



Week Starting Weight	151.4	Calculated Weight Loss	-0.3
Week's Daily Maintenance Calories	1665	Average Weekly Weight	151.1
Average Net Daily Calories	1850.8	Week Weight Loss	0.3
Week's Maintenance Weight	168.3	Total Weight Loss	206.9
Weekly Vegetables	26	Weekly Fruits	10
Total Weekly Exercise Calories	895	TTL Fruits & Veggies Combined:	36

BMI Index = Overweight BMI 25.2

Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
Tuesday 8/28/2007	50	v	Sliced Tomato			Number of Vegetables - 6
	140		Sardines			Number of Fruits - 3
Today's Weight - 150.0	110		5 Ak Mak Crackers			Plan
Today's Maintenance Weight-199.1						Breakfast
	120	f	Peeled Apple			
	150		Chicken Tenderloins stuffed w/ Tomato, Onion, Parsley, & Basil			Snack
	30	v	Brushed w/ Olive Oil and			Lunch
	50		Dusted w/ Parmesan Cheese			
	25		Two Steamed Potatoes			
	150	v	Piliut			
	60	f				
	160		Deli Turkey on Rosemary Bread			Snack
	100	v	Cauliflower w/ Orange-Chili-Garlic Sauce			
Nectarines & Pluots	110		5 Ak Mak Crackers			Dinner
	100		TJ's Egg White Salad			
	110		5 Ak Mak Crackers			
	240	v	TJ's Smoked Salmon Salad			
	75	v	Steamed Potato			
	110		5 Ak Mak Crackers			
	300	f	Avacado			
Daily Total	2190					Before Bed
Net Daily Total	2190				0	
Wednesday 8/29/2007	170		Eggs (2) scrambled w/ Tomato, Onion, & Mushroom			Number of Vegetables - 4
Today's Weight - 152.0	50	v	Peeled Apple			Number of Fruits - 2
Today's Maintenance Weight-151.4	120	f				Plan
		120		2858 Steps (Collins, Yolanda, Hatteras,		Breakfast
	150	v.v	2 Cups Tomato Veggies			
	195		Deli Turkey on Sourdough			Snack
	140		Sardines			Lunch
	110		5 Ak Mak Crackers			
	120	f	Peeled Apple			Snack
	250		Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./			
	50	v	1 TB Parmesan Cheese			
	30		Pasta w/ Tomato Sauce			
	400					Dinner
Strawberry Guy!						
Daily Total	1785	120				Before Bed
Net Daily Total	1665				0	
Thursday 8/30/2007	100		TJ's Spicy Ranchero Egg White Salad			Number of Vegetables - 5
Today's Weight - 150.0	110		5 Ak Mak Crackers			Number of Fruits - 1
Today's Maintenance Weight-140.5	120		1 Cup Special K			Plan
	120	f	Peeled Apple			Breakfast
	240		TJs Smoked Salmon Salad			Snack
	75	v	Cauliflower w/ Orange-Chili-Garlic Sauce			
	75					
			Deli Turkey on Sourdough Toast			Lunch
	220		Popcorn			
	125	v				
		125		Slimmons		
	200	v.v	2 Cups Tomato Soup w. Onion, Bean Sprouts, &			Snack
	50	v	1 TB Parmesan Cheese			
Asian Vegetables	25					Dinner
	100		TJ's Spicy Ranchero Egg White Salad			
	110		5 Ak Mak Crackers			
Daily Total	1670	125				Before Bed
Net Daily Total	1545				0	
Friday 8/31/2007	140		Sardines			Number of Vegetables - 2
Today's Weight - 152.0	110		5 Ak Mak Crackers			Number of Fruits - 1
Today's Maintenance Weight-205.5	120	f	Peeled Apple			Plan
						Breakfast
	50	v	Broccoli w/			



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Date	Estimated		Food	Exercise	Plan Calories	Comments
	Food Calories	Exercise Calories				
	50		Orange-Chili-Garlic Sauce over			
	100		1/2 Cup Rice			Snack
	100		Deli Turkey on			Lunch
	240		3.1 oz Sourdough			
	1500	150 v	Salad	Clean House		
			1/4 Slice Pizza			Snack
			Garlic Bread			
			Pie			Dinner
			Ice Cream			
World's Best Tomatoes						
Daily Total	2410	150				Before Bed
Net Daily Total	2260				0	
Saturday	140		Sardines	Heart Palpatations &		Number of Vegetables - 3
9/1/2007	110		5 Ak Mak Crackers	Neck Pressure'		Number of Fruits - 1
Today's Weight - 151.0	120	f	Peeled Apple	Faint & Dizzy		Plan
Today's Maintenance Weight-140.5		200 v		Slimmons		Breakfast
	200		Salad w/			
	75		Chow Mein Noodles &			
	90		Dressing			Snack
	100		Egg White Salad			Lunch
	110		5 Ak Mak Crackers			
	200		Garlic Bread - 1 Slice			
						Snack
	350		Pasta			
	150	v	Salad			Dinner
	200	100	Garlic Bread	Play w/ Ian - Including Pillow Fight		
Daily Total	1845	300				Before Bed
Net Daily Total	1545				0	
Sunday	170		Eggs (2) Scrambled w/	P		Number of Vegetables - 6
9/2/2007	50	v	Tomato & Onion & topped w/	Heart Palpatations &		Number of Fruits - 2
Today's Weight - 150.0	50	f	Papaya Mango Salsa	Neck Pressure'		Plan
Today's Maintenance Weight-172.7	100		1 very small plain pancake	Faint & Dizzy		Breakfast
		100		Farmers market		
	240		German Pretzel			
						Snack
	250		Chicken Breast stuffed w/			
	50	v	Tomato, Onion, Basil, & Parsley w./			Lunch
	30		1 TB Parmesan Cheese			
	300		Pasta w/ Tomato Sauce			
	60	f	pluot			
	50	v	Summer Squash			Snack
Texas Sweet Onions	100	v	Hummus			Dinner
	400	v	Salad			
	100		5 Ak Mak Crackers			
	150	100 v	Assorted Veggies	Intense Housework		
Daily Total	2100	200				Before Bed
Net Daily Total	1900				0	
Monday				P		Number of Vegetables - 0
9/3/2007						Number of Fruits - 0
Today's Weight - 153.0						Plan
						Breakfast
						
						Snack
						Lunch
						Snack
						Dinner
						Before Bed
					0	
Daily Total						Before Bed
Net Daily Total					0	