

9.24



Week Starting Weight	150.3	Calculated Weight Loss	0.6
Week's Daily Maintenance Calories	1653	Average Weekly Weight	150.0
Average Net Daily Calories	1369.3	Week Weight Loss	0.3
Week's Maintenance Weight	124.5	Total Weight Loss	208.0
Weekly Vegetables	29	Weekly Fruits	11
Total Weekly Exercise Calories	1100	TTL Fruits & Veggies Combined:	40

BMI Index = Overweight		BMI <span style="color: green;">→</span> 25.0		Plan Calories	Comments
Date	Estimated Food Calories	Exercise Calories	Food	Exercise	
Tuesday 9/18/2007	175		Grilled Orange Roughy		Number of Vegetables – 5
	120	f	Granny Apple		Number of Fruits – 2
Today's Weight – 151.0					Plan
Today's Maintenance Weight–111.4	50	v	Mixed Vegetable Salad w/		Breakfast
	150		Grilled Chicken Breast &		
	90		Dressing		Snack
	100		Egg White Salad on		
	110		Pita w/		Lunch
	30	v.v	Tomato, Onion, & Mixed Greens		
	75		Chicken Tenderloin		
		225		Slimmons	Snack
	75		Chicken Tenderloin		
Nectarines & Pluots	240	v.v	TJ's Smoked Salmon Salad		
	125	f	Granny Smith Apple		Dinner
	110		5 Ak Mak Crackers		
Daily Total	1450	225			Before Bed
Net Daily Total		1225		0	
Wednesday 9/19/2007	100		Egg White Salad on		Number of Vegetables – 4
	110		Pita w/		Number of Fruits – 1
Today's Weight – 151.0	30	v.v	Tomato, Onion, & Mixed Greens		Plan
Today's Maintenance Weight–140.0					Breakfast
	75		Chicken Tenderloin		
	125	f	Granny Smith Apple		
	50	v	Cucumber Salad		Snack
	200		Yellow Roll Roll – Gelsons		Lunch
	750	v	Miso Ramen w/ Eric		
	100	v	Steamed Purple Potato w/ Salsa		Snack
					Dinner
Strawberry Guy!					
Daily Total	1540				Before Bed
Net Daily Total		1540		0	
Thursday 9/20/2007	100		Egg White Salad on		Number of Vegetables – 5
	110		Pita w/		Number of Fruits – 1
Today's Weight – 150.0	30	v.v	Tomato, Onion, & Mixed Greens		Plan
Today's Maintenance Weight–104.5					Breakfast
	240	v.v	TJ's Smoked Salmon Salad		
	110		5 Al Mak Crackers		Snack
	100		Egg White Salad		
					Lunch
	150		Pretzels		
	125	f	Granny Smith Apple		
		225		Slimmons	
	200	v	Purple Potatoes		Snack
Asian Vegetables	100		Marinated Herring		Dinner
	110		5 Al Mak Crackers		
Daily Total	1375	225			Before Bed
Net Daily Total		1150		0	
Friday 9/21/2007	110		5 Al Mak Crackers		Number of Vegetables – 5
					Number of Fruits – 3
Today's Weight – 148.0	100		Oatmeal w/		Plan
Today's Maintenance Weight–99.1	100	f	1 Cup Mixed Berries &		Breakfast
	100		2 Tb Sugar		
	400		Mustard Salmon		Snack
		200		Shop Bead Show – 2 Hours	
	150	v.v.v.v.v	5 Cups Mixed Steamed Broccoli & Cauliflower w/		Lunch
	50		Moonlight Marinade		



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Weekly Vegetables	29	Weekly Fruits	11
Total Weekly Exercise Calories	1100	TTL Fruits & Veggies Combined:	40

BMI Index = Overweight

BMI 25.0

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	110		Pita &			
	45	f	Papaya Mango Salsa			Snack
	125	f	Apple			Dinner
World's Best Tomatoes						
Daily Total	1290	200				Before Bed
Net Daily Total	1090				0	
Saturday 9/22/2007	140		Sardines on			Number of Vegetables – 5
	110		5 Ak Mak Crackers			Number of Fruits – 1
Today's Weight – 150.0	50	v	Sliced Tomato			Plan
Today's Maintenance Weight–123.6	125	f	Apple			Breakfast
		225		Slimmons		
	290	v,v	TJ's Reduced Fat Shrimp Louie Salad			
	110		5 Ak Mak Crackers			Snack
	200		Mustard Salmon			Lunch
	100		Egg White Salad on			
	110		Pita			
						Snack
	240	v,v	TJ's Smoked Salmon Salad			
Amazing Carrots	110		5 Ak Mak Crackers			Dinner
Daily Total	1585	225				Before Bed
Net Daily Total	1360				0	
Sunday 9/23/2007	170		Eggs (2) on			Number of Vegetables – 2
	110		Pita w/			Number of Fruits – 1
Today's Weight – 150.0	50	v	Sliced Tomato			Plan
Today's Maintenance Weight–130.9						Breakfast
	400		Pulled BBQ Chicken (Guessing 8 oz)			
	200		on White Bun w/			
	400	v	Potato Salad			Snack
		225		Walk 5400 Steps per Pedometer In Palmdale		Lunch
	100		Egg White Salad			
	125	f	Peeled Granny Apple			
	110		5 Ak Mak Crackers			Snack
Texas Sweet Onions						Dinner
Daily Total	1665	225				Before Bed
Net Daily Total	1440				0	
Monday 9/24/2007	100		Egg White Salad			Number of Vegetables – 3
						Number of Fruits – 2
Today's Weight – 150.0	180		Special K w/			Plan
Today's Maintenance Weight–161.8	125	f	Chopped Apple			Neck & Chest Pressure
		v,v	TJ's Smoked Salmon Salad			
	240					
	140		Sardines on			Snack
	110		5 Ak Mak Crackers			Lunch
	45	f	Papaya Mango Salsa on			
	110		5 Ak Mak Crackers			Snack
	250	v	Tuna Salad			
Look what TURNIP ed!	480		Big Honkin' F--King Cosco Roll			Dinner
Daily Total	1780					Before Bed
Net Daily Total	1780				0	