

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:	227.5	43.5	11/24/2008
Total Weekly Weight / Inches Lost:	7.0	1.5	14 Days

Week Beginning: 11/18/2008 Tuesday

Week Ending: 11/24/2008 Monday

S/C Value Recap - Week 2

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	11/18/2008	12	-3	7	1	8
2	Wednesday	11/19/2008	15	0	5	1	9
3	Thursday	11/20/2008	13	-2	6	0	10
4	Friday	11/21/2008	15	-1	6	0	11
5	Saturday	11/22/2008	15	0	6	0	12
6	Sunday	11/23/2008	5	-10	6	0	13
7	Monday	11/24/2008	16	1	6	0	14
Weekly Totals:			91	-15	42	2	
Daily Averages:			12.9	-2.1	6.0	0.3	



Primitive man samples the very first chicken.

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Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: November 18, 2008

S/C Value	O/U
Sugar: 12	-3
Carbs: 7	1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 Breakfast @ 8:40AM to 8:50AM	Multi-grain Wrap w/flax (flat out /bestlife)	1.0	each	1.0	1.0	"Wrap" was spread with artichoke / jalapeno dip topped with eggs, salmon and lettuce. Black coffee with meal.
	Eggs, scrambled	2.0	each	0.0	0.0	
	Salmon, cooked	4.0	oz	0.0	0.0	
	Romaine Lettuce, leaf	1.0	each	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	3.0	tbsp	0.0	0.0	
	Black Pepper, mill ground	1.0	pinch	0.0	0.0	
7 8 9 10 Lunch @ 2:25PM to 2:35PM	Bay Scallops (40-60 count), cooked in red wine	4.0	oz	0.0	1.0	1/4 portion Pasta / Scallop dish batch cooked: [1/3] 8oz spaghetti w/flax (0/8) mixed with 1lbs bay scallops (0/0) cooked with 4oz red wine, 4oz garlic and 16oz pesto (4/0). Water with meal.
	Garlic, minced	1.0	oz	0.0	0.0	
	Pesto (Kirkland / Costco)	2.0	oz	1.0	0.0	
	Spaghetti with Flax (Trader Joe's)	2.0	oz	0.0	2.0	
11 Snack @ 2:40PM	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!
12 Snack @ 4:00PM	Brazil Nuts, raw	10.0	each	0.0	0.0	
13 14 15 16 17 18 19 20 Dinner @ 6:25PM to 6:40PM	English Muffin (Thomas Brand)	1.0	each	1.0	1.0	Hamburger/garlic patty served in toasted english muffin with salad dressing, ketchup and cheese.
	Lean Ground Beef, 9% Fat	4.0	oz	0.0	0.0	
	Minced Garlic	1.0	tbsp	0.0	0.0	
	Colby / Monterey Jack Cheese	1.0	oz	0.0	0.0	
	Salad Dressing (Miracle Whip)	1.0	tbsp	1.0	0.0	
	Ketchup (Heinz)	1.0	tbsp	4.0	0.0	
	Sweet Peas	4.0	oz	2.0	1.0	Drained canned peas, added butter, microwaved to heat and meal butter. Water with Meal
Butter, salted	2.0	tsp	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)

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Name: Michael T Grewe

Day of Week: Wednesday

Today's Date: November 19, 2008

S/C Value	O/U
Sugar: 15	0
Carbs: 5	-1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Joe's O's (Trader Joe's) [Cheerios]	8.0	oz	1.0	1.0	Cereal with almond milk. Black coffee.
2 9:05AM	Almond Milk, vanilla	4.0	oz	4.0	1.0	
3 Lunch @	Bay Scallops (40-60 count), cooked in red wine	4.0	oz	1.0	0.0	1/4 portion Pasta / Scallop dish batch cooked: [1/3] 8oz spaghetti w/flax (0/8) mixed with 1lbs bay scallops (0/0) cooked with 4oz red wine, 4oz garlic and 16oz pesto (4/0). Water with meal.
4 11:50AM to	Garlic, minced	1.0	oz	0.0	0.0	
5 12:00PM	Pesto (Kirkland / Costco)	2.0	oz	1.0	0.0	
6	Spaghetti with Flax (Trader Joe's)	2.0	oz	0.0	2.0	
7 Dinner @	Mixed Greens Salad (Costco)	0.5	cup	0.0	0.0	Tossed mixed green salad with cubed bacon, broccoli, orange bell peppers, tomato, cheeses and topped with mill ground black pepper. [Monday night meal leftovers]
8	Orange Bell Peppers, diced	0.5	oz	0.5	0.0	
9	Vine Ripe Tomato, diced	0.5	oz	0.5	0.0	
10	Broccoli, florets	1	oz	1.0	0.0	
11	Colby / Monterey Jack Cheese, cubed	0.5	oz	0.0	0.0	
12 6:15PM to	Real Bacon, Crumbled	1.0	tbsp	0.0	0.0	Hamburger/garlic patty, bacon strips, cheese heated in microwave then served with ketchup. Water with meal.
13 6:30PM	Lean Ground Beef, 9% Fat	4.0	oz	0.0	0.0	
14	Minced Garlic	1.0	tbsp	0.0	0.0	
15	Bacon Strip, cooked	2.5	each	0.0	0.0	
16	Colby / Monterey Jack Cheese	1.0	oz	0.0	0.0	
17	Ketchup (Heinz)	1.0	tbsp	4.0	0.0	
18 Snack @	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!

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: Thursday

Today's Date: November 20, 2008

S/C Value	O/U
Sugar: 13	-2
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 8:00AM to 8:10AM	Eggs, over easy	2.0	each	0.0	0.0	Cooked eggs in butter, topped with salsa blend (Huevo Rancheos) Black coffee with meal.
	Butter, salted	0.5	tbsp	0.0	0.0	
	Salsa Blend (Chunky / Authentic - Trader Joe's)	4.0	tbsp	0.0	0.0	
	Smoked Sausage Link, diced (Farmer John)	1.0	each	0.0	0.0	
5 Lunch @ 12:25PM to 12:40PM	Bay Scallops (40-60 count), cooked in red wine	4.0	oz	0.0	0.0	1/4 portion Pasta / Scallop dish batch cooked: [1/3] 8oz spaghetti w/flax (0/8) mixed with 1lbs bay scallops (0/0) cooked with 4oz red wine, 4oz garlic and 16oz pesto (4/0). Water with meal.
	Garlic, minced	1.0	oz	0.0	0.0	
	Pesto (Kirkland / Costco)	2.0	oz	1.0	0.0	
	Spaghetti with Flax (Trader Joe's)	2.0	oz	0.0	2.0	
9 Dinner @ 5:20PM to 5:35PM	Mashed Cauliflower / Broccoli Florets [Recipe]	4.0	oz	6.0	1.0	Heated mashed cauliflower / broccoli with butter in microwave.
	Butter, salted	1.0	tbsp	0.0	0.0	
	Chicken Tenders, diced	2.0	each	0.0	0.0	Cooked chicken in red wine. Diced and added to cooked rice blend, mixe with salsa and heated in microwave. Water with meal.
	Brown Rice / Wild Rice Blend, cooked [Recipe]	8.0	oz	2.0	1.0	
13	Salsa Blend (Chunky / Authentic - Trader Joe's)	4.0	tbsp	0.0	0.0	
14 Snack @ 5:45PM	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!
15 Snack @ 10:35PM	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	To round out my 6 Carb servings for the day...

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

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

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Name: Michael T Grewe

Day of Week: Friday

Today's Date: November 21, 2008

S/C Value	O/U
Sugar: 15	-1
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 9:00AM to 9:15AM	Eggs, scrambled	2.0	each	0.0	0.0	Scrambled eggs in butter with bacon and cream cheese. Toasted english muffins, buttered. Black coffee with meal.
	Real Bacon, Crumbled	4.0	oz	0.0	0.0	
	Cream Cheese	2.0	tbsp	0.0	0.0	
	Sourdough English Muffin (Van de Kamps)	1.0	each	2.0	1.0	
	Butter, salted	1.0	tbsp	0.0	0.0	
6 7 8 9 Lunch @ 12:00PM to 12:10PM	Bay Scallops (40-60 count), cooked in red wine	4.0	oz	0.0	0.0	1/4 portion Pasta / Scallop dish batch cooked: [1/3] 8oz spaghetti w/flax (0/8) mixed with 1lbs bay scallops (0/0) cooked with 4oz red wine, 4oz garlic and 16oz pesto (4/0). Water with meal.
	Garlic, minced	1.0	oz	0.0	0.0	
	Pesto (Kirkland / Costco)	2.0	oz	1.0	0.0	
	Spaghetti with Flax (Trader Joe's)	2.0	oz	0.0	2.0	
10 11 12 13 14 15 16 17 Dinner @ 5:50PM to 6:10PM	"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, cheese and lettuce.
	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	1/2 serving
	Colby / Monterey Jack Cheese, cubed	2.0	oz	0.0	0.0	
	Chili with Beans, canned (Ralphs)	4.0	oz	2.5	1.0	
	Mashed Cauliflower / Broccoli Florets [Recipe]	4.0	oz	6.0	1.0	
Beverage (Function Light Weight)	500.0	ml	2.0	0.0	Heated in microwave Acqi / Pomegranate Flavor	

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

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Name: Michael T Grewe

Day of Week: Saturday

Today's Date: November 22, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 8:35AM to 8:45AM	Eggs, cooked over easy	2.0	each	0.0	0.0	Cooked eggs in butter inside bread with two holes (hollowed out prior to cooking), topped with bacon and cheese. Black coffee with meal.
	Colby / Monterey Jack Cheese, thin slices	2.0	oz	0.0	0.0	
	Real Bacon, Crumbled	4.0	oz	0.0	0.0	
	Sourdough Bread, slice (Francisco Int'l)	1.0	each	0.0	1.0	
	Butter, salted	2.0	tbsp	0.0	0.0	
6 Lunch @ 2:10PM to 2:20PM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Wrap spread with dip on on edge, tuna blend added to center topped with salad and rolled into tube.
	Albacore Tuna Salad Blend [Recipe]	8.0	oz	5.0	1.0	
	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
	Mixed Greens Salad (Costco)	0.5	cup	0.0	0.0	
10	Beverage (Function Light Weight)	500.0	ml	2.0	0.0	Dragonfruit
11 Snack @ 4:25PM	Joe's O's (Trader Joe's) [Cheerios]	8.0	oz	1.0	1.0	Cereal with almond milk.
	Almond Milk, vanilla	4.0	oz	4.0	1.0	
12 Snack @ 7:30PM	Sun Chips	15.0	chips	2.0	1.0	Drank water and more water..!

tablespoon or tablespoonful (tbsp)

teaspoon or teaspoonful (tsp)

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Name: Michael T Grewe

Day of Week: Sunday

Today's Date: November 23, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 8:00AM to 8:10AM	Eggs, over easy	2.0	each	0.0	0.0	Cooked eggs in butter.
	Butter, salted	1.0	tbsp	0.0	0.0	
	Bacon, strip	5.0	each	0.0	0.0	Pre-cooked
	Sourdough Bread, toasted (Francisco Int'l)	1.0	each	0.0	1.0	Buttered toast. Black coffee with meal.
	Butter, salted	1.0	tbsp	0.0	0.0	
6 7 8 Lunch @ 2:00PM to 2:10PM	Chicken Breast	3.0	each	0.0	0.0	TV Camera Crew Buffet Station at Charger's Game
	Cheddar Cheese, cubes	1.0	oz	0.0	0.0	
	Blue Cheese, cubes	4.0	oz	0.0	0.0	
9 10 11 12 Late Lunch @ 3:10PM to 3:30PM	Carne Asada (Rubio's)	6.0	oz	0.0	0.0	Employee Meal at Charger's Game. Water with meal.
	Refired Beans (Rubio's)	4.0	oz	0.0	2.0	
	Salsa Fresca (Rubio's)	4.0	oz	0.0	0.0	
	Guacamole (Rubio's)	4.0	oz	1.0	1.0	
13 Snack @ 9:55PM to 10:00PM	Carb Safe Milk Chocolate	6.0	pieces	4.0	2.0	To round out my 6 Carb servings for the day...

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

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Name: Michael T Grewe
 Day of Week: Monday
 Today's Date: November 24, 2008

S/C Value	O/U
Sugar: 16	1
Carbs: 6	0

Belly: 43.5
 Weight: 227.5
 Body Fat: 0%

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 7:45AM to 7:55AM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Creates a "Breakfast Burrito" by scrambling eggs with bacon and dip. Black coffee with meal.
	Eggs, scrambled	2.0	each	0.0	0.0	
	Real Bacon, Crumbled	4.0	oz	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
5 Snack @ 12:10PM to 6 12:15PM	Joe's O's (Trader Joe's) [Cheerios]	8.0	oz	1.0	1.0	Cereal with almond milk.
	Almond Milk, vanilla	4.0	oz	4.0	1.0	
7 Lunch @ 8 3:15PM to 9 3:30PM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Wrap spread with dip on on edge, tuna blend added to center topped with salad and rolled into tube.
	Albacore Tuna Salad Blend 1 [Recipe]	8.0	oz	5.0	1.0	
	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
	Cauliflower Greens	0.5	cup	0.0	0.0	
11	Beverage (Function Light Weight)	500.0	ml	2.0	0.0	Pink Grapefruit
12 Snack @ 5:10PM	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	To round out my 6 Carb servings for the day...

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

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