Laura Rebecca Silverman Week End 9/24/2007



Date Ca Tuesday 9/18/2007	11	00 nated Exercise	Weekly Fruits TTL Fruits & Veggies Combined: BMI	11 40 → 25.0		
BMI Index = Overweight	Estin Food	nated				
BMI Index = Overweight Date Ca	Estin Food	nated				
Date Ca Tuesday 9/18/2007	Food		RWI	25.0		
Date Ca	Food					
Date Ca		Evercise			န္မ	
Date Ca					Plan Calories	
Tuesday 9/18/2007	1101169	Calories	Food	Exercise	^ل ي	Comments
9/18/2007	175	Culonica		nge Roughy		Number of Vegetables – 5
	120					Number of Vegetables – 3 Number of Fruits – 2
	120	l	Grann	y Apple		Plan
Today's Weight - 151.0			M. TW. II			1
	50	٧	Mixed Vegeto	ible Salad w/		Breakfast
	150			ken Breast &		
	90		Dre	ssing		
						Snack
	100		Egg White	Salad on		
	110			ı w/		Lunch
A CHARLES	30	v.v	Tomato, Onion,	& Mixed Greens		
	75		Chicken	Tenderloin		
Managar		225		Slimmons		Snack
HIRITIAL CO.	75		Chicken	Tenderloin		
	240	٧.٧		Salmon Salad		
	125	f		mith Apple		Dinner
110010	.20	'	Grainly 3			
	110		E AL Mai	Crackers		
	110		J AK MON	COLUCACIO		
Daily Take!	1450	205				Defere Red
	1450	225				Before Bed
Net Daily Total		25			0	
	100			Salad on		Number of Vegetables – 4
	110			ı w/		Number of Fruits - 1
	30	V.V	Tomato, Onion,	& Mixed Greens		Plan
Today's Maintenance Weight-140.0						Breakfast
	75		Chicken	Tenderloin		
	125	f	Granny S	mith Apple		
			,			Snack
	50	٧	Cucumb	per Salad		
	200	•		foll – Gelsons		Lunch
			Tollow Non 1			
	750	٧	Mino Pam	en w/ Eric		
	750	,	Milso Italii	I		
	100		Channel Dimela	D-4-4 / C-1		Snack
	100	٧	Steamea Purpie	Potato w/ Salsa		SHUCK
						Dinner
Strawberry Guy!						
Daily Total 1	1540					Before Bed
Net Daily Total	15	40			0	
Thursday	100		Egg White	Salad on		Number of Vegetables - 5
9/20/2007	110		Pite	ı w/		Number of Fruits - 1
	30	V.V		& Mixed Greens		Plan
Today's Maintenance Weight—104.5			Tomato, Smon,			Breakfast
	240	V.V	T.I's Smaked	L Salmon Salad		
	110	7.7		Crackers		
	110		J Al Muk	. Gradicis		Snack
	100		F. W.	L Ho Calad		onuck
	100		Lgg wh	ite Salad		Lunch
	450		_			Lunch
	150	ļ		tzels		
	125	f	Granny S	mith Apple		
		225		Slimmons		
	200	V		Potatoes		Snack
	100		Marinate	d Herring		
Asian Vegetables						Dinner
	110		5 Al Mak	Crackers		
Daily Total	1375	225				Before Bed
Net Daily Total		50			0	
	110		5 Al Mal	Crackers	 '	Number of Vegetables – 5
	IIV		J AI MOK	. GINGROIS		
Friday	_	i	į	<u> </u>	1	Number of Fruits - 3
Friday 1 9/21/2007	100		^ •			Diag
Friday 9/21/2007 Today's Weight - 148.0	100	,	Oatm			Plan
Friday 9/21/2007 Today's Weight — 148.0 Today's Maintenance Weight—99.1	100	f	1 Cup Mixe	d Berries &		Plan Breakfast
Friday 9/21/2007 Today's Weight — 148.0 Today's Maintenance Weight—99.1		f	1 Cup Mixe			
Friday 9/21/2007 Today's Weight — 148.0 Today's Maintenance Weight—99.1	100 100	f	1 Cup Mixe 2 Tb	d Berries & Sugar		Breakfast
Friday 9/21/2007 Today's Weight — 148.0 Today's Maintenance Weight—99.1	100	f	1 Cup Mixe 2 Tb	d Berries & Sugar Sulmon		
Friday 9/21/2007 Today's Weight - 148.0 Today's Maintenance Weight-99.1	100	f 200	1 Cup Mixe 2 Tb Mustara	d Berries & Sugar Salmon Shop Bead Show - 2 Hours		Breakfast
Friday 9/21/2007 Today's Weight - 148.0 Today's Maintenance Weight-99.1	100 100	f 200 v.v.v.v.v	1 Cup Mixe 2 Tb Mustara	d Berries & Sugar Sulmon		Breakfast
Friday 9/21/2007 Today's Weight – 148.0 Today's Maintenance Weight–99.1	100		1 Cup Mixe 2 Tb Mustara 5 Cups Mixed Steamed	d Berries & Sugar Salmon Shop Bead Show - 2 Hours		Breakfast Snack

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Weekly Vegetables		J	weekly ITuits	11	é.	
Total Weekly Exercise Calories	11	00	TTL Fruits & Veggies Combined:	40		
BMI Index = Overweight		ВМІ	25.0			
Estimated						
					Plan Calories	
	Food	Exercise			음 음	
Date	Calories	Calories	Food	Exercise	0	Comments
				-		
	110		Pit	0 &		
	45	f		ango Salsa		Snack
	10		1 apaya iii			
Warld's Doot Tomatage	125			nla.		Dinner
World's Best Tomatoes	123	l	AL AL	ple		Dillier
Daily Total	1290	200				Before Bed
Net Daily Total	10	90			0	
Saturday	140		Sardines on			Number of Vegetables - 5
9/22/2007	110		5 Ak Mak Crackers			Number of Fruits - 1
Today's Weight - 150.0	50	٧	Sliced Tomato			Plan
Today's Maintenance Weight-123.6	125	f	Apple			Breakfast
Toddy's maintenance meight 125.0	123	225	прріс	Climmono		Brown ast
	000		TR. D. L I F. I Chi C. l I	Slimmons		
	290	٧,٧	TJ's Reduced Fat Shrimp Louie Salad			Const
	110		5 Ak Mak Crackers			Snack
	200		Mustard Salmon			Lunch
	100		Egg White Salad on			
	110		Pita			
AL TOWN AL						Snack
	240	V.V	TJ's Smoked Salmon Salad			
Amazing Carrots	110	V.V	5 Ak Mak Crackers			Dinner
Amazing currots	110		J AK WUK CTUCKETS			Dillie
Daily Total	1585	225				Before Bed
Net Daily Total	13	60			0	
Sunday	170		Eggs (2) on			Number of Vegetables — 2
9/23/2007	110		Pita w/			Number of Fruits - 1
Today's Weight - 150.0	50	٧	Sliced Tomato			Plan
Today's Maintenance Weight-130.9	- 00	· ·	Siloda Torriato			Breakfast
Toddy's Maintenance Weight 130.3	400		Pulled BBQ Chicken (Guessing 8 oz)			breaklast
	200		on White Bun w/			
						6 1
The state of the s	400	٧	Potato Salad			Snack
		225		Walk 5400 Steps per Pedometer In Pa	lmdale	Lunch
	100		Egg White Salad			
	125	f	Peeled Granny Apple			
	110		5 Ak Mak Crackers			Snack
A land						
Texas Sweet Onions						Dinner
TONGS SWEET OTHORS						
	1					
2 1 7 1	1005	205				0 (0)
Daily Total	1665	225				Before Bed
Net Daily Total		40			0	
Monday	100		Egg White Salad			Number of Vegetables - 3
9/24/2007						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
- Constitution of the Cons						
	240	٧.٧	TJ's Smoked Salmon Salad			
	∠⊤∪	V.V	10 3 SHIOKEU SUITION SUIUU			Snack
	110		Cardiana a			Jillon
The second second	140		Sardines on			
	110		5 Ak Mak Crackers			Lunch
	45	f	Papaya Mango Salsa on			
DOWN TO BE	110		5 Ak Mak Crackers			
						Snack
	250	٧	Tuna Salad			
Look what TURNIP ed!	480		Big Honkin' F—King Cosco Roll			Dinner
LOOK WHAT TOTAL CU:	100		Dig Horisin 1 King 00300 Kull			
D 71 T	4700					D.C., D.J.
Daily Total	1780		I			Before Bed
Net Daily Total	17	80			0	