Laura Rebecca Silverman
Week End 8/20/2007

Week Starting Weight	150.9	Calculated Weight Loss	0.1
Week's Daily Maintenance Calories	1660	Average Weekly Weight	153.3
Average Net Daily Calories	1585.0	Week Weight Loss	-2.4
Week's Maintenance Weight	144.1	Total Weight Loss	204.7
Weekly Vegetables	32	Weekly Fruits	16
Total Weekly Exercise Calories	1120	TTL Fruits & Veggies Combined:	48
BMI Index = Overweight		BMI →	25.6

Date	Estimated Food Calories	Estimated Exercise Calories	Food	Exercise	Plan Calories	Comments
Tuesday	100	f	Chili Mango			Number of Vegetables - 3
8/14/2007	100		Chicken			Number of Fruits - 3
Today's Weight - 153.0	240		Sourdough			Plan
Today's Maintenance Weight-130.9						Breakfast
	150	f	Dried Cranberries			
	75	f	Nectarine			
						Snack
	200	v	Steamed Potatoes w/ Salsa			
	240		Sourdough			Lunch
	100		Egg White Salad on			
	110		5 Ak Mok Crackers			
		225		Slimmons		
	140		Sardines on			Snack
	110		5 Ak Mok Crackers			
Nectarines & Pluocts	100	v/v	Beet Salad			Dinner
Daily Total	1665	225				Before Bed
Net Daily Total	1440				0	
Wednesday	100	v.v	Beet Salad			Number of Vegetables - 6
8/15/2007	100	f	Mango			Number of Fruits - 2
Today's Weight - 153.0	30		Tomato			Plan
Today's Maintenance Weight-150.5	110		3 oz Pink Salmon			Breakfast
	110		5 Ak Mok Crackers			
		150		Shopping w/ Ian		
	250	v.v	Carrows Asian Chicken Salad			Snack
	300		1 Pice Garlic Bread			
	100		5 Spoons Ian's Sundae			Lunch
	100		Egg White Salad on			
	110		Lo Carb Pita			
	140		Sardines on			
	110		5 Ak Mok Crackers			
						Snack
	150	f	Grapes			
						Dinner
	50	v	Beet Sa;ad			
	45	v	3 Oz Steamed Potato			
Strawberry Guy!						
Daily Total	1805	150				Before Bed
Net Daily Total	1655				0	
Thursday	75		Chili Mango			Number of Vegetables - 7
8/16/2007	85		Egg - 1 w/			Number of Fruits - 3
Today's Weight - 155.0	30	v	Sliced Tomato &			Plan
Today's Maintenance Weight-137.7	100		1 Slice Sourdough Toast			Breakfast
		50		Gardening		
	75	f	Nectarine			
						Snack
	200		Deli Turkey on Sourdough w/			
	40	v	Tomato & Sprouts			Lunch
	100		Sourdough			
	60	f	Papaya Paste Roll			
						Snack
	60	f	Pluot			
Asian Vegetables						Dinner
	300		Spaghetti w/			
	30	v	Chopped Tomato &			
	150	v	Tomato Sauce			
	200		Sourdough			
		300		Slimmons		
	250	v.v.v	Beet Salad			
	110		Pita			
Daily Total	1865	350				Before Bed
Net Daily Total	1515				0	
Friday	140		Sardines on			Number of Vegetables - 2
8/17/2007	110		5 Ak Mok Crackers			Number of Fruits - 2
Today's Weight - 153.0						Plan
Today's Maintenance Weight-138.2	180	f	Dried Apple			Breakfast
	200		1/2 Sized Bristol Farms Sushi			
	100		1 oz Cheese on			Snack
	100		Sourdough			
		75		Walk 1780 Per Pedometer		Lunch
	75	f	Peach			
	100	v	Carrot Chips			

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	200		Sourdough			Snack
World's Best Tomatoes	120		3 oz Sockeye Salmon on			Dinner
	110		5 Ak Mok Crackers w/			
	50	v	Sliced Tomato			
	110		5 Ak Mok Crackers			
Daily Total	1595	75				Before Bed
Net Daily Total	1520				0	
Saturday	200		Sourdough			Number of Vegetables – 1
8/18/2007	75		1/2 Ounce Edam Cheese			Number of Fruits – 2
Today's Weight – 153.0	100	f	Peach			Plan
Today's Maintenance Weight–144.1						Breakfast
	110		Marinated Herring on			
	100		Sourdough			
		200		Slimmons		Snack
	400		Bristol Farms Sushi			
	100	f	Nectarine			Lunch
	200		Sourdough			
	500	v	Ramen Place w/ Eric			Snack
Amazing Carrots						Dinner
Daily Total	1785	200				Before Bed
Net Daily Total	1585				0	
Sunday			Rosemary Bread			Number of Vegetables – 6
8/19/2007				Farmers Market		Number of Fruits – 1
Today's Weight – 154.0			Sourdough w./			Plan
			Edam Cheese			Breakfast
		v	Tomato & Onino, Broiled			
		f	Nectarine			Snack
		v.v	Leafy Vegetable w/ Orange–Chili–Garlic			Lunch
		v.v	Zuchini, Eggplant			
		v	Tuna Salad			
						Snack
Texas Sweet Onions						Dinner
Daily Total						Before Bed
Net Daily Total					0	
Monday	150	v	Baked Eggplant and			Number of Vegetables – 7
8/20/2007		v	Baked Squash			Number of Fruits – 3
Today's Weight – 152.0						Plan
Today's Maintenance Weight–163.2	140		Sardines on			Breakfast
	110		5 Ak Mok Crackers			
	75	v	Eggplant			Snack
	125	v	Tuna Salad on			Lunch
	110		Low Carb Pita			
	60	f	Pluot			
	120	f	Apple Crisps (dried apple)			Snack
Look what TURNIP ed!	220		Sourdough w/ .75 Edam Cheese			Dinner
	75	v	Baked Squash			
	100	v	Tuna Salad on			
	160		Rosemary Bread			
	150	v	1/2 Yam			
	160		Sourdough			
		120		2858 Steps (Collins, Yolanda, Hatteras,		
	50	f	Strawberries			
	110		Ak Mok Crackers			
Daily Total	1915	120				Before Bed
Net Daily Total	1795				0	