ Dressing In 1/2 Sourdough Slimmons marinated in Vinegar	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75 50 130 100 25 180	50 795 v 50 v f f f 250 v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad dough rion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries o w/ Dressing on 1/2 Sourdough salah salah salah rries Simmons marinated in Vinegar on Sourdough	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4	120 1845 17 220 240 300 25 75 50 130 100	50 795 v 50 v f f	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad Jough Trion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad Tries Tries To w/ Dressing In 1/2 Sourdough Slimmons marinated in Vinegar	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4	120 1845 17 220 240 300 25 75 50 130 100 25 180	50 795 v 50 v f f f 250 v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad dough rion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries o w/ Dressing on 1/2 Sourdough salah salah salah rries Simmons marinated in Vinegar on Sourdough	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4 Asian Vegetables	120 1845 17 220 240 300 25 75 50 130 100 25 180	50 95 v 50 v f f 250 v /v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad dough rion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries o w/ Dressing on 1/2 Sourdough salah salah salah rries Simmons marinated in Vinegar on Sourdough	0	Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack Dinner
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4 Asian Vegetables Daily Total	120 1845 17 220 240 300 25 75 50 130 100 25 180 125	50 95 v 50 v f f f 250 v v/v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad dough rion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries o w/ Dressing on 1/2 Sourdough salah salah salah rries Simmons marinated in Vinegar on Sourdough		Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4 Asian Vegetables Daily Total Net Daily Total	120 1845 17 220 240 300 25 75 50 130 100 25 180 125	50 95 v 50 v f f 250 v /v	Scrambled Eggs (2) w/ Or Sourdou Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per Cucumbers & Onion Deli Turkey or Pop	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries on w/ Dressing on 1/2 Sourdough ach Slimmons marinated in Vinegar on Sourdough corn	0	Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Snack Dinner
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0 Today's Maintenance Weight—106.4 Asian Vegetables Daily Total Net Daily Total Friday	120 1845 17 220 240 300 25 75 50 130 100 25 180 125 1470 111 120	50 95 v 50 v f f f 250 v v/v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad dough rion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries on W Dressing on 1/2 Sourdough sach Slimmons marinated in Vinegar on Sourdough corn		Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables - 0
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0 Today's Maintenance Weight—106.4 Asian Vegetables Daily Total Net Daily Total Friday 7/27/2007	120 1845 17 220 240 300 25 75 50 130 100 25 180 125	50 95 v 50 v f f f 250 v v/v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries on w/ Dressing on 1/2 Sourdough ach Slimmons marinated in Vinegar on Sourdough corn		Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Snack Dinner
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight - 150.0 Today's Maintenance Weight-106.4 Asian Vegetables Daily Total Net Daily Total Friday	120 1845 17 220 240 300 25 75 50 130 100 25 180 125 1470 111 120	50 95 v 50 v f f f 250 v v/v	Beet Source Source Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Sliced Tomate Slice of Cheese or Per Cucumbers & Onion Deli Turkey or	Salad Jough Inion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Solad rries In 1/2 Sourdough Simmons marinated in Vinegar on Sourdough Corn Journal Of Surdough Corn Journal Of Surdoug		Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Dinner Before Bed Number of Vegetables — 0 Number of Fruits — 0
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight – 150.0 Today's Maintenance Weight–106.4 Asian Vegetables Daily Total Net Daily Total Friday 7/27/2007 Today's Weight – 150.0	120 1845 17 220 240 300 25 75 50 130 100 25 180 125 1470 11 120 100 480	50 95 v 50 v f f f 250 v v/v	Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per Cucumbers & Onion Deli Turkey or Pop Action of Pop Source Rattini w/ Orange- Deli Turkey or Deli Tur	Salad Jough Trion, Mushroom, & Tomato gh Toast Short Alley Walk In Sourdough Salad Tries Tries To w/ Dressing The 1/2 Sourdough The Slimmons The Simmons The Surdough The		Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 0 Number of Fruits - 0 Plan
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0 Today's Maintenance Weight—106.4 Asian Vegetables Daily Total Net Daily Total Friday 7/27/2007 Today's Weight — 150.0 Today's Weight — 150.0 Today's Maintenance Weight—184.5	120 1845 17 220 240 300 25 75 50 130 100 25 180 125 1470 11 120 100 480	50 95 v 50 v f f f 250 v v/v	Scrambled Eggs (2) w/ Or Sourdou Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per Cucumbers & Onion Deli Turkey or Pop Action w/ Orange Beet Cheese or Per Cucumbers & Onion Deli Turkey or Pop Source Rattini w/ Orange Deli Turkey or English	Salad dough nion, Mushroom, & Tomato gh Toast Short Alley Walk on Sourdough Salad rries on w/ Dressing on 1/2 Sourdough and Slimmons marinated in Vinegar on Sourdough corn dough -Chili-Garlic Sauce on Sourdough		Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 0 Number of Fruits — 0 Plan Breakfast
Daily Total Net Daily Total Thursday 7/26/2007 Today's Weight — 150.0 Today's Waintenance Weight—106.4 Asian Vegetables Daily Total Net Daily Total Friday 7/27/2007 Today's Weight — 150.0	120 1845 17 220 240 300 25 75 50 130 100 25 180 125 1470 11 120 100 480	50 95 v 50 v f f f 250 v v/v	Scrambled Eggs (2) w/ Or Sourdou Scrambled Eggs (2) w/ Or Sourdou Deli Turkey or Beet Che Slice of Cheese or Per Cucumbers & Onion Deli Turkey or Pop Action w/ Orange Beet Cheese or Per Cucumbers & Onion Deli Turkey or Pop Source Rattini w/ Orange Deli Turkey or English	Salad Jough Trion, Mushroom, & Tomato gh Toast Short Alley Walk In Sourdough Salad Tries Tries To w/ Dressing The 1/2 Sourdough The Slimmons The Simmons The Surdough The		Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 0 Number of Fruits - 0 Plan

Laura Rebecca Silverman Week End 7/30/2007

Week Starting Weight		0.9	Calculated Waight Loop	0.0		
Week's Daily Maintenance Calories		0.9 660	Calculated Weight Loss Average Weekly Weight	0.0 150.4		
Average Net Daily Calories		71.7	Week Weight Loss	0.5		
Week's Maintenance Weight		2.0	Total Weight Loss	207.6		
Weekly Vegetables		29	Weekly Fruits	11	-	
Total Weekly Exercise Calories		318	TTL Fruits & Veggies Combined:	40	es.	and the state of t
BMI Index = Overweight	- Is	010	33			
BMI Index = Overweight	F 11		ВМІ	25.1		
Date	Food Calories	Exercise Calories	Food	Exercise	Plan Calories	Comments
\$30,						
	50		Straw	berries		Lunch
			Marioto Ha	lian Kitchen		
	500			ay Bread		
	600			rimavera		Snack
World's Best Tomatoes						Dinner
Daily Total	2030	70				Before Bed
Net Daily Total Saturday	300)30 V	Pasta Primavera		0	Number of Vegetables — 6
7/28/2007	180	V	Deli Turkey on English Muffin			Number of Vegetables – 6 Number of Fruits – 1
Today's Weight - 150.0						Plan
Today's Maintenance Weight-188.2	1000		GLASG Meeting — Assorted Crap			Breakfast
	100		English Muttin / Dut Turk			
	180 60	f	English Muffin w/ Deli Turkey Nectarine			Snack
	- 00	100		Costco		
	200		Grilled Salmon			Lunch
	100	٧	Baked Potato - Plain			
	25	٧	1 Summer Squash			
AL VIII LAND	50	٧	Baked Potato			Snack
	75	V.V	Zucchini & Squash			
Amazing Carrots						Dinner
1						
Daily Total	2170	100				Before Bed
Net Daily Total	20)70			0	
		1	0.711	0.1	U	N 1 (M 111 (
Sunday	200			Salmon	U	Number of Vegetables — 4
Sunday 7/29/2007 Today's Weight – 151.0		v 60		Salmon Chini Farmers Market — Walk 1500 Steps	U	Number of Vegetables – 4 Number of Fruits – 0 Plan
Sunday	200 50 100	٧	Zu Sliced Tomat	chini Farmers Market - Walk 1500 Steps o w/ Dressing	U	Number of Fruits - 0
Sunday 7/29/2007 Today's Weight – 151.0	200 50	v 60	Zu Sliced Tomat	chini Farmers Market – Walk 1500 Steps	0	Number of Fruits — 0 Plan
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100 300	v 60 v	Zu Sliced Tomat Deli Turkey	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough	0	Number of Fruits — 0 Plan Breakfast
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100	v 60	Zu Sliced Tomat Deli Turkey	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts		Number of Fruits — 0 Plan
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100 300 370	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough w Zankou Chicken	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White		Number of Fruits — 0 Plan Breakfast
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100 300 370 370 300 350	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White		Number of Fruits — 0 Plan Breakfast Snack
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100 300 370	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White		Number of Fruits — 0 Plan Breakfast Snack
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100 300 370 370 300 350	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato		Number of Fruits — 0 Plan Breakfast Snack
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5	200 50 100 300 370 300 350 50	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Sunday 7/29/2007 Today's Weight – 151.0	200 50 100 300 370 300 350 50	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato		Number of Fruits - 0 Plan Breakfast Snack Lunch
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5	200 50 100 300 370 300 350 50	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5	200 50 100 300 370 300 350 50	v 60 v	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Daily Total	200 50 100 300 370 370 350 50 120	v 60 v 180 v 1240	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total	200 50 100 300 370 300 350 50 120	v 60 v 180 v 180 v 240 000	Zu Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita uip & Tomato Igh Toast	0	Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday	200 50 100 300 370 300 350 50 120 1840 16	v 60 v 180 v 1240	Zu Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato Igh Toast		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5
Sunday 7/29/2007 Today's Weight – 151.0 Today's Mointenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007	200 50 100 300 370 300 350 50 120	v 60 v 180 v 180 v 240 000	Zu Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita uip & Tomato Igh Toast		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed
Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday	200 50 100 300 370 300 350 50 120 1840 16	v 60 v 180 v 180 v 240 000	Zu Sliced Tomat Deli Turkey Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmor	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita iip & Tomato Igh Toast		Number of Fruits - 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 3
Sunday 7/29/2007 Today's Weight – 151.0 Today's Mointenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0	200 50 100 300 370 300 350 50 120 1840 16 350 320 60	v 60 v 180 v 180 v 240 000 f	Zu Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmor	chini Farmers Market — Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric — Walk 4278 — 1/4 All White Pita iip & Tomato gh Toast de Berries & Raw Sugar on Sourdough ach		Number of Fruits - 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan
Sunday 7/29/2007 Today's Weight – 151.0 Today's Mointenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0	200 50 100 300 370 370 300 350 50 120 1840 16 350 320	v 60 v 180 v 180 v 240 000 f	Zu Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmor	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita ip & Tomato Igh Toast ed Berries & Raw Sugar on Sourdough ach h w/ Tomato, Onion, Sprouts		Number of Fruits - 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables - 5 Number of Fruits - 3 Plan
Sunday 7/29/2007 Today's Weight – 151.0 Today's Mointenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0	200 50 100 300 370 300 350 50 120 1840 16 350 320 60	v 60 v 180 v 180 v 240 000 f	Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmon Pe	chini Farmers Market — Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric — Walk 4278 — 1/4 All White Pita iip & Tomato gh Toast de Berries & Raw Sugar on Sourdough ach		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast
Sunday 7/29/2007 Today's Weight – 151.0 Today's Mointenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0	200 50 100 300 370 370 300 350 50 120 1840 16 350 320 60 350	v 60 v 180 v 180 v 180 f f	Sliced Tomat Deli Turkey on Sourdough v Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmon on Sourdough	chini Formers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita ipi & Tomato Igh Toast ed Berries & Raw Sugar on Sourdough ach h w/ Tomato, Onion, Sprouts Short Alley Walk erry Bar		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast
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Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0 Today's Maintenance Weight–130.6	200 50 100 300 370 370 300 350 50 120 1840 16 350 320 60 350 140 150 75	v 60 v 180 v	Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmon Pe Grilled Salmon on Sourdough Bluebe Steamed Potato w 1/2 Sour	chini Farmers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita ip & Tomato gh Toast ed Berries & Raw Sugar on Sourdough acch h w/ Tomato, Onion, Sprouts Short Alley Walk erry Bar // Mustard Dressing Beet Short Alley Walk dough 2858 Steps (Collins, Yolanda, Hatteras,		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Snack
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Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0 Today's Maintenance Weight–130.6	200 50 100 300 370 370 300 350 50 120 1840 16 350 320 60 350 140 150 75	v 60 v 180 v	Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmon on Sourdough Bluebe Steamed Potato w 1/2 Sour	chini Formers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita ip & Tomato Igh Toast ed Berries & Raw Sugar on Sourdough ach h w/ Tomato, Onion, Sprouts Short Alley Walk yry Bar / Mustard Dressing Beet Short Alley Walk dough 2858 Steps (Collins, Yolanda, Hatteras, Salad o Salad		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Snack
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Sunday 7/29/2007 Today's Weight – 151.0 Today's Maintenance Weight–145.5 Texas Sweet Onions Texas Sweet Onions Daily Total Net Daily Total Monday 7/30/2007 Today's Weight – 151.0 Today's Maintenance Weight–130.6	200 50 100 300 370 370 300 350 50 120 1840 16 350 320 60 140 150 75 120 75 75	v 60 v 180 v	Sliced Tomat Deli Turkey on Sourdough w Zankou Chicken 2 Pickled Turr Sourdou Oatmeal w/ 1 Cup Mix Grilled Salmon on Sourdough Bluebe Steamed Potato w 1/2 Sour	chini Formers Market - Walk 1500 Steps o w/ Dressing on Sourdough // Tomato, Onion, & Sprouts Pow Wow w/ Eric - Walk 4278 - 1/4 All White Pita ip & Tomato Igh Toast ed Berries & Raw Sugar on Sourdough ach h w/ Tomato, Onion, Sprouts Short Alley Walk yry Bar / Mustard Dressing Beet Short Alley Walk dough 2858 Steps (Collins, Yolanda, Hatteras, Salad o Salad		Number of Fruits — 0 Plan Breakfast Snack Lunch Snack Dinner Before Bed Number of Vegetables — 5 Number of Fruits — 3 Plan Breakfast Snack Lunch Snack