Laura Rebecca Silverman
Week End 8/13/2007

Week Starting Weight	150.4	Calculated Weight Loss	0.4
Week's Daily Maintenance Calories	1654	Average Weekly Weight	150.9
Average Net Daily Calories	1473.6	Week Weight Loss	-0.5
Week's Maintenance Weight	134.0	Total Weight Loss	207.1
Weekly Vegetables	36	Weekly Fruits	7
Total Weekly Exercise Calories	1885	TTL Fruits & Veggies Combined:	43
BMI Index = Overweight		BMI →	25.2

Date	Estimated Food Calories	Estimated Exercise Calories	Food	Exercise	Plan Calories	Comments
Tuesday			No Food Records	P		Number of Vegetables - 6
8/7/2007	2000		Approximate Food Calories			Number of Fruits - 0
Today's Weight - 149.0		300		Slimmons		Plan
Today's Maintenance Weight-140.9		150		Walk 3700 Steps per Pedometer		Breakfast
						Snack
						Lunch
						Snack
Nectarines & Pluocts						Dinner
Daily Total	2000	450				Before Bed
Net Daily Total	1550				0	
Wednesday				P		Number of Vegetables - 3
8/8/2007						Number of Fruits - 1
Today's Weight - 150.0						Plan
Today's Maintenance Weight-105.5	175		Deli Turkey on Sourdough			Breakfast
	75	f	Nectarine			
						Snack
	200		Sourdough			
						Lunch
	350		Gelsons Spicy Tuna Hand Roll			
	220		Stuffed Chicken Tenderloins			
	75	v	Rattini w/ Orange-Chili-Garlic Sauce			Snack
	75	v	Broccoli			
	100	v	Baked Squash			
			Sourdough w/ Marinated Herring			
						Dinner
		120		2858 Steps (Collins, Yolanda, Hatteras,		
		50		Short Alley Walk		
	60		Pluot			
Strawberry Guy!						
Daily Total	1330	170				Before Bed
Net Daily Total	1160				0	
Thursday	170		Eggs (2) on			Number of Vegetables - 4
8/9/2007	110		Low Carb Pita			Number of Fruits - 3
Today's Weight - 152.0	60	f	Nectarine			Plan
Today's Maintenance Weight-110.0						Breakfast
	200	v	Stuffed Chicken Tenderloins			
	100		Sourdough Bread			
						Snack
	100	f	Peach			
						Lunch
	200		Sourdough			
	60	f	Pluot			
	100	f	Peach			Snack
		300				
Asian Vegetables	100		deli Meat			Dinner
	110		Low Carb Pita			
	100	v,v,v	3 Cups Cauliflower, squash, & broccoli w/ Orange-Chili-Garlic Sauce			
	100		Sourdough			
Daily Total	1510	300				Before Bed
Net Daily Total	1210				0	
Friday	25	v	Cauliflower			Number of Vegetables - 5
8/10/2007	110		Low Carb Pita			Number of Fruits - 1
Today's Weight - 151.0	200		Rice & Salmon			Plan
Today's Maintenance Weight-187.7	60	f	Pluot			Breakfast
	150		Sourdough			
						Snack
	120		Sockeye Salmon on			
	110		5 Ak Mok Crackers			Lunch
	350		Sushi - Gelsons Eel			
	270		Oreo Cookies			

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		200		Walking @ Fashion Mart		
	150		Sourdough			
	60		Ak Mok Crackers			Snack
World's Best Tomatoes	100	v.v.v	Cauliflower, Broccoli, Tomato, & Scallion			Dinner
	300		Pasta w/			
	150	v	Tomato Sauce			
	110		Lo Carb Pita			
Daily Total	2265	200				Before Bed
Net Daily Total	2065				0	
Saturday	110		Pita			Number of Vegetables - 8
8/11/2007	100		Nectarine			Number of Fruits - 0
Today's Weight - 151.0						Plan
Today's Maintenance Weight-139.1	140		Fig Bar			Breakfast
		300		Slimmons		
	140		Blueberry Bar			
						Snack
	500		CPK Spring Rolls			
						Lunch
	220		Ak Mok Crackers			
	100		TJ's Spicy Ranchero Egg White Salad			
	300		Chili Powder Mango			Snack
Amazing Carrots	60		Pluot			Dinner
	50		Carrots in Papaya-Mango Salsa			
	110		Low Carb Pita			
Daily Total	1830	300				Before Bed
Net Daily Total	1530				0	
Sunday				Walk 7026 Steps per Pedometer		Number of Vegetables - 6
8/12/2007						Number of Fruits - 0
Today's Weight - 151.0						Plan
Today's Maintenance Weight-99.1						Breakfast
						
	665					Snack
	150					
	50					Lunch
	240					
	100					
	110					
		225				Snack
Texas Sweet Onions						Dinner
Daily Total	1315	225				Before Bed
Net Daily Total	1090				0	
Monday		120		2858 Steps (Collins, Yolanda, Hatteras, Reseda)		Number of Vegetables - 4
8/13/2007	170		Eggs(2) on			Number of Fruits - 2
Today's Weight - 152.0	110		Low Carb Pita w/			Plan
Today's Maintenance Weight-155.5	50	v.v	Tomato, Mixed Greens, Scallion			Breakfast
	150	f	Dried Cranberries			
						Snack
	140		Bagette			
						Lunch
	75	v	Steamd Red Potato w/			
	50	f	Papaya Mango Salsa			
	180		Deli Turkey on Sourdough			
	60	f	Saturn Peach			
						Snack
	75	v	Steamed Carrot/Beet/Turnip			
	250		Zankou Chicken			
	75		Baked Squash			
Look what TURNIP ed!	75		Beet Salad			Dinner
	200		1 Pita from Zankou Chicken			
		120		2858 Steps (Collins, Yolanda, Hatteras, Reseda)		
	120		Sourdough w/ Garlic Paste			
	170		Chicken on Sourdough			
Daily Total	1950	240				Before Bed
Net Daily Total	1710				0	