## Laura Rebecca Silverman Week End 9/3/2007

			No	0.7		
Week Starting Weight		1.4	Calculated Weight Loss	-0.3		
Week's Daily Maintenance Calories		65 0.8	Average Weekly Weight	151.1 0.3		
Average Net Daily Calories			Week Weight Loss			
Week's Maintenance Weight		8.3	Total Weight Loss	206.9		
Weekly Vegetables	2	6	Weekly Fruits	10		
Total Weekly Exercise Calories	8	95	TTL Fruits & Veggies Combined:	36		
BMI Index = Overweight			ВМІ	25.2		
	Estin	nated			S	
	Food	Exercise	1		Plan Calories	
Date	Calories	Calories	Food	Exercise	. S	Comments
Tuesday	50	V		Tomato		Number of Vegetables - 6
8/28/2007	140			dines		Number of Fruits – 3
Today's Weight - 150.0	110		5 Ak Mol	Crackers		Plan
Today's Maintenance Weight-199.1						Breakfast
	120	f	Peele	Apple		
	150		Chialan Tanda	loins stuffed w/		Snack
	30	٧		Parsley, & Basil		SHUCK
	50	٧	Brushed w/	Olive Oil and		Lunch
	25		Dusted w/ Pa	rmesan Cheese		
	150	٧		ed Potatoes		
	60	f	PI	uot		
Himtor W.						
ennouncer -						
	160			Rosemary Bread		Snack
	100	٧	Cauliflower w/ Oran	ge-Chili-Garlic Sauce		
	110		E 41 11 1	Crackero		
Nectarines & Pluocts	110		5 AK MQI	Crackers		Dinner
necturines & Fiducts	100		T.Ps Food	White Salad		
	110		5 Ak Mal	Crackers		
			O AIK MOR			
	240	٧	TJ's Smoked	Salmon Salad		
	75	٧		d Potato		
	110			Crackers		
	300	f	Ava	cado		
D 1 T L L	0400					Defens Ded
Daily Total Net Daily Total	2190	90			0	Before Bed
Wednesday	170	90	Eggs (2) scrambled w/		U	Number of Vegetables – 4
8/29/2007	50	٧	Tomato, Onion, & Mushroom			Number of Fruits – 2
Today's Weight - 152.0	120	f	Peeled Apple			Plan
Today's Maintenance Weight-151.4		120		2858 Steps (Collins, Yolanda, Hatteras,		Breakfast
	150	٧.٧	2 Cups Tomato Vegggies			
	195		Deli Turkey on Sourdough			Snack
	440					
and the same of th	140 110		Sardines			Lunch
	110		5 Ak Mak Crackers			
	120	f	Peeled Apple			
	120		1 00100 144410			Snack
	250		Chicken Breast stuffed w/			
	50	٧	Tomato, Onion, Basil, & Parsley w./			
	30		1 TB Parmesan Cheese			
	400		Pasta w/ Tomato Sauce			
						Dinner
Strawberry Guy!						
Daily Total	1785	120				Before Bed
Net Daily Total	16	65			0	
Thursday	100		TJ's Spicy Ranchero Egg White Salad			Number of Vegetables — 5
8/30/2007	110		5 Ak Mak Crackers			Number of Fruits – 1
Today's Weight - 150.0	100		1 Con Consist V			Plan Propkfast
Today's Maintenance Weight-140.5	120 120	f	1 Cup Special K Peeled Apple			Breakfast
	120	- 1	reeled Apple			
	240		TJs Smoked Salmon Salad			Snack
	75	٧	Cauliflower w/			
	75		Orange-Chili-Garlic Sauce			
	200		DET L			Luck
	220		Deli Turkey on Sourdough Toast			Lunch
Charles Charles	125	v 125	Popcorn	Slimmons		
	200	V,V	2 Cups Tomato Soup w.	SIITITIONS		
	50	۷,۷	Onion, Bean Sprouts, &			Snack
	25		1 TB Parmesan Cheese			
Asian Vegetables						Dinner
	100		TJ's Spicy Ranchero Egg White Salad			
	4		5.0.01.5			
	110		5 Ak Mak Crackers			
Daily Total	1670	125				Before Bed
Net Daily Total		45			0	
Friday	140		Sardines		Ť	Number of Vegetables – 2
8/31/2007	110		5 Ak Mak Crackers			Number of Fruits – 1
Today's Weight - 152.0	120	f	Peeled Apple			Plan
Today's Maintenance Weight-205.5						Breakfast
						i e
	50	٧	Broccoli w/			ļ

Laura Rebecca Silverman Week End 9/3/2007

Week Starting Weight	15	51,4	Calculated Weight Loss	-0.3	1	
Week's Daily Maintenance Calories		665	Average Weekly Weight	151.1		
Average Net Daily Calories		50.8	Week Weight Loss	0.3		
Week's Maintenance Weight		8.3	Total Weight Loss	206.9	9	
Weekly Vegetables		26	Weekly Fruits	10	-	
Total Weekly Exercise Calories	8	95	TTL Fruits & Veggies Combined:	36		
BMI Index = Overweight			ВМІ	▶ 25.2		
Date	Food Calories	Exercise Calories	Food	Exercise	Plan Calories	Comments
THE RESERVE	50 100		Orange-Chili-Garlic Sauce over 1/2 Cup Rice			Snack
VINE RIPE TOMATCES e. < O.	100		1/2 cup Rice			Shock
	100		Deli Turkey on			Lunch
	240	450	3.1 oz Sourdough			
	1500	150 v	Salad	Clean House		
	1300	,	1/4 Slice Pizza			Snack
			Garlic Bread			
World's Best Tomatoes			Pie			Dinner
			Ice Cream			
Daily Total	2410	150				Before Bed
Net Daily Total		260	0 5		0	N. I. CV. III. 7
Saturday 9/1/2007	140 110	<del> </del>	Sardines 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure'		Number of Vegetables - 3  Number of Fruits - 1
Today's Weight - 151.0	120	f	Peeled Apple	Faint & Dizzy		Plan
Today's Maintenance Weight-140.5		200		Slimmons		Breakfast
	200	٧	Salad w/			
	75 90		Chow Mein Noodles & Dressing			Snack
	30	<b>†</b>	·			
	100		Egg White Salad 5 Ak Mak Crackers			Lunch
	110		5 Ak Mak Crackers			
	200		Garlic Bread — 1 Slice			
As your sales	200		Gariic Bread — 1 Since			Snack
	350		Pasta			
Amazing Carrots	150	٧	Salad			Dinner
	200	100	Garlic Bread	Play w/ Ian — Including Pillow Fight		
1		100		ridy #/ idir - including rillow right		
Daily Total	1845	300				Before Bed
NID TI.						
Net Daily Total		545	5 (0) 0 11 1		0	
Sunday	170		Eggs (2) Scrambled w/	P Heart Palpatations &	0	Number of Vegetables – 6
Sunday 9/2/2007	170 50	v f	Tomato & Onion & topped w/	Heart Palpatations &	0	Number of Vegetables – 6  Number of Fruits – 2  Plan
Sunday	170	v f	Eggs (2) Scrambled w/ Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits – 2
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100	٧	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake	Heart Palpatations & Neck Pressure'	0	Number of Fruits — 2 Plan
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50	v f	Tomato & Onion & topped w/ Papaya Mango Salsa	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan Breakfast
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100	v f	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100 240 250 50	v f	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Bosil, & Parsley w./	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan Breakfast
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100 240 250 50 30	v f	Tomato & Onion & topped w/ Pappya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Bosil, & Parsley w./ 1 TB Parmesan Cheese	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan  Breakfast  Snack
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100 240 250 50 30 300	v f	Tomato & Onion & topped w/ Pappya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan  Breakfast  Snack
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100 240 250 50 30	v f	Tomato & Onion & topped w/ Pappya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Bosil, & Parsley w./ 1 TB Parmesan Cheese	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan  Breakfast  Snack
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100 240 250 50 30 300 60	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan Breakfast  Snack Lunch
Sunday 9/2/2007 Today's Weight — 150.0	170 50 50 100 240 250 50 30 300	v f	Tomato & Onion & topped w/ Pappya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce	Heart Palpatations & Neck Pressure' Faint & Dizzy	0	Number of Fruits — 2 Plan  Breakfast  Snack
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Sunday 9/2/2007 Today's Weight — 150.0 Today's Maintenance Weight—172.7	170 50 50 100 240 250 50 30 300 60	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus	Heart Palpatations & Neck Pressure' Faint & Dizzy		Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack
Sunday 9/2/2007 Today's Weight — 150.0 Today's Maintenance Weight—172.7	170 50 50 100 240 250 50 30 300 60 50 400	v f 100	Tomato & Onion & topped w/ Pappya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad	Heart Palpatations & Neck Pressure' Faint & Dizzy		Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack
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Sunday 9/2/2007 Today's Weight – 150.0 Today's Maintenance Weight–172.7  Texas Sweet Onions	170 50 50 100 240 240 250 50 30 300 60 100 400 100	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market		Number of Fruits — 2 Plan Breakfast  Snack Lunch  Snack Dinner
Sunday 9/2/2007 Today's Weight – 150.0 Today's Maintenance Weight–172.7  Texas Sweet Onions  Texas Sweet Onions	170 50 50 100 240 250 50 30 300 60 100 100 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market	0	Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack
Sunday 9/2/2007 Today's Weight — 150.0 Today's Maintenance Weight—172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Menday	170 50 50 100 240 250 50 30 300 60 100 100 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market		Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0
Sunday 9/2/2007 Today's Weight - 150.0 Today's Maintenance Weight-172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007	170 50 50 100 240 250 50 30 300 60 100 100 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0
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Sunday 9/2/2007 Today's Weight - 150.0 Today's Maintenance Weight-172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007	170 50 50 100 240 250 50 30 300 60 100 400 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0 Plan  Breakfast  Snack
Sunday 9/2/2007 Today's Weight - 150.0 Today's Maintenance Weight-172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007	170 50 50 100 240 250 50 30 300 60 100 400 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0 Plan  Breakfast  Snack  Lunch
Sunday 9/2/2007 Today's Weight — 150.0 Today's Maintenance Weight—172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007 Today's Weight — 153.0	170 50 50 100 240 250 50 30 300 60 100 400 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0 Plan Breakfast  Snack  Lunch  Snack  Snack  Snack  Snack  Snack
Sunday 9/2/2007 Today's Weight — 150.0 Today's Maintenance Weight—172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007 Today's Weight — 153.0	170 50 50 100 240 250 50 30 300 60 100 400 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0 Plan Breakfast  Snack  Lunch  Snack  Snack  Snack  Snack  Snack
Sunday 9/2/2007 Today's Weight — 150.0 Today's Maintenance Weight—172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007 Today's Weight — 153.0  Look what TURNIP ed!	170 50 50 100 240 250 50 30 300 60 100 100 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0 Plan Breakfast  Snack  Lunch  Snack  Snack  Snack  Snack  Snack
Sunday 9/2/2007 Today's Weight - 150.0 Today's Mointenance Weight-172.7  Texas Sweet Onions  Texas Sweet Onions  Daily Total Net Daily Total Monday 9/3/2007 Today's Weight - 153.0	170 50 50 100 240 250 50 30 300 60 100 100 150	v f 100	Tomato & Onion & topped w/ Papaya Mango Salsa 1 very small plain pancake  German Pretzel  Chicken Breast stuffed w/ Tomato, Onion, Basil, & Parsley w./ 1 TB Parmesan Cheese Pasta w/ Tomato Sauce pluot  Summer Squash  Hummus  Salad 5 Ak Mak Crackers	Heart Palpatations & Neck Pressure' Faint & Dizzy Farmers market  Intense Housework		Number of Fruits — 2 Plan  Breakfast  Snack  Lunch  Snack  Dinner  Before Bed  Number of Vegetables — 0 Number of Fruits — 0 Plan  Breakfast  Snack  Lunch  Snack  Dinner