Laura Rebecca Silverman Week End 8/27/2007

### 1500 1	Week Starting Weight	15.	3.4	Calculated Weight Loss	0.0		
Section Sect							
Week Profit 1.5	Average Net Daily Calories	170	0.0	Week Weight Loss	2.0		
March Description 130 10 1 1 1 1 1 1 2 2 3 3 4 4 4 4 4 4 4 4	Week's Maintenance Weight	15	4.5	Total Weight Loss	206.6		
March Description 130	Weekly Vegetables	4	1	Weekly Fruits	15		
March Survey March Mar		13	10	-	56		
District							
Date Goode Goode Goode Food See Community Communit	j	Estim	nated		•	S	
Section Company Comp				i		Plan	
## Actions Description Des		Calories	Calories			3	
Search Wager Search Sear			Y				
Delay Notice March September Septe		80		Kosemo	ry loast		
190 V		80		Rosemary	Bread w/		
100			V	Tuna	Salad		
Person P		000		6 4 4 / 1	The Observe		Const.
150			f				Snack
100 100		100		1			Lunch
10 10 10 10 10 10 10 10	XI SHOW THE RESERVE OF THE PARTY OF THE PART		V				
Notice Process 150		120		Rosemo	ry Bread		
Notice Process 150		220		10 Ak Mo	k Crackers		Snack
240 27 28 28 28 28 28 28 28	HIHHHH W		٧				
1000 125 225	Nectarines & Pluocts						Dinner
Dot Fact 190		240		TJ's Smoked			
100 100		1000		Asst'd Dried Fro			
Boly Total 275 225			***				
Member of Virginities				Baked	ggplant		
Bedwedowy 90 V	Daily Total					۸	Before Bed
Marcher of Figure 1 Non-the of Figure 1				Rakad	Egaplant	U	Number of Vegetables – 6
Past Today Netherice Report 100 1	8/22/2007			Broccoli w/	1/2 Cup Rice		
20 V	Today's Weight - 150.0						Plan
150 V Street Chross Financian Street Page Street	Today's Maintenance Weight-140.9	250	-	Sour	dough		Breakfast
150	SON THE SAME	240	v	T.I's Smoked	Salmon Salad		
150 V Stuffed Chicam Inerderion Usrain 175 V Broces if V Deep Cells (of its Second	7						Snack
100 v							
75 V Strocker V Compet-Chill - Child Source	4.7						Lunch
200 Saurdough W Country Orock Walk 2111 per Pedameter Sixok							
Streetery Coy Daily Total 1640 50 50 Met Doly Total 1550 50 50 Met Doly Total 1550 70 2 Eggs m. Number of Vegetables - 7	- A-5		•	Sourdough w/	Country Crock		
Streetery Coys	A STATE OF THE STA		90				Snack
Streetery Coys							D'
Dolly Total							<u>uinner</u>
Doly Total 1640 50							
Net Doly Total 1500							
Number of Vegetables						0	Before Bed
Size Tondo Size Size Tondo Size Size Tondo Size Siz			30	2 Fc	ns w	U	Number of Vegetables — 7
Today's Waintercance Weight-162.3 10			٧	Sliced	Tomato		
Social Section Secti			٧				
100	Today's Maintenance Weight-162.3						Breakfast
100			f				
100				3.3.			Snack
100 Greted Cheese		100	f	Dried	Fruit		
100 Greted Cheese		150		Sour	dough		
So							
150		30	¥	Tomato	& Onion		
150	Carlo Carlos	FO		D. J.	Calcal		
Bristal Farms Spy Tuna Bowl Lunch			V				
100 f Nectorine							Lunch
100 Clean House, Shopping							
Asian Vegetables 110		100	f	Neci	arine		
Asian Vegetables 110			100	Clean House, Shopping (Beverly Center, Doctors		Snack
110 5 ak mak crackers 150 V Potato w/ Papaya—Mango Salsa 150 V.V Beet Salad 160 V.V Beet Salad 1785 0 0 0 0 0 0 0 0 0							
110	Asian Vegetables		005		O!		Dinner
150 V		110	225	S at mal			
150							
Doily Total 2110 325 Before Bed			V				
Daily Total 2110 325 Before Bed			w.v				
Net Daily Total 1785 0 Number of Vegetables - 4		100	٧.٧	Beet	Juliu		
Friday							Before Bed
S/24/2007 110 5 Ak mok Crackers Number of Fruits - 1			85			0	Number of Verstall
Today's Weight - 153.0 Today's Maintenance Weight - 151.4 240 3 oz Sourdough Plan Breakfast 100 V Broccoli w/ Orange-Chili-Carlic Sauce 75 V 1 Steamed Red Potato w/ Snack 50 Foppyor Manap Solsa 50 V Beet, Turnip, & Carrot Salad Walk 4600 Steps per Pedometer ● Foxfield 300 Garlic Bread 300 Garlic Bread 200 Spaghetti 100 Solad Brownie World's Best Tomatoes							
Today's Maintenance Weight - 151.4	Today's Weight - 153.0						Plan
75 v 1 Steamed Red Potato w/ Snack 50 f Poppya Mango Solsa 50 v Beet, Turnip, & Carror Salad 200 Will 4600 Steps per Pedometer © Foxfield 300 Garlic Bread 200 Spaghetti 100 Solad 400 Brownie World's Best Tomatoes		240		3 oz So	ourdough		Breakfast
75 v 1 Steamed Red Potato w/ Snack 50 f Poppya Mango Solsa 50 v Beet, Turnip, & Carror Salad 200 Will 4600 Steps per Pedometer © Foxfield 300 Garlic Bread 200 Spaghetti 100 Solad 400 Brownie World's Best Tomatoes		100	v	Procedi w/ O	-Chili-Carlic Sauce		
50 f Papaya Mango Salsa 50 v Beet, Turnip, & Carrol Salad Lunch 200 [Walk 4600 Steps per Pedometer © Foxfield 300 Garlic Bread 200 Spaghetti 100 Salad Snack 400 Brownie World's Best Tomatoes	VINERIE						Snack
200	\$ Z @ L.	50		Papaya M	ango Salsa		
300 Garlic Bread		50					Lunch
200 Spaghetti		700	200				
100 Salad Snack 400 Brownie Dinner							
400 Brownie							Snack
	World's Best Tomatoes	100		D.J. T. '	tr Carrot Salad		<u>Dinner</u>
100 v Beet, Turnip, & Carrot Salad	i	100	٧	Beet, Turnip,	s. Gurrot Salaa		ļ
		,,,,					

Laura Rebecca Silverman Week End 8/27/2007

			week End 0/27/20			
Week Starting Weight		3.4	Calculated Weight Loss	0.0		A LOS TOPINGS OF THE PARTY OF T
Week's Daily Maintenance Calories	16		Average Weekly Weight	151.4		
Average Net Daily Calories		0.00	Week Weight Loss	2.0		
Week's Maintenance Weight	15	4,5	Total Weight Loss	206.6		
Weekly Vegetables	4	1	Weekly Fruits	15		
Total Weekly Exercise Calories		310	TTL Fruits & Veggies Combined:	56	-	
	10	110			T	
BMI Index = Overweight			ВМІ	25.3		
	Estin				Plan Calories	
	Food	Exercise			윤흥	
Date	Calories	Calories	Food	Exercise	Ŭ	Comments
Daily Total	1865	200				Before Bed
Net Daily Total		65			0	
Saturday 8/25/2007	140 110			nes on Crackers		Number of Vegetables - 5 Number of Fruits - 2
Today's Weight - 154.0	50	٧		n Tomato		Plan
Today's Maintenance Weight-99.1	50	f		paya Salsa		Breakfast
		250	,	Slimmons		
SUN ADV	350			cy Tuna Hand Roll		
	150	f	Granny Ap	ple – X Lg		Snack
	110		F M M-I	O		Local
A STATE OF THE STA	110 50			Crackers Salad		Lunch
	30	V	beet	Suidu		
	75	٧	1 Steam	ed Potato		
A Vince		<u> </u>	. Steam			Snack
	100	V.V	2 Cups Mixed Veggies (Peppers, Celery,	Onion, Scallion, Bok Choy) & Chicken w/		
Amazing Carrots	50		Orange-Chili-	Garlic Sauce w.		Dinner
	100	l	1/2 C	up Rice		
	405	120		2858 Steps (Collins, Yolanda, Hatteras,		
	125		Air Po	opcorn		
·						1
Daily Total	1460	370				Before Bed
Net Daily Total	10	90			0	
Sunday	100	V.V	2 Cups Mixed Veggies (Peppers, Celery,			Number of Vegetables — 6
8/26/2007	50		Orange-Chili-	Garlic Sauce w.		Number of Fruits - 1
Today's Weight - 151.0						Plan
Today's Maintenance Weight-154.1	80	100	Rosemo	ry Toast		Breakfast
	180	100	Special K (1	Farmers Market		
	120	f		eeled Apple		Snack
	120	'	Споррес 1	colca rippic		
	120		Sour	dough		Lunch
	250			hwarma in		
To the same	200		Pito			
A STATE OF THE STA	50	٧	Parsley, Tom	ato, & Onion		Snack
Texas Sweet Onions	100	V.V	2 Cups Mixed Veggies (Penners, Colony	Onion, Scallion, Bok Choy) & Chicken w/		Dinner
Texus Sweet Officials	50	V.V		Garlic Sauce w.		Dilliei
	100			up Rice		
			7			
	125	٧	Air Po	opcorn		
	60		PI	uot		
	110		5 At Mal	: Crackers		
	110 100			/ Moondance Marinade.		1
	100		Stourned oddinioner m	, Should malificate.		1
Daily Total	1795	100				Before Bed
Net Daily Total	16	95			0	
Monday	60	f	PI	uot		Number of Vegetables – 6
8/27/2007	440		 			Number of Fruits – 4
Today's Weight — 150.0 Today's Maintenance Weight—146.8	140 110			nes on : Crackers		Plan Breakfast
Today's maintenance weight-146.8	50	٧		: Crackers 1 Tomato		Di GUNIUST
	50	f		paya Salsa		1
		· ·	mango 1 a	, ,		Snack
The second second	120	f	Peelec	Apple		
						Lunch
	105	V	7 oz Steame			
	50	٧	IJ's Co	rn Salsa		1
	100	٧	Steamed Broccoli & Cauliflower	L r w/ Orange-Chili-Garlic Sauce		1
	100	<u> </u>	Stanios Broccon & Gadinows	, orango onin ounio ouuce		1
	200		Deli Turkey on	Rosemary Bread		
			·			
	150			loins stuffed w/		
ī	30	V		Parsley, & Basil		Snack
	EV.	1		Olive Oil and rmesan Cheese		Dinner
Look what THRNIP adl	50 25			moodii Ullocac		
Look what TURNIP ed!	50 25		Dusted Hy 1 d			
Look what TURNIP ed!		f	·	l Apple		
Look what TURNIP ed!	25	f	Peelec	1 Apple		
Look what TURNIP ed!	25 120 150	f	Peeled Chicken Tender	loins stuffed w/		
Look what TURNIP ed!	25 120 150 30	f	Peeled Chicken Tender Tomato, Onion,	loins stuffed w/ Parsley, & Basil		
Look what TURNIP ed!	25 120 150 30 50	·	Peeled Chicken Tender Tomato, Onion, Brushed w/	loins stuffed w/ Parsley, & Basil Olive Oil and		
Look what TURNIP ed!	25 120 150 30	·	Peeled Chicken Tender Tomato, Onion, Brushed w/	loins stuffed w/ Parsley, & Basil		
Look what TURNIP ed!	25 120 150 30 50	·	Peeled Chicken Tender Tomato, Onion, Brushed w/	loins stuffed w/ Parsley, & Basil Olive Oil and		
Look what TURNIP ed!	25 120 150 30 50	·	Peeled Chicken Tender Tomato, Onion, Brushed w/	loins stuffed w/ Parsley, & Basil Olive Oil and		
Look what TURNIP ed! Daily Total Net Daily Total	25 120 150 30 50	·	Peeled Chicken Tender Tomato, Onion, Brushed w/	loins stuffed w/ Parsley, & Basil Olive Oil and		Before Bed