Laura Rebecca Silverman
Week End 8/6/2007

Week Starting Weight	150.4	Calculated Weight Loss	0.3
Week's Daily Maintenance Calories	1654	Average Weekly Weight	150.4
Average Net Daily Calories	1518.6	Week Weight Loss	0.0
Week's Maintenance Weight	138.1	Total Weight Loss	207.6
Weekly Vegetables	25	Weekly Fruits	20
Total Weekly Exercise Calories	1600	TTL Fruits & Veggies Combined:	45
BMI Index = Overweight		BMI →	25.1

Date	Estimated Food Calories	Estimated Exercise Calories	Food	Exercise	Plan Calories	Comments
Tuesday	50	v	1/4 Cup Potato Salad			Number of Vegetables – 4
7/31/2007						Number of Fruits – 4
Today's Weight – 151.0	440	v	Eggs (2) w/ Mushroom, Tomato Slices, & Sprouts on Sourdough			Plan
Today's Maintenance Weight–123.6				2858 Steps (Collins, Yolanda, Hatteras, Reseda)		Breakfast
	120		English Muffin			
	50	v	Beet Salad			Snack
	50	v	Potato Salad			
						Lunch
	100		TJ's Spicy Ranchero Egg White Salad			
	220		10 Ak Mok Crackers			
	75	f	Nectarine			Snack
	150	f	Dried Chili Mango			
	100		TJ's Spicy Ranchero Egg White Salad			
	110		10 Ak Mok Crackers			
	100	f	Dried Cranberries			
Nectarines & Pluocts		175		Walk 4385 Steps per Pedometer'		Dinner
		250		Slimmons		
		50		Short Alley Walk		
	120		Sourdough Toast			
	150	f	Dried Chili Mango			
Daily Total	1835	475				Before Bed
Net Daily Total	1360				0	
Wednesday	100	v	Potato Salad			Number of Vegetables – 4
8/1/2007	110		5 Ak Mok Crackers			Number of Fruits – 3
Today's Weight – 151.0	140		Sardines			Plan
Today's Maintenance Weight–148.2		120		2858 Steps (Collins, Yolanda, Hatteras, Reseda)		Breakfast
	750		Bagette			
	300	f.f.f	Chili Mango			Snack
	150		Grilled cHicken Tenderloin			Lunch
	100	v	Broiled Eggplant w/ Parmesan Cheese			
	50	v	1/2 Corn on Cob			
	50	v	Beet Salad			
						Snack
	50	v	1/2 Corn on Cob			
		50		Short Alley Walk		Dinner
Strawberry Guy!						
Daily Total	1800	170				Before Bed
Net Daily Total	1630				0	
Thursday	220	v	Scrambled Eggs w/ Mushroom, Onion, & Tomato			Number of Vegetables – 3
8/2/2007	120		Basmati Rice			Number of Fruits – 3
Today's Weight – 151.0	50		Bagette (very small)			Plan
Today's Maintenance Weight–143.6		120		2858 Steps (Collins, Yolanda, Hatteras, Reseda)		Breakfast
					220	Scrambled Eggs w/ Mushroom, Onion, & Tomato
	220		TJ's Egg White Salad on Sourdough w/		120	1 English Muffin
	50	v	Tomato, Onion, & Sprouts			Snack
					75	Nectarine or other Fruit
	150	v	Beet Salad			Lunch
	120		Sourdough		220	TJ's Egg White Salad on Sourdough w/
					50	Tomato, Onion, & Sprouts
	30	f	Blueberries – 1/2 Cup		100	Yogurt w/ Honey
	200		2.5 Oz Bagette			Snack
					75	Nectarine or other Fruit
Asian Vegetables	150		2 Chicken Tenderloins			Dinner
	60	f	Nectarine			
		150		Slimmons		
	150	f	Dried Cranberries			
	150		1/2 Cup Rice w/ Orange–Chili–Garlic Sauce		240	TJ's Smoked Salmon Salad
	180		Deli Turkey on Sourdough		125	Popcorn
Daily Total	1850	270				Before Bed
Net Daily Total	1580				1225	
Friday	170		Eggs (2) w/			Number of Vegetables – 3
8/3/2007	30	v	Tomato Slices & Mushrooms on			Number of Fruits – 4
Today's Weight – 150.0	240		Sourdough			Plan
Today's Maintenance Weight–150.9	50	f	Pluot			Breakfast
	140		Sardines on			
	110		5 Ak Mok Crackers			Snack
	110		5 Ak Mok Crackers			Lunch

Laura Rebecca Silverman
Week End 8/6/2007

Week Starting Weight	150.4	Calculated Weight Loss	0.3
Week's Daily Maintenance Calories	1654	Average Weekly Weight	150.4
Average Net Daily Calories	1518.6	Week Weight Loss	0.0
Week's Maintenance Weight	138.1	Total Weight Loss	207.6
Weekly Vegetables	25	Weekly Fruits	20
Total Weekly Exercise Calories	1600	TTL Fruits & Veggies Combined:	45
BMI Index = Overweight		BMI →	25.1

Date	Estimated Food Calories	Estimated Exercise Calories	Food	Exercise	Plan Calories	Comments
	60	f	Nectarine			
	150	f	Dried Cranberries			
	110		5 Ak Mok Crackers			Snack
		200		Walk 4700 Steps per Pedometer		
World's Best Tomatoes	240	v,v	TJ's Smoked Salmon Salad			Dinner
	300		1.5 Cup Rice			
	200	f	Chili Mango			
		50		Short Alley Walk		
Daily Total	1910	250				Before Bed
Net Daily Total	1660				0	
Saturday	180	f	Special K w/ Peeled Apple			Number of Vegetables – 2
8/4/2007	140		Sardines on			Number of Fruits – 4
Today's Weight – 151.0	110		5 Ak Mok Crackers			Plan
Today's Maintenance Weight–132.7		200		Slimmons		Breakfast
	50	v	Beet Salad			
	100		Marinated Herring			
	250		Rice w/ Orange–Chili–Garlic Sauce			Snack
	100		TJ's Egg White Salad on			Lunch
	120		English Muffin w/			
	30	v	Tomato Slices, Onion, & Sprouts			
	60	f	Nectarine			Snack
Amazing Carrots	100		Blueberries w/			Dinner
	50	f	NF Plain Yogurt & Honey			
	120		English Muffin			
	100		Deli Ham			
	150	f	Dried Chili Mango			
Daily Total	1660	200				Before Bed
Net Daily Total	1460				0	
Sunday	170		Eggs (2) w/			Number of Vegetables – 3
8/5/2007	20	v	Mushroom & Scallion on			Number of Fruits – 1
Today's Weight – 150.0	120		English Muffin			Plan
Today's Maintenance Weight–148.6						Breakfast
	500		Bagette			
				LAF Guild		
	125	v	Caesar Salad / Tomato Salad			Snack
	450		Pirouette Cookies			
		75		Walk 1747 Steps		Lunch
	195		Deli Ham on Sourdough w/			
	30	v	Sliced Tomato			
		f	Pluot			Snack
Texas Sweet Onions	100		NF Yogurt w/ Honey			Dinner
Daily Total	1710	75				Before Bed
Net Daily Total	1635				0	
Monday	200	v	Eggs (2) w/ Basil–Parsley–Onion–Mushroom–Scallion			Number of Vegetables – 6
8/6/2007	300		Bagette			Number of Fruits – 1
Today's Weight – 149.0						Plan
Today's Maintenance Weight–118.6	180	v	Deli Turkey on Sourdough w/ Tomato			Breakfast
	75	v	Steamed Green w/ Orange–Chili–Garlic Sauce			
		160		3729 Steps (Collins, Wilbur, Ventura, Reseda)		
	140		Bluebery Bar			Snack
	200		Mustard Salmon			Lunch
	100	v	Beet Salad			
	20	v	Cukes, Onion, Tomato, & Vinegar			
	150	v	Baked Potato w/ Country Crock & Chives			
						Snack
	100	f	Peach			
Look what TURNIP ed!						Dinner
Daily Total	1465	160				Before Bed
Net Daily Total	1305				0	