

# 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	42.8	12/1/2008
Total Weekly Weight / Inches Lost:	7.0	2.3	21 Days

Week Beginning: 11/25/2008 Tuesday

Week Ending: 12/1/2008 Monday

## S/C Value Recap - Week 3

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	11/25/2008	5	-10	5	-1	15
2	Wednesday	11/26/2008	15	0	5	-1	16
3	Thursday	11/27/2008	36	21	11	5	17
4	Friday	11/28/2008	3	-12	2	-4	18
5	Saturday	11/29/2008	0	0	0	0	19
6	Sunday	11/30/2008	7	-9	7	1	20
7	Monday	12/1/2008	5	-10	6	0	21
Weekly Totals:			71	-20	36	0	
Daily Averages:			10.1	-2.8	5.1	0.0	



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

Participant Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: November 25, 2008

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

## 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. Pre-cooked Eggs topped with bacon, cheese and salsa. Black coffee with meal.
2		Butter, salted	0.5	tbsp	0.0	0.0	
3		Real Bacon, Crumbled	4.0	oz	0.0	0.0	
4		Colby / Monterey Jack Cheese, thin slices	1.0	oz	0.0	0.0	
5		Salsa Blend (Chunky / Authentic - Trader Joe's)	4.0	oz	0.0	0.0	
6	Snack @ 2:05PM	Almonds (Costco Sample)	4.0	pieces	0.0	0.0	
7	Snack @ 2:05PM	Macadamia Nuts (Costco)	4.0	pieces	0.0	0.0	
8	Snack @ 2:50PM	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	
9	Dinner @ 5:15PM to 5:30PM	Sweet Potato Chips / Blue Potato Chips	20.0	chips	3.0	1.0	S/C Value estimate based on bags nutrition labels.
10		Pork Sausage / Cream Cheese / Jalapeno Pepper Dip	4.0	oz	0.0	1.0	Guessing the S/C Value because eaten at CUC event.
11	Dinner @ 7:05PM to 7:10PM	SPAM (Hormel)	2.0	oz	0.0	0.0	Ate a small portion sans any topping..!
12	Snack 7:30PM to 7:40PM	Clemmy's Toasted Almond Ice Cream	8.0	oz	0.0	2.0	Ice Cream topped with Omega Swirl... Yummy..!
13		Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	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 26, 2008

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

Happy Birthday to me..!

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	Chicken Tenders, diced	4.0	oz	0.0	0.0	Chicken cooked in red wine, diced and mixed with bacon, salad dressing, mustard and served in a half sandwich. Water with meal.
2	Real Bacon, Crumbled	1.0	oz	0.0	0.0	
3	Salad Dressing (Miracle Whip)	1.0	oz	1.0	0.0	
4	Brown Mustard (Dijon)	0.5	tsp	0.0	0.0	
5	Sourdough Bread, toasted (Francisco Int'l)	1.0	each	0.0	1.0	
6	Pork Tenderlion	8.0	oz	0.0	0.0	Slow cooked in crock-pot w/garlic and red wine.
7	Garlic, minced	1.0	tbsp	0.0	0.0	
8	Fresh Russett Potatoes, boiled	4.0	oz	2.0	2.0	
9	Gravy	4.0	oz	0.0	0.0	Over both pork and potatoes.
10	7:20PM LIBBY'S® Famous Pumpkin Pie	1.0	slice	12.0	1.0	1/16 of pie... Nutrition information found online

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 27, 2008

S/C Value	O/U
Sugar: 36	21
Carbs: 11	5

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Lunch @ 10:50AM to 10:55AM	Chicken Tenders, diced	4.0	oz	0.0	Chicken cooked in red wine, diced and mixed with bacon, salad dressing, mustard and served in a half sandwich. Water with meal.	
2		Real Bacon, Crumbled	1.0	oz	0.0		
3		Salad Dressing (Miracle Whip)	1.0	oz	1.0		
4		Brown Mustard (Dijon)	0.5	tsp	0.0		
5		English Muffin (Thomas)	1.0	each	1.0		
6	Snacks 2:30PM to 4:00PM	Tortilla Chips w/Guacamole, Salsa	10.0	each	2.0	Light snacking before Thanksgiving meal.	
7		Mozzarella Ball (1" diameter)	8.0	each	0.0		
8		Wheat Thins, Cream Cheese, Crab, Cocktail Sauce	6.0	each	2.0		
9	Dinner @ 4:00PM to 4:30PM	Red Wine, Merlot (1995), Cabernet (1997)	2.0	glass	0.0	Each glass was about 6oz	
10		Turkey Breast	8.0	oz	0.0	Did not go back for seconds and did not "stuff" myself. Wine with dinner.	
11		Stuffing [Recipe]	1.0	cup	1.0		
12		Turkey Gravy (Homestyle)	4.0	oz	0.0		
13		Green Beans	2.0	oz	1.0		
14	Corn (Green Giant Niblets)	4.0	oz	4.0	1.0		
15	8:20PM	LIBBY'S® Famous Pumpkin Pie	1.0	slice	12.0	1.0	1/16 of pie... Nutrition information found online
16	11:40PM	LIBBY'S® Famous Pumpkin Pie	1.0	slice	12.0	1.0	1/16 of pie... Nutrition information found online

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 28, 2008

S/C Value		O/U
Sugar:	3	-12
Carbs:	2	-4

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Lunch @	Turkey Breast	8.0	oz	0.0	0.0	Heated turkey, stuffing and gravy in microwave. Water with meal
2	12:20PM to	Stuffing [Recipe]	1.0	cup	1.0	1.0	
3	12:40PM	Turkey Gravy (Home-style)	4.0	oz	0.0	0.0	
4	Dinner @	Garden Salad, mixed greens	8.0	oz	0.0	0.0	Iceberg lettuce, shredded carrot, onions. Dressing used as needed.
5		Blue Cheese Dressing	2.0	oz	0.0	0.0	
6		8:30PM to	Main Lobster Tail	0.5	each	0.0	0.0
7		9:30PM	Jumbo Scallops	2.0	each	0.0	0.0
8		[Red	Jumbo Shrimp	3.0	each	0.0	0.0
9	Lobster]	Butter, drawn	2.0	tbsp	0.0	0.0	
10		Broccoli, steamed	8.0	oz	2.0	1.0	Wood-Grilled Lobster, Shrimp and Scallops A split Maritime lobster tail and skewered jumbo shrimp and sea scallops with a savory garlic finish. Substituted broccoli for rice. Ice Tea with meal.

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 29, 2008

S/C Value	O/U
Sugar:	4 -11
Carbs:	6 0

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 8:10AM to 8:25AM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Diced up lobster, shrimp and scallops from last night's dinner and cooked in olive oil. Added eggs and scrambled. Added cheese and let melt. Blend all together. Add to wrap. Coffee with meal.
2		Eggs, scrambled	2.0	each	0.0	0.0	
3		Colby / Monterey Jack Cheese, thin slices	2.0	oz	0.0	0.0	
4		Lobster, Shrimp, Scallop, diced	4.0	oz	0.0	0.0	
5	Snack @ 3:20PM	Ranch Snack Warp (McDonald's)	1.0	each	2.0	2.0	I got hungry while out shopping...
6	Dinner @ 5:05PM to 5:20PM	Turkey, dark meat	4.0	oz	0.0	0.0	Turkey soup: Turkey carcass, water, celery, garlic, carrots (not eaten), onions slow cooked all day in crock-pot. Egg noodles shortly before serving. Served up 2 Cups (16oz).
7		Egg Noodles	2.0	oz	1.0	1.0	
8		Garlic			0.0	0.0	
9		Celery			0.0	0.0	
10		Onions			0.0	0.0	
11	Dessert @ 6:00PM to 6:10PM	Clemmy's Chocolate Ice Cream	8.0	oz	0.0	2.0	Ice Cream topped with Omega Swirl... Yummy..!
12		Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	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 30, 2008

S/C Value		O/U
Sugar:	7	-9
Carbs:	7	1

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @	Cheddar Bay Biscuit (Red Lobster)	2.0	each	0.0	2.0	Buttered biscuit headed in microwave. Black coffee.
2	7:15AM	Butter, salted	1.0	tbsp	0.0	0.0	
3	@ 10:15AM	Bacon, strips	8.0	each	0.0	0.0	Chargers' game buffet
4	Lunch @	Turkey, Roast Beef & Cheese Sandwich (Togo's)	1.0	each	5.0	1.0	S/C reflects sandwich content eaten without bread.
5	11:30AM -	Potato Chips, barbecue, (Lay's)	0.75	oz	1.5	1.0	Only half of bag eaten. Water with meal.
6	Dinner @	Beer (Negro Modelo)	12.0	oz	0.0	1.0	Beer with meal at Zocalo's in Old Town, San Diego
7		Pork Chop, grilled	4.0	oz	0.0	0.0	Substituted mashed potatoes with mixed vegetables. Asparagus came with entrée.
8		Mixed Vegetables, mushrooms, squash	8.0	oz	0.0	0.0	
9		Asparagus, spears	8.0	each	0.0	0.0	
10	Dessert @	Clemmy's Toasted Almond Ice Cream	8.0	oz	0.0	2.0	Ice Cream topped with Omega Swirl... Yummy..!
11		6:00PM to	Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	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: December 1, 2008

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

Belly: 42.75  
 Weight: 227.5  
 Body Fat: 38%

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Lunch @ 12:25PM to 12:30PM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Wrapped tuna salad blend (tuna, pesto, salad dressing, cheese). Water with meal.
2		Albacore Tuna Salad Blend 2 [Recipe]	4.0	oz	1.0	0.0	
3	Dinner @ 4:40PM to 4:50PM	Pork Chop, grilled	4.0	oz	0.0	0.0	Reheated left-over pork chop and vegetables. Added dip to top of chop for additional flavor.
4		Mixed Vegetables, mushrooms, squash	4.0	oz	0.0	0.0	
5		Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	Add whipping cream and omega swirl to 14oz water.
6		Heavy Whipping Cream	4.0	oz	0.0	0.0	
7		Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	0.0	0.0	
8	8:40PM to 8:50PM	Carne Asada Burrito (Vallarta Express)	8.0	oz	3.0	3.0	1/2 Burrito
9	Dessert @ 8:50PM to 9:00PM	Clemmy's Chocolate Ice Cream	8.0	oz	0.0	2.0	Ice Cream topped with Omega Swirl... Yummy..!
10		Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	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)