Laura Rebecca Silverman
Week End 9/17/2007

| | | | |
|---|---|---|---|
| Week Starting Weight | 151.1 | Calculated Weight Loss | 0.3 |
| Week's Daily Maintenance Calories | 1663 | Average Weekly Weight | 150.7 |
| Average Net Daily Calories | 1516.4 | Week Weight Loss | 0.4 |
| Week's Maintenance Weight | 137.9 | Total Weight Loss | 207.3 |
| Weekly Vegetables | 41 | Weekly Fruits | 10 |
| Total Weekly Exercise Calories | 930 | TTL Fruits & Veggies Combined: | 51 |
| BMI Index = Overweight | | BMI → | 25.1 |

| Date | Estimated Food Calories | Estimated Exercise Calories | Food | Exercise | Plan Calories | Comments |
|---|---|---|---|---|---|---|
| Tuesday | 100 | v.v | Beet Salad | | | Number of Vegetables – 8 |
| 9/11/2007 | | | | | | Number of Fruits – 3 |
| Today's Weight – 152.0 | 110 | | Pita w/ | | | Plan |
| Today's Maintenance Weight–106.4 | 30 | v | Tomato & | | | Breakfast |
| | 170 | | 2 Eggs | | | |
| | | | | | | |
| | 175 | v | Potato Salad | | | Snack |
| | 120 | f | Peeled Apple | | | |
| | | | | | | Lunch |
| | 50 | v.v | 2 Cups Squash w/ | | | |
| | 50 | | Orange–Chili–Garlic Sauce | | | |
| | 125 | v | Potato Salad | | | |
| | 125 | v | 3 TB (dry) Air Popcorn | | | Snack |
| | | 225 | | Slimmons | | |
| Nectarines & Pluocts | 60 | f | Pluot | | | Dinner |
| | 100 | | Deli Turkey on | | | |
| | 100 | | 1 slice Sourdough | | | |
| | | | | | | |
| | 80 | f | Nectarine | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Daily Total | 1395 | 225 | | | | Before Bed |
| Net Daily Total | 1170 | | | | 0 | |
| Wednesday | 150 | | 1/2 Cup Oatmeal w/ | | | Number of Vegetables – 8 |
| 9/12/2007 | 70 | f | 1 Cup Mixed Berries & | | | Number of Fruits – 2 |
| Today's Weight – 152.0 | 50 | | 1 TB Raw Sugar | | | Plan |
| Today's Maintenance Weight–140.5 | | | | | | Breakfast |
| | 150 | v | Potato Salad | | | |
| | | | | | | |
| | 140 | | Sardines on | | | Snack |
| | 110 | | Ak Mak Crackers | | | |
| | | | | | | Lunch |
| | 75 | v.v.v | 3 Cups Zuchini w/ | | | |
| | 50 | | Orange–Chili–Garlic Sauce | | | |
| | 125 | | Air Popcorn | | | |
| | | | | | | Snack |
| | 200 | | Mustard Salmon | | | |
| | 50 | v | 1/2 Corn on Cob | | | |
| | 50 | v | Baked Eggplant | | | |
| | 100 | v | Mixed Salad w/ Dressing | | | |
| | 75 | f | Peeled Apple w/ | | | |
| | 50 | | Honey NF Yogurt & | | | Dinner |
| | 25 | | Very small morsel of cheese | | | |
| | | | | | | |
| Strawberry Guy! | 75 | v | Baked Eggplant | | | |
| Daily Total | 1545 | | | | | Before Bed |
| Net Daily Total | 1545 | | | | 0 | |
| Thursday | 50 | v | Baked Eggplant | | | Number of Vegetables – 6 |
| 9/13/2007 | 100 | | TJ's Egg White Salad | | | Number of Fruits – 1 |
| Today's Weight – 151.0 | 110 | | Pita | | | Plan |
| Today's Maintenance Weight–133.2 | | | | | | Breakfast |
| | 140 | | Sardines on | | | |
| | 110 | | 5 Ak Mak Crackers | | | |
| | | | | | | Snack |
| | 200 | | Mustard Salmon | | | |
| | 160 | v.v.v | Mixed Salad w/ Dressing | | | Lunch |
| | 80 | f | Nectarine | | | |
| | | | | | | |
| | 100 | | Egg White Salad | | | |
| | 120 | | 1 Slice Sourdough | | | Snack |
| | | 15 | | | | |
| Asian Vegetables | 200 | v.v | 2 Cups TJ's Tomato Soup | | | Dinner |
| | 110 | | 5 Ak Mak Crackers | | | |
| | | | | | | |
| | | | | | | |
| Daily Total | 1480 | 15 | | | | Before Bed |
| Net Daily Total | 1465 | | | | 0 | |
| Friday | 100 | | TJ's Spicy Ranchero Egg Salad | | | Number of Vegetables – 8 |
| 9/14/2007 | 110 | | 5 Ak Mak Crackers | | | Number of Fruits – 2 |
| Today's Weight – 150.0 | 60 | v.v.v' | Mixed Salad (no dressing, Egg Salad for flavor) | | | Plan |
| Today's Maintenance Weight–138.2 | | | | | | Breakfast |
| | 140 | | Sardines w/ | | | |
| | 120 | | w/ 5 Ak Mak Crackers | | | |
| | | | | | | Snack |
| | 100 | v.v.v | 3 Cups Cauliflower w/ Moonlight Marinade | | | |
| | 120 | | Sourdough | | | Lunch |
| | | | | | | |
| | 125 | | NF Yogurt w/ Honey | | | |
| | | | | | | |

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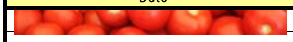
|---|---|---|---|---|---|---|
|  | 310 | v.v | Spa Salad | | | Snack |
| | | | | | | |
| World's Best Tomatoes | 140 | | Salmon on | | | Dinner |
| | 110 | | 5 Ak Mok Crackers | | | |
| | | 120 | | 2858 Steps (Collins, Yolanda, Hatteras, | | |
| | 125 | f | Peeled Apple | | | |
| | | | | | | |
| | 80 | f | Nectarine | | | |
| | | | | | | |
| | | | | | | |
| Daily Total | 1640 | 120 | | | | Before Bed |
| Net Daily Total | 1520 | | | | 0 | |
| Saturday | 110 | | Low Carb Pita w/ | | | Number of Vegetables – 0 |
| 9/15/2007 | 100 | | Egg White Salad | | | Number of Fruits – 0 |
| Today's Weight – 150.0 | 50 | v.v | Tomato, Onion, Mixed Salad | | | Plan |
| Today's Maintenance Weight–161.8 | | | | | | Breakfast |
| | 1200 | v | Sharkeys Grilled Shrimp Burrito: No cheese, No Beans | | | |
| | | | | Walk to and from Class & also | | |
| | | 150 | | to Sharkeys | | Snack |
| | 240 | | TJ's Smoked Salmon Salad | | | |
| | 110 | | 5 Ak Mak Crackers | | | Lunch |
| | | 120 | | 2858 Steps (Collins, Yolanda, Hatteras, | | |
| | 60 | | Pluot | | | |
| | 60 | | pluot | | | |
| | 120 | | Peele apple | | | Snack |
| | | | | | | |
| Amazing Carrots | | | | | | Dinner |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Daily Total | 2050 | 270 | | | | Before Bed |
| Net Daily Total | 1780 | | | | 0 | |
| Sunday | 140 | | Sardines on | | | Number of Vegetables – 3 |
| 9/16/2007 | 110 | | 5 Ak Mak Crackers | | | Number of Fruits – 0 |
| Today's Weight – 150.0 | | 200 | | Farmers Market / Lady of | | Plan |
| Today's Maintenance Weight–138.6 | | | | Angels Cathedral | | Breakfast |
| | 300 | | Tikka chicken | | | |
| | 300 | | Rice | | | |
| | 100 | | Naan Bread | | | Snack |
| | 50 | v | Salad | | | |
| | 25 | | Weird Candy | | | Lunch |
| | | | | | | |
| | 200 | | Wine (1/5 Glass) | | | |
| | 50 | | Chips – Just a few | | | |
| | 200 | v | Inside of Fish Tacos (left shell) | | | Snack |
| | 50 | v | Steamed Veggies | | | |
| Texas Sweet Onions | 200 | | Rice | | | Dinner |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Daily Total | 1725 | 200 | | | | Before Bed |
| Net Daily Total | 1525 | | | | 0 | |
| Monday | 170 | | 2 Eggs on | | | Number of Vegetables – 8 |
| 9/17/2007 | 110 | | Low Carb Pita w/ | | | Number of Fruits – 2 |
| Today's Weight – 150.0 | 50 | v.v | Tomato & Mixed Greens | | | Plan |
| Today's Maintenance Weight–146.4 | | | | | | Breakfast |
| | 80 | f | Nectarine | | | |
| | | 100 | | Costco | | |
| | 75 | f | Strawberries | | | Snack |
| | 50 | v | Beet Salad | | | |
| | | | | | | Lunch |
| | 80 | v.v.v | Mixed Vegetable Salad w/ | | | |
| | 200 | | 8 oz Crab Meat & | | | |
| | 75 | | 1/4 Cup Chinese Noodles, & | | | |
| | 90 | | 2 Tb Dressing | | | Snack |
| | | | | | | |
| | 80 | f | Peach | | | |
| | | | | | | |
| | 200 | | 8 oz Crab Meat & | | | |
| | | | | | | |
| | 300 | | Angel Hair w/ | | | |
| | 50 | v | Chopped Tomato & | | | |
| | 100 | v | Tomato Sauce | | | |
| Look what TURNIP ed! | | | | | | Dinner |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| Daily Total | 1710 | 100 | | | | Before Bed |
| Net Daily Total | 1610 | | | | 0 | |