Laura Rebecca Silverman Week End 6/5/2009

					Week End 6/5/2009		
Week Starting Weight				5.0	Calculated Weight Loss	0.0	
Week's Daily Maintenance Calories		1815		Average Weekly Weight	164.3		
Average Net Daily Calories			1814.5		Week Weight Loss	0.8	
Week's Maintenance Weight			165.0 26		Total Weight Loss Weekly Fruits	193.8 14.0	
Weekly Vegetables Total Weekly Exercise Calories			775		TTL Fruits & Veggies Combined:	40.0	·
BMI Index = Overweight					BMI	27.4	
Din mask storingin			Estin	nated	S.m.	2	
			Food	Exercise			
Date	٧	F	Calories	Calories	Food	Exercise	Comments
Saturday 5 (70 (0000			85		1 Egg on		Number of Vegetables – 5
5/30/2009 Today's Weight - 165.0	х		100 50		Orowheat Thin Sandwich Bread w/ Tomato & Avacado		Number of Fruits – 5
Today's Maintenance Weight-129.6	^	х	50		1/2 Cup Pineapple		
			450	200		Slimmons	
		×	150 50		Oatmeal w/ 1/2 Cup Blackberries &		
		Ü	50		1 TB Raw Sugar		
			400		F W 2 C L L		
			100 110		Egg White Salad 5 Ak Mak Crackers		
		X	96 50		Dried Cronberries - 1/4 Cup		
		x	50		1/2 Cup Pineapple		
			300		Cous Cous w/		
					Chicken Breast (Cubed) &	 n, Mushroom, Bell Pepper, Water Chestnuts,	Dried Crapherries Carrete Caleny
	X				Vegetables/Fruit: - Green Unior Orange/Chili/Garlic Sauce	n, musinoum, den repper, mater Unestnuts,	oried Granbernes, Carrols, Celery.
					**		
1	x		100		Cous Cous		
			100		OroWheat Thin Bread		
			60		Country Crock		
		x	100		Pineapple		
		l ^	0				
	x		75		Tasting - Tomato Sauce		
Daily Total		b	1626	200			
Net Daily Total			14	26			Markey (W. 11)
Sunday 5/31/2009			85 100		1 Egg on Orowheat Thin Sandwich Bread w/		Number of Vegetables – 6 Number of Fruits – 4
Today's Weight - 165.0	х		50		Tomato & Avacado		Number of Traits
Today's Maintenance Weight-190.5		X	50		1/2 Cup Pineapple		
			300		Cous Cous w/		
			000		Chicken Breast (Cubed) &		
	х					n, Mushroom, Bell Pepper, Water Chestnuts,	Dried Cranberries, Carrots, Celery.
	х				Orange/Chili/Garlic Sauce		
		х	120		Аррle —		
			120		1 Cup Special K		
			50		1 TB Raw Sugar		
			140		5 Ak Mak Crackers w/		
			120	76	Cream Cheese	Well- Dane Well-to Dank Office	
	х		110	75	Corn on Cob	Walk Dogs, Walk to Post Office	
			50		Chicken Tenderloins w/		
			50		Thai BBQ Sauce		
I	X		30 120		Tomato & Scallion in Filo Dough		
	х		100		Salad w/		
			120		Dressing		
		x	30		1.2 Cup Cheeries		
					·		
			375		3 Portion Wise Crackers		
		x	50		Pineapple		
N 7 T 1 '		L.		70		-	-
Daily Total Net Daily Total	-		2170	75 195			
Monday		х	96	Ĺ	1/4 Cup Dried Cranberries		Number of Vegetables - 9
6/1/2009							Number of Fruits - 2
Today's Weight - 164.0 Today's Maintenance Weight-190.5			225		Cous Cous w/		
					Chicken Breast (Cubed) &		
	X				Vegetables/Fruit: - Green Onior Orange/Chili/Garlic Sauce	n, Mushroom, Bell Pepper, Water Chestnuts,	Dried Cranberries, Carrots, Celery.
	X			200	orange/ onlin/ ouritC oduce	Slimmons	
					Sandwich		
			300 150		Onion Roll Turkey		
	х		50		Veggies & Mustard		
	х		50	En	Mediterranean Salad	Walls Dans	-
			150	50	Corn on Cob x 2	Walk Dogs	
			100		Turnip / Carrot Salad		
			140		5 Ak Mak Crackers		
					J AK MUK GIUCKEIS		
			180		English Muffin w/ Country Crock		
			200		Salad w/		
	¥	 	160		1.5 Link Tequila & Lime Chicken Sausage		
	x			I	Dressing	-	-
			120				h .
	x				Tomato-Venetable Stew		
			150		Tomato—Vegetable Stew		
	x		150 150		Oatmeal w/		
	x x x	x	150		Oatmeal w/ Blackberries &		
	x x x	x	150 150 75		Oatmeal w/		
	x x x	×	150 150 75		Oatmeal w/ Blackberries &		
Doily Total	x x x	×	150 150 75	250	Oatmeal w/ Blackberries &		
Doily Total Net Doily Total	x x x	×	150 150 75 50	250 96	Outmeol w/ Blackberries & Raw Sugar		
Net Daily Total Tuesday	x x x		150 150 75 50		Oatmeal w/ Blackberries & Raw Sugar Tomato Vegetable Stew		Number of Vegetables – 6 Number of Fruits – 3
Net Daily Total	x x x	x	150 150 75 50		Outmeol w/ Blackberries & Raw Sugar		Number of Vegetables — 6 Number of Fruits — 3

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Mark Cally Addressed Colores 1815	Week Starting Weight			165.0		Calculated Weight Loss	0.0	
Total Stage Control Colories	Week's Daily Maintenance Calories			1815		Average Weekly Weight	164.3	
Mode Finds Finds Mode Finds Mode Finds Finds Mode Finds Finds Mode Finds Fin	Average Net Daily Calories							
100 100	Week's Maintenance Weight							
Date V F Control				7	75			
	BMI Index = Overweight					ВМІ	27.4	
Disp. 15 Courts Courts								
Body National Might 162 775 Care for all 162 Care for all			_					
Christian Prints (Level 2)		٧	1		Colories		Exercise	Comments
Negation	1000y's mullicellulice weight 145.2			223				
1 96	-	х				Vegetables/Fruit: - Green Onion	n, Mushroom, Bell Pepper, Water Chestnuts,	Dried Cranberries, Carrots, Celery.
190						Orange/Chili/Garlic Sauce		
190				06		1/4 Cup Dried Craphorries		
1 160				30		1/4 cup blied cralibernes		
195		х						
159						1 Can Tuna (Water) &		
1 75		х		90		Best Foods		
1 75				150		Oatmeal w/		
100 750			x	75				
250 Science Mail Boy Sonce, Inches (Free from 1997) Science				50		Raw Sugar		
250 Science Mail Boy Sonce, Inches (Free from 1997) Science				160		Facilish Mulfin un/ Country Country		
435 Samon of This (Risk) Cent Sect of 17 (2 Caps				100	250	English Muthin W/ Country Crock	Slimmons / Walk Doas	
150			L			Salmon w/ Thai BBQ Sauce,		
120 T. Cop. Special X						Turnip/Carrot Salad 1 1/2 Cups		
120 T. Cop. Special X	ī			50		Charles = 1.0 ·		
Coly Cold Coly				DU		unernes = 1 Cup		
Coly Test				120		1 Cup Special K		
Methody Cod								
Methody Cod	N.5 T.1.1		L	1004	050			
Websecky (6/7/209) Today's Rieger - CO Receiver of Finits - O Receiver of		-	1					
Manufact of Irigis – 0 Soly 1 weight – 00 Daily Total Het Goly Total Friday Daily Total But Goly Total Friday Daily Total Soly Total	Wednesday			10				Number of Vegelables - 0
Cody Neph - 0.0	6/3/2009							Number of Fruits - 0
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Friday 6/5/09 Today's Weight - 0.0 Doily Total	Net Daily Total		1					
6/5/09 Today's Weight - 0.0 Daily Total	Friday							Number of Vegelables - 0
Doily Total	6/5/09		lacksquare					Number of Fruits - 0
	lodoy's Weight - 0.0		-					
	 							
	Daily Total							
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