

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

Name: Michael T Grewe

Starting Weight / Inches:	234.5	45.0	11/10/2008
Current Weight / Inches:	219.5	40.0	1/19/2009
Total Weight / Inches Lost:	15.0	5.0	70 Days

Week Beginning: 1/13/2009 Tuesday
 Week Ending: 1/19/2009 Monday

S/C Value Recap - Week 10

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	1/13/2009	8	-7	6	0	64
2	Wednesday	1/14/2009	13	-2	5	-1	65
3	Thursday	1/15/2009	5	-10	6	0	66
4	Friday	1/16/2009	15	0	6	0	67
5	Saturday	1/17/2009	8	-7	6	0	68
6	Sunday	1/18/2009	9	-6	8	2	69
7	Monday	1/19/2009	5	-10	7	1	70
Weekly Totals:			64	-41	44	2	
Daily Averages:			9.2	-5.8	6.3	0.3	



SETTLE DOWN, IT'S NOT LIKE IT'S
 REAL MAPLE SYRUP

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Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: January 13, 2009

S/C Value	O/U
Sugar: 8	-7
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Mexican / Hawaiian Breakfast Wrap	1.0	each	5.3	1.1	See Recipe for Cooking and S/C Value breakdown.
2 8:00AM to	Coffee, half regular, half decafe	48.0	oz	0.0	0.0	About (4) mugs of coffee throughout the morning.
3 8:20AM	Heavy Whipping Cream / Stevia Chocolate	2.0	oz	0.0	0.0	
4 Snack	Brazil Nuts, raw	10.0	each	0.0	0.0	Eaten throughout the afternoon.
5 Lunch @	Brown / Wild Rice / Ground Beef / Bacon / Pesto	1.0	cup	1.0	1.1	See Recipe
6 4:30PM to	Immunity Tab	1.0	each	0.0	0.0	Added to 16oz water.
7 Dinner @	Soup, Hearty Chicken & Rotini (Progresso)	19.0	oz	2.0	1.5	Heated soup in microwave and dipped bread into soup to eat. Water with lemon with meal.
8 9:10PM to	Bread, Sourdough, Cheddar & Garlic (Trader Joe's)	100.0	grams	0.0	2.0	

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)

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Name: Michael T Grewe

Day of Week: Wednesday

Today's Date: January 14, 2009

S/C Value	O/U
Sugar: 13	-2
Carbs: 5	-1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Mexican / Hawaiian Breakfast Wrap	1.0	each	5.3	1.1	See Recipe for Cooking and S/C Value breakdown.
2 8:00AM to	Coffee, half regular, half decafe	48.0	oz	0.0	0.0	About (4) mugs of coffee throughout the morning.
3 8:20AM	Heavy Whipping Cream / Stevia Vanilla Crème	2.0	oz	0.0	0.0	
4 Lunch @	Brown / Wild Rice / Ground Beef / Bacon / Pesto	1.0	cup	1.0	1.1	See Recipe
5 1:25PM to	Key Lime Water with Stevia	12.0	each	0.0	0.0	
6 1:30PM						
6 Snack	Brazil Nuts, raw	10.0	each	0.0	0.0	Eaten throughout the afternoon.
7	Lettuce, mixed greens	1.0	cup	0.0	1.0	Dinner at my sister's home. Combine salad ingredients. Meatloaf made of ground beef, hot pork sausage, bread crumbs, onions and topped with ketchup.
8	Onions	1.0	tbsp	0.0	0.0	
9 Dinner @	Cucumbers	1.0	tbsp	0.0	0.0	
10 5:50PM to	Celery	1.0	tbsp	0.0	0.0	
11 6:20PM	Tomatoes	1.0	tbsp	0.0	0.0	
12 (Kelly's)	Ranch Dressing (Marie's)	2.0	tbsp	2.0	0.0	
13	Meatloaf [see ingredients]	6.0	oz	2.0	1.0	
14 Snack	English Muffin	1.0	each	1.0	1.0	Toasted with peanut butter on both halves.
15 10:00PM	Peanut Butter	2.0	tbsp	2.0	0.0	

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Name: Michael T Grewe

Day of Week: Thursday

Today's Date: January 15, 2009

S/C Value	O/U
Sugar: 5	-10
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 7:55AM to 8:00AM	Eggs, hardboiled	2.0	each	0.0	0.0	Served w/sea salt.
2		Coffee w/Heavy Whipping Cream, Stevia Chocolate	48.0	oz	0.0	0.0	Consumed over the morning.
3	Lunch @ Noon to 12:15PM	Brown / Wild Rice / Ground Beef / Bacon / Pesto	1.0	cup	1.0	1.1	See Recipe
4		Immunity Tab	1.0	each	0.0	0.0	Added to 16oz water.
5	Lunch @ 2:15PM to 2:30PM	Sprouted Grain Bread, Sesame (Ezekiel 4:9)	2.0	slice	0.0	2.0	Two slices of bread, salad dressing on both slices, mustard on one slice, turkey, cheese, sea salt, ground pepper. Cut in half. Lemon water with meal.
6		Turkey Breast	3.0	slice	0.0	0.0	
7		Cheese, Provolone	1.0	slice	0.0	0.0	
8		Salad Dressing (Miracle Whip)	2.0	tbsp	2.0	0.0	
9		Brown Mustard	1.0	tbsp	0.0	0.0	
10	Snack	Sea Salt	1.0	pinch	0.0	0.0	
10		Pepper, ground	1.0	pinch	0.0	0.0	
10		Dark Chocolate (carb safe)	3.0	piece	0.0	1.0	
11	Dinner @ 6:45PM to 6:50PM	Dark Chocolate (carb safe)	3.0	piece	0.0	1.0	Toasted bread. Melted cheese on one slice of bread in microwave. Added egg salad. Cut in half.
11		Sprouted Grain Bread, Sesame (Ezekiel 4:9)	2.0	slice	0.0	2.0	
12		Cheese, Monterella, Japlepano	1.0	slice	0.0	0.0	
13		Egg Salad (See Recipe)	4.0	oz	2.0	0.3	

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)

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Name: Michael T Grewe

Day of Week: Friday

Today's Date: January 16, 2009

S/C Value	O/U
Sugar: 15	0
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 9:30AM to 9:35AM	Mexican / Hawaiian Eggs	4.0	oz	4.0	0.0	See Recipe
2		Coffee w/HWC, Stevia English Toffee	48.0	oz	0.0	0.0	Consumed throughout the morning.
3	Lunch @ Noon to 12:45PM	Salmon, grilled	7.0	oz	0.0	0.0	Fire-grilled, cedar smoke-seasoned 7oz salmon fillet, broccoli, mushrooms, peppers.
4		Mixed Vegetables	8.0	oz	2.0	1.0	
5		Ice Tea	32.0	oz	0.0	0.0	
6	Dinner @ 6:45PM to 6:50PM	Sprouted Grain Bread, Sesame (Ezekiel 4:9)	2.0	slice	0.0	2.0	Toasted bread. Melted cheese on one slice of bread in microwave. Added egg salad. Cut in half.
7		Cheese, Monterella, Japlepano	1.0	slice	0.0	0.0	
8		Egg Salad (See Recipe)	4.0	oz	2.0	0.3	
9	Snack	Milk Chocolate (Carb Safe)	4.0	pieces	3.0	1.0	Yummy..!
10	Snack	Macadamia Nuts	1.0	cup	4.0	2.0	Delicious..!

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

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Name: Michael T Grewe

Day of Week: Saturday

Today's Date: January 17, 2009

S/C Value	O/U
Sugar: 8	-7
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 8:25AM to 8:35AM	Toast Oats (Cheerios)	1.0	cup	1.0	1.0	Put cereal in a bowl, add blackberries and top with almond milk.
2		Almond Milk, unsweetened	0.5	cup	0.0	0.0	
3		Blackberries	7.0	each	3.0	1.0	
4		Coffee w/Heavy Whipping Cream, Stevia Chocolate	36.0	oz	0.0	0.0	Consumed throughout the morning.
5	Lunch @ 11:05AM to 11:15AM	Sprouted Grain Bread, Sesame (Ezekiel 4:9)	2.0	slice	0.0	2.0	Toasted bread. Melted cheese on one slice of bread in microwave. Added egg salad. Cut in half.
6		Cheese, Monterella, Japlepano	1.0	slice	0.0	0.0	
7		Egg Salad (See Recipe)	4.0	oz	2.0	0.3	
8	Snack	Macadamia Nuts	0.5	cup	2.0	1.0	Delicious..!
9	Lunch @ 2:00PM to 2:15PM	Eggs, scrambled	3.0	each	0.0	0.0	Cook chicken in coconut oil, add bacon, evoo then scramble in eggs. Add dip and blend in until smooth.
10		Chicken, diced	3.0	oz	0.0	0.0	
11		Bacon, crumbled	4.0	oz	0.0	0.0	
12		Artichoke/Japelano Dip	4.0	oz	0.0	0.0	
13		Coconut Oil	1.0	tbsp	0.0	0.0	
14	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0		
15	Snack	Dark Chocolate (carb safe)	3.0	piece	0.0	1.0	Yummy..!

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

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Name: Michael T Grewe

Day of Week: Sunday

Today's Date: January 18, 2009

S/C Value		O/U
Sugar:	9	-6
Carbs:	8	2

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 8:10AM to 8:25AM	Eggs, scrambled	3.0	each	0.0	0.0	Cooked crab cake in coconut oil on medium heat before adding eggs. Scrambled eggs into crab cakes then added dip and blended on low heat until finished cooking. Cooking time under 10 minutes.
	Crab Cake (Handy)	1.0	each	1.0	1.0	
	Chucky Artichoke & Jalapeno Dip (La Terra Fina)	4.0	oz	0.0	0.0	
	Coconut Oil	1.0	tbsp	0.0	0.0	
	Coffee w/HWC, Stevia Vanilla Crème	48.0	oz	0.0	0.0	Consumed throughout the morning.
6 7 8 9 Lunch @ 12:30PM to 12:50PM	Dinner Roll	2.0	each	2.0	2.0	Toasted roll, added cheese, meat, sauce and microwave to melt cheese and heat sandwich.
	Italian Ground Beef Mixture	8.0	oz	3.4	0.6	
	Provolone Cheese, 5" round slices	2.0	each	0.0	0.0	
	Marinara Sauce (Trader Joe's)	1.0	oz	1.0	0.0	Added to 16oz water.
10 11 12 13 Dinner @ 5:20PM to 5:35PM	Immunity Tab	1.0	each	0.0	0.0	Added to 16oz water.
	Soup, Chicken Noodle (Progresso)	19.0	fl oz	2.0	2.0	Soup heated in microwave, bread dipped into soup.
	Bread, Sourdoug, Cheddar & Garlic (Trader Joe's)	1.5	slice	0.0	2.0	
Lemonade	16.0	oz	0.0	0.0	Lemon Juice, Stevia added to water	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

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Name: Michael T Grewe
 Day of Week: Monday
 Today's Date: January 19, 2009

S/C Value	O/U
Sugar: 5	-10
Carbs: 7	1

Belly: 40
 Weight: 219.5
 Body Fat: 36

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 9:20AM to 9:40AM	Lavash Bread	1.0	piece	0.0	2.0	Warmed bread on stove top, added cheese, meat and sauce and rolled into tube. Cut in half and heated in microwave until cheese melted and meat and sauce hot.
	Italian Ground Beef Mixture	8.0	oz	3.4	0.6	
	Provolone Cheese, 5" round slices	2.0	each	0.0	0.0	
	Marinara Sauce (Trader Joe's)	2.0	oz	2.0	0.0	
	Coffee w/HWC, Stevia Chocolate / Vanilla Crème	48.0	oz	0.0	0.0	Consumed throughout the morning.
6 7 8 9 10 11 Lunch @ 2:30M to 2:40PM	Sprouted Grain Bread, Sesame (Ezekiel 4:9)	2.0	slice	0.0	2.0	Two slices of bread, mustard on one slice, turkey, cheese, sea salt, ground pepper. Cut in half.
	Turkey Breast	3.0	slice	0.0	0.0	
	Cheese, Monterey Jack, Japelano	1.0	slice	0.0	0.0	
	Brown Mustard	1.0	tbsp	0.0	0.0	
	Sea Salt	1.0	pinch	0.0	0.0	
	Pepper, ground	1.0	pinch	0.0	0.0	
Immunity Tab	1.0	each	0.0	0.0	Added to 16oz water.	
12 Snack @ 4:30PM	Cheese, Provolone	2.0	slice	0.0	0.0	Jorge Cruise offices
14 15 Snack @ 9:20PM	Ice Cream, Vanilla Bean (Clemmey's)	8.0	oz	0.0	2.0	Evening Dessert
	Omega Strawberry/Banana Swirl (Barlean's)	2.0	oz	0.0	0.0	

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

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