



Week Starting Weight	150.7	Calculated Weight Loss	-0.3
Week's Daily Maintenance Calories	1658	Average Weekly Weight	150.3
Average Net Daily Calories	1818.6	Week Weight Loss	0.4
Week's Maintenance Weight	165.3	Total Weight Loss	207.7
Weekly Vegetables	28	Weekly Fruits	12

Total Weekly Exercise Calories 1025 TTL Fruits & Veggies Combined: 40

BMI Index = Overweight BMI 25.1





Date	Food Calories	Exercise Calories	Food	Exercise	Plan Calories	Comments
Tuesday	100		Oatmeal w/			Number of Vegetables - 0
9/11/2007	100	f	1 Cup Mixed Berries &			Number of Fruits - 2
Today's Weight - 150.0	50		1 TB Raw Sugar			Plan
Today's Maintenance Weight - 151.8						Breakfast
	240		Sourdough w/			
	120		Deli Turkey			Snack
	140		Sardines on			
	110		5 Ak Mak Crackers			Lunch
	600	150	Bristol Farms Spicy Yellow Tail Roll			
	120	f	Granny Smith Apple	Slimmons		
	240		Sourdough			Snack
Nectarines & Pluots						Dinner
Daily Total	1820	150				Before Bed
Net Daily Total	1670				0	
Wednesday	170		Eggs (2) Scrambled w/			Number of Vegetables - 8
9/12/2007	25	v	1 Summer Squash			Number of Fruits - 1
Today's Weight - 150.0	30	v	1/3 Onion,			Plan
Today's Maintenance Weight - 146.8	20	v	Mushroom, & Bok Choy			Breakfast
	140		Sardines on			
	110		5 Ak Mak Crackers			Snack
	240	v,v	TJ's Smoked Salmon Salad			Lunch
	140	150	Walking: Massive Unproductive Shopping			
	140		Pita			
	200		Zankou Chicken (Breast)			
	100	v	Eggplant Stuff			Snack
	100	v	Baked Brussels Sprouts			
	100	v	Tomato Salad			Dinner
	150	f	Strawberries w/ Honey-Yogurt Dressing			
	140					
	100		Pita			
	100		Zankou Chicken (Breast)			
Strawberry Guy!						
Daily Total	1765	150				Before Bed
Net Daily Total	1615				0	
Thursday	100		Zankou Chicken (Breast)			Number of Vegetables - 6
9/13/2007	125	f	Strawberries w/ Honey Yogurt			Number of Fruits - 2
Today's Weight - 153.0	100	v	Heirloom Tomato Salad			Plan
Today's Maintenance Weight - 159.5						Breakfast
	120		Special K			
	140		Sardines w			Snack
	110		5 Ak Mak Crackers			Lunch
	100		Deli Turkey on			
	120		Sourdough w/			
	30	v	Tomato, Onion, & Sprouts			Snack
	80	f	Nectarine			Dinner
Asian Vegetables						
	125	v,v	Popcorn			
	75	v,v	Tomato Salad			
	140		Pita			
		225		Slimmons		
	240	v,v	TJ's Smoked Salmon Salad			
	75		Tomato Salad			
	100		Egg White Salad			
	140		Pita			
	60		Deli Turkey			
Daily Total	1980	225				Before Bed
Net Daily Total	1755				0	
Friday	75		Yogurt			Number of Vegetables - 3
9/14/2007	100		Egg White Salad w/			Number of Fruits - 2
Today's Weight - 151.0	110		5 Ak Mak Crackers			Plan
Today's Maintenance Weight - 145.0						Breakfast
	400	v	Bristol Farms "Fiesta Roll" Sushi			
	100	f	Granny Apple = Bristol Farms "Small"			
		150		Shopping		Snack
	100		Egg White Salad w/			
	110		5 Ak Mak Crackers			Lunch
	110		5 Ak Mak Crackers			



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Week's Maintenance Weight	165.3	Total Weight Loss	207.7
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Total Weekly Exercise Calories	1025	TTL Fruits & Veggies Combined:	40
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BMI Index = Overweight		BMI	25.1
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Date	Estimated			Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories					
	100		f	Granny Apple = Bristol Farms "Small"			
	75			Yogurt & Honey			
	240		v.v	TJ's Smoked Salmon Salad			
		100			Clean Studio		
	125		v.v	Air Popcorn			Snack
	100			Marinated Herring			Dinner
	100		f	Granny Apple = Bristol Farms "Small"			
Daily Total	1845	250					Before Bed
Net Daily Total	1595					0	
Saturday 9/15/2007	100			Egg White Salad on Pita			Number of Vegetables - 6 Number of Fruits - 2
Today's Weight - 150.0	110						Plan
Today's Maintenance Weight-133.2	100		f	Granny Apple = Bristol Farms "Small"			
		250			Slimmons		Breakfast
	110			5 Ak Mak Crackers			
	400		v	Gelson's Spicy Tuna Bowl			Snack
	140			Sardines w			Lunch
	110			5 Ak Mak Crackers			
	50		v.v	Cauliflower			
	25		v	Broccoli			Snack
Amazing Carrots	100		v	Steamed Purple Potato			Dinner
	100			Marinated Herring			
	150		f	Strawberries w/ Honey NF Yogurt			
	100			Turkey			
	120		v	Marinara			
Daily Total	1715	250					Before Bed
Net Daily Total	1465					0	
Sunday 9/16/2007	140			Sardines w			Number of Vegetables - 2 Number of Fruits - 2
Today's Weight - 150.0	110			5 Ak Mak Crackers			Plan
Today's Maintenance Weight-218.6	100		f	Granny Apple = Bristol Farms "Small"			
							Breakfast
	100		v	Steamed Purple Potato			
	280		v	TJ's Roasted Vegetable Lasagna			Snack
	125		f	Strawberries w/ Honey Yogurt			
							Lunch
	110			Ak Mak Crackers			
	140			Fig Bar			
	560		v.v	TJ's Roasted Vegetable Lasagna			Snack
Texas Sweet Onions	100			Marinated Herring			Dinner
	240			Sourdough Toast			
	75			Chicken Tenderloin			
	125			Chicken Rice			
	200						
Daily Total	2405						Before Bed
Net Daily Total	2405					0	
Monday 9/17/2007	175			Grilled Orange Roughy			Number of Vegetables - 3 Number of Fruits - 1
Today's Weight - 151.0	350			Rice w/ Orange-Chili-Garlic Sauce			Plan
Today's Maintenance Weight-202.3							Breakfast
	560			Costco Roll			
	75		v	Vegetables while making Salad			Snack
	200			Orange Roughy			Lunch
	150		v	Salad			
	125		v	Baked Potato			
	150		f	Steamed Apple			Snack
	440			Ak Mak Crackers			Dinner
Look what TURNIP ed!							
Daily Total	2225						Before Bed
Net Daily Total	2225					0	