

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Program Starting Weight / Inches:	234.5	45.0	11/10/2008
This Week Ending Weight / Inches:	230.0	43.0	11/17/2008
Total Weekly Weight / Inches Lost:	4.5	2.0	7 Days

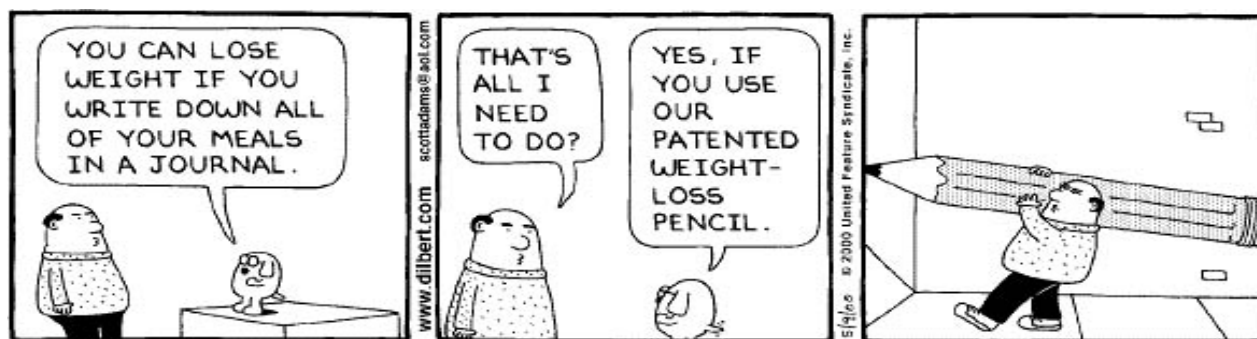
Week Beginning: 11/11/2008 Tuesday

Week Ending: 11/17/2008 Monday

S/C Value Recap - Week 1

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	11/11/2008	16	1	8	2	1
2	Wednesday	11/12/2008	16	1	8	2	2
3	Thursday	11/13/2008	11	-4	5	-1	3
4	Friday	11/14/2008	0	-15	2	-4	4
5	Saturday	11/15/2008	8	-7	2	-4	5
6	Sunday	11/16/2008	9	-6	3	-3	6
7	Monday	11/17/2008	13	-2	7	1	7
Weekly Totals:			72	-33	34	-8	
Daily Averages:			10.3	-4.7	4.9	10.0	



Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: November 11, 2008

S/C Value	O/U
Sugar: 16	1
Carbs: 8	2

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 7 Breakfast	Multi-grain Wrap w/flax (flat out / bestlife)	1.0	each	1.0	1.0	"Wrap" was lined humus and filled with a mixer of scrambled eggs, crumbled bacon, garlic, sun dried tomatoes and pesto cooked in extra virgin olive oil.
	Scrambled Eggs	2.0	each	0.0	0.0	
	Minced Garlic	2.0	tbsp	0.0	0.0	
	Sun Dried Tomatoes	1.0	oz	2.3	1.0	
	Pesto (Kirkland)	4.0	oz	1.0	0.0	
	Humus	1.0	oz	1.0	1.0	
	Extra Virgin Olive Oil	2.0	oz	0.0	0.0	
8 9 10 11 12 13 Lunch	Penne Pasta (Durman Wheat Semolina)	2.0	oz	2.0	4.0	1/8 portion of a pasta dish batch cooked: 1lb penne pasta (16/32) mixed with 1lbs lean ground beef (0/0) cooked with 12oz pesto (3/0), 6oz sun dried tomatoes (27/5), 4oz garlic (0/0) in 2tbsp extra virgin olive oil (0/0)
	Lean Ground Beef, 9% Fat	2.0	oz	0.0	0.0	
	Pesto	1.5	oz	0.4	0.0	
	Sun Dried Tomatoes	0.8	oz	3.4	0.6	
	Minced Garlic	0.5	oz	0.0	0.0	
	Extra Virgin Olive Oil	0.3	oz	0.0	0.0	
14 15 16 17 18 Dinner	Romaine Lettuce, chopped	1.0	cup	0.0	0.0	Tossed green salad with diced chicken tenders (poached in red wine), chopped red and yellow bell peppers and Marie's poppy seed dressing and topped with mill ground black pepper.
	Red / Yellow Bell Peppers, diced	4.0	oz	1.0	0.0	
	Chicken Tenders, diced	2.0	each	0.0	0.0	
	Dressing (Marie's Poppy Seed)	1.0	tbsp	3.5	0.0	
	Black Pepper, mill ground	1.0	pinch	0.0	0.0	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)

CP= Carbs Portion (total carb servings in batch divided by portion size)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Wednesday

Today's Date: November 12, 2008

S/C Value	O/U
Sugar:	16 1
Carbs:	8 2

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 7 Breakfast	Multi-grain Wrap w/flax (flat out / bestlife)	1.0	each	1.0	1.0	"Wrap" was lined humus and filled with a mixer of scrambled eggs, crumbled bacon, garlic, sun dried tomatoes and pesto cooked in extra virgin olive oil.
	Scrambled Eggs	2.0	each	0.0	0.0	
	Minced Garlic	2.0	tbsp	0.0	0.0	
	Sun Dried Tomatoes	1.0	oz	2.3	1.0	
	Pesto (Kirkland)	4.0	oz	1.0	0.0	
	Humus	1.0	oz	1.0	1.0	
	Extra Virgin Olive Oil	2.0	oz	0.0	0.0	
8 9 10 11 12 13 Lunch	Penne Pasta (Durman Wheat Semolina)	2.0	oz	2.0	4.0	1/8 portion of a pasta dish batch cooked: 1lb penne pasta (16/32) mixed with 1lbs lean ground beef (0/0) cooked with 12oz pesto (3/0), 6oz sun dried tomatoes (27/5), 4oz garlic (0/0) in 2tbsp extra virgin olive oil (0/0)
	Lean Ground Beef, 9% Fat	2.0	oz	0.0	0.0	
	Pesto	1.5	oz	0.4	0.0	
	Sun Dried Tomatoes	0.8	oz	3.4	0.6	
	Minced Garlic	0.5	oz	0.0	0.0	
	Extra Virgin Olive Oil	0.3	oz	0.0	0.0	
14 15 16 17 18 Dinner	Romaine Lettuce, chopped	1.0	cup	0.0	0.0	Tossed green salad with diced chicken tenders (poached in red wine), chopped red and yellow bell peppers and Marie's poppy seed dressing and topped with mill ground black pepper.
	Red / Yellow Bell Peppers, diced	4.0	oz	1.0	0.0	
	Chicken Tenders, diced	2.0	each	0.0	0.0	
	Dressing (Marie's Poppy Seed)	1.0	tbsp	3.5	0.0	
	Black Pepper, mill ground	1.0	pinch	0.0	0.0	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)

CP= Carbs Portion (total carb servings in batch divided by portion size)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Thursday

Today's Date: November 13, 2008

S/C Value		O/U
Sugar:	11	-4
Carbs:	5	-1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 7:50AM to 8:00AM	English Muffin (Thomas Brand)	2.0	each	2.0	3.0	Toasted English Muffin, Cream Cheese and Crumbled Bacon spread on one side of each EM, Eggs cooked in Butter, combined into a breakfast sandwich. Drank black coffee with meal.
	Fried Egg, over easy, broken yolk	2.0	each	0.0	0.0	
	Butter (salted)	1.0	tbsp	0.0	0.0	
	Cream Cheese (Trader Joe's)	2.0	tbsp	1.0	0.0	
	Real Bacon, Crumbled	2.0	tbsp	0.0	0.0	
6 7 8 9 10 Lunch @ 12:50PM to 1:00PM	Romaine Lettuce, chopped	1.0	cup	0.0	0.0	Tossed green salad with chicken tenders (poached in red wine), red and yellow bell peppers, tomato and Marie's poppy seed dressing and topped with mill ground black pepper. Drank water with meal.
	Red / Yellow Bell Peppers, diced	4.0	oz	1.0	0.0	
	Vine Ripe Tomato, diced	4.0	oz	1.0	0.0	
	Chicken Tenders, diced	2.0	each	0.0	0.0	
	Dressing (Marie's Poppy Seed)	1.0	tbsp	4.0	0.0	
11	Black Pepper, mill ground			0.0	0.0	
12 13 14 15 Dinner @ 4:30PM to 4:40PM	Multi-grain Wrap w/flax (flat out / bestlife)	1.0	each	1.0	1.0	"Wrap" was lined humus and filled with a strips of smoked sausage and lettuce leafs. Drank water with meal.
	Smoked Sausage Link (Farmer John)	2.0	each	0.0	0.0	
	Romaine Lettuce, leaf	2.0	each	0.0	0.0	
	Humus	1.0	tbsp	1.0	1.0	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)

CP= Carbs Portion (total carb servings in batch divided by portion size)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Friday

Today's Date: November 14, 2008

S/C Value		O/U
Sugar:	0	-15
Carbs:	2	-4

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 8:30AM to 8:40AM	Fried Egg, over easy, broken yolk	2.0	each	0.0	0.0	Eggs cooked in Butter and favor enhanced by Hot Sauce. Consumed previously cooked bacon strips. Black coffee with meal.
2		Butter, salted	1.0	tbsp	0.0	0.0	
3		Salsa Picante Hot Sauce (Tapatio)	1.0	tsp	0.0	0.0	
4		Bacon Strips	5.0	each	0.0	0.0	
5	Afternoon Snacks @ 1:30PM to 2:15PM	Mashed potatoes w/Gravy	1.0	oz	0.0	0.0	Each was a small Costco sampler. I checked the nutrition panels before sampling and all had either no or very little sugar grams or carbohydrates. I avoid those that did.
6		Mixed Salad w/Grated Romano Cheese	1.0	oz	0.0	0.0	
7		Amy's Lentil Soup	1.0	oz	0.0	0.0	
8		Green Tea w/Energy Booster	1.0	oz	0.0	0.0	
9	Dinner @ 5:00PM to 5:10PM	Cauliflower, fresh	12.0	oz	0.0	1.0	Cauliflower boiled to soften, pureed in food processor with one whole ripe avocado and butter. Water with meal.
10		Avocado, ripe	4.0	oz	0.0	1.0	
11		Butter, salted	4.0	tbsp	0.0	0.0	
12	Snack @ 6:40PM to 7:00PM	Colby / Monterey Jack Cheese	3.0	oz	0.0	0.0	Cut into a dozen cubes. Water
13	Snack @ 10:00PM	Brazil Nuts, raw	10.0	each	0.0	0.0	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)

CP= Carbs Portion (total carb servings in batch divided by portion size)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Saturday

Today's Date: November 15, 2008

S/C Value		O/U
Sugar:	8	-7
Carbs:	2	-4

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 7 Breakfast @ 8:35AM to 8:40AM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	"Wrap" was lined cheese and filled with a mixer of scrambled eggs, sausage and garlic cooked in extra virgin olive oil. Black coffee with meal.
	Eggs, scrambled	1.3	each	0.0	0.0	
	Smoked Sausage Link, diced (Farmer John)	0.7	each	0.0	0.0	
	Colby / Monterey Jack Cheese	1.0	oz	0.0	0.0	
	Garlic, minced	0.7	oz	0.0	0.0	
	Extra Virgin Olive Oil	0.3	oz	0.0	0.0	
	Black Pepper, mill ground					
8 9 10 11 Lunch @ 1:10PM to 1:15PM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	"Wrap" was spread with artichoke / jalapeno dip topped with chicken, guacamole and lettuce. Water with meal.
	Chicken Tenders, diced	4.0	oz	0.0	0.0	
	Romaine Lettuce, chopped	0.5	cup	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
12	Guacamole	2.0	tbsp	0.0	0.0	
13 Snack @ 4:00PM	Brazil Nuts, raw	10.0	each	0.0	0.0	
14 15 16 17 18 19 Dinner @ 5:05PM to 5:15PM	Mixed Greens Salad (Costco)	1.0	cup	0.0	0.0	Tossed mixed green salad with chicken tenders (poached in red wine), red and yellow bell peppers, tomato and Marie's poppy seed dressing and topped with mill ground black pepper. Water with meal.
	Red / Yellow / Orange Bell Peppers, diced	4.0	oz	1.0	0.0	
	Vine Ripe Tomato, diced	4.0	oz	1.0	0.0	
	Chicken Tenders, diced	2.0	each	0.0	0.0	
	Dressing (Marie's Poppy Seed)	1.0	tbsp	4.0	0.0	
19	Black Pepper, mill ground			0.0	0.0	
20 Snack @ 10:00PM	Brazil Nuts, raw	5.0	each	0.0	0.0	

tablespoon or tablespoonful (tbsp)
teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)
CP= Carbs Portion (total carb servings in batch divided by portion size)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Sunday

Today's Date: November 16, 2008

S/C Value		O/U
Sugar:	9	-6
Carbs:	3	-3

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 6:50AM to 7:00AM	Eggs, over easy	2.0	each	0.0	0.0	Eggs with hot sauce, bacon and homemade biscuit [Batch made from Bisquick mix (58.5gr C / 2.25gr S) and lactose free milk (5.33gr C / 8gr S) for a batch S/C Ratio of (10.25/4) divided by 9 biscuits equals a individual biscuit S/C Ratio of 2/0]. Black coffee with meal.
	Salsa Picante Hot Sauce (Tapatio)	1.0	tsp	0.0	0.0	
	Bacon, strips	6.0	each	0.0	0.0	
	Biscuit, homemade (Bisquick, milk)	1.0	each	2.0	0.0	
	Butter (1/2 cooking, 1/2 biscuit)	1.0	tbsp	0.0	0.0	
6 Snack @ 1:50PM	Sunflower Seeds (Trader Joe's)	4.0	oz	0.0	1.0	Roasted, salted.
7 8 9 10 11 12 Lunch @ 2:45PM to 2:55PM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	"Wrap" was lined cheese and filled with a mixer of scrambled eggs, sausage and garlic cooked in extra virgin olive oil. Water with meal.
	Eggs, scrambled	1.3	each	0.0	0.0	
	Smoked Sausage Link, diced (Farmer John)	0.7	each	0.0	0.0	
	Colby / Monterey Jack Cheese	1.0	oz	0.0	0.0	
	Garlic, minced	0.7	oz	0.0	0.0	
	Extra Virgin Olive Oil	0.3	oz	0.0	0.0	
13 Black Pepper, mill ground						
14 Snack @ 5:25PM	Sunflower Seeds (Trader Joe's)	4.0	oz	0.0	1.0	Roasted, salted.
15 16 17 18 19 20 21 Dinner @ 6:15PM to 6:30PM	Mixed Greens Salad (Costco)	1.0	cup	0.0	0.0	Tossed mixed green salad with chicken tenders (poached in red wine), red, yellow and orange bell peppers, tomato, cheeses and Marie's poppy seed dressing and topped with mill ground black pepper. Water with meal.
	Red / Yellow / Orange Bell Peppers, diced	4.0	oz	1.0	0.0	
	Vine Ripe Tomato, diced	4.0	oz	1.0	0.0	
	Chicken Tenders, diced	2.0	each	0.0	0.0	
	Colby / Monterey Jack Cheese, cubed	2.0	oz	0.0	0.0	
	Dressing (Marie's Poppy Seed)	1.0	tbsp	4.0	0.0	
21 Black Pepper, mill ground				0.0	0.0	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)

CP= Carbs Portion (total carb servings in batch divided by portion size)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe
 Day of Week: Monday
 Today's Date: November 17, 2008

S/C Value		O/U
Sugar:	13	-2
Carbs:	7	1

Belly: 44" @ 2:40PM
 Weight: 230.0 @ 2:40PM
 Body Fat: 40% @ 2:40PM

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 7:50AM to 2 8:00AM	Bagel, sweet wheat (Western Bagel / Costco)	2.0	each	0.0	3.0	Cut bagels in half, toasted and each half spread with cream cheese. Black coffee with meal.
	Cream Cheese (Trader Joe's)	2.0	tbsp	1.0	0.0	
3 Lunch @ 4 11:00AM to 5 11:10AM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	"Wrap" was lined cheese and filled with a mixer of scrambled eggs, sausage and garlic cooked in extra virgin olive oil. Water with meal.
	Eggs, scrambled	1.3	each	0.0	0.0	
	Smoked Sausage Link, diced (Farmer John)	0.7	each	0.0	0.0	
	Colby / Monterey Jack Cheese	1.0	oz	0.0	0.0	
	Garlic, minced	0.7	oz	0.0	0.0	
	Extra Virgin Olive Oil	0.3	oz	0.0	0.0	
6 Snack @ 7 2:40PM	Sunflower Seeds, roasted, salted (Trader Joe's)	4.0	oz	0.0	1.0	
8 Dinner @ 9 5:15PM to 10 5:30PM	Mixed Greens Salad (Costco)	1.5	cup	0.0	0.0	Tossed mixed green salad with cubed bacon, broccoli, orange bell peppers, tomato, cheeses and Marie's poppy seed dressing and topped with mill ground black pepper. Water with meal.
	Orange Bell Peppers, diced	2.0	oz	1.0	0.0	
	Vine Ripe Tomato, diced	2.0	oz	1.0	0.0	
	Avocado, ripe	2.0	each	0.0	1.0	
	Broccoli, florets	3	oz	2.0	0.0	
	Colby / Monterey Jack Cheese, cubed	2.0	oz	0.0	0.0	
	Real Bacon, Crumbled	4.0	tbsp	0.0	0.0	
	Dressing (Marie's Poppy Seed)	2.0	tbsp	7.0	1.0	
11	Black Pepper, mill ground			0.0	0.0	

tablespoon or tablespoonful (tbsp)
 teaspoon or teaspoonful (tsp)

SP= Sugar Portion (total sugars in batch divided by portion size)
 CP= Carbs Portion (total carb servings in batch divided by portion size)