

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:	225.5	43.0	12/8/2008
Total Weekly Weight / Inches Lost:	9.0	2.0	28 Days

Week Beginning: 12/2/2008 Tuesday
 Week Ending: 12/8/2008 Monday

S/C Value Recap - Week 4

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	12/2/2008	6	-9	5	-1	22
2	Wednesday	12/3/2008	6	-9	6	0	23
3	Thursday	12/4/2008	2	-13	2	-4	24
4	Friday	12/5/2008	15	-1	6	0	25
5	Saturday	12/6/2008	11	-4	7	1	26
6	Sunday	12/7/2008	9	-7	6	0	27
7	Monday	12/8/2008	11	-4	6	0	28
Weekly Totals:			59	-46	38	-4	
Daily Averages:			8.4	-6.6	5.4	-0.6	



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Participant Name: Michael T Grewe
 Day of Week: Tuesday
 Today's Date: December 2, 2008

S/C Value	O/U
Sugar: 6	-9
Carbs: 5	-1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	
2	Eggs, scrambled	2.0	each	0.0	0.0	
3	Bacon, crumbled	4.0	oz	0.0	0.0	
4	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	Cooked eggs in EVOO with bacon and dip. Add to a toasted wrap covered with guacamole and topped with salsa. Rolled into "breakfast burrito" tube. [Preparation Filmed]
5	Guacamole (Avotech International - Costco)	4.0	oz	0.0	0.0	
6	Salsa Blend (Chunky / Authentic - Trader Joe's)	4.0	tbsp	0.0	0.0	
7	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
8	Heavy Whipping Cream	4.0	oz	0.0	0.0	
9	Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	0.0	0.0	
10	3: 20PM to 3: 30PM Carne Asada Burrito (Vallarta Express)	8.0	oz	3.0	3.0	1/2 Burrito (left-overs), Water with meal.
11	Dinner @ 5: 15PM to 5: 25PM English Muffin (Thomas)	1.0	each	1.0	1.0	Toasted english muffin and sandwich with tuna salad blend. Water with meal.
12	Albacore Tuna Salad Blend 2 [Recipe]	4.0	oz	1.0	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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Participant Name: Michael T Grewe
 Day of Week: Wednesday
 Today's Date: December 3, 2008

S/C Value	O/U
Sugar: 6	-9
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Cooked eggs in EVOO with bacon and dip. Add to a toasted wrap covered with guacamole and topped with salsa. Rolled into "breakfast burrito" tube. [Preparation Filmed]
2	Eggs, scrambled	2.0	each	0.0	0.0	
3	Bacon, crumbled	4.0	oz	0.0	0.0	
4	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
5	Guacamole (Avotech International - Costco)	4.0	oz	0.0	0.0	
6	Salsa Blend (Chunky / Authentic - Trader Joe's)	4.0	tbsp	0.0	0.0	
7	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
8	Dinner @ 5:55PM to 7:45PM Scallops, Penne Pasta, Sun Dried Tomatoes, Pesto, Garlic [Recipe]	7.0	oz	3.0	3.0	1/8 portion of batch preparation. Water with meal.
9	7:45PM Crackers (Ritz)	10.0	each	2.0	1.0	Eaten prior to performing with Comedy Improv Group.
10	11:00PM Potato Chips (Kirkland)	15.0	chips	0.0	1.0	Snack before bedtime - round out Carb requirement.

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

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Participant Name: Michael T Grewe
 Day of Week: Thursday
 Today's Date: December 4, 2008

S/C Value	O/U
Sugar: 2	-13
Carbs: 2	-4

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Cooked eggs in EVOO with bacon and dip. Add to a toasted wrap covered with guacamole and topped with salsa. Rolled into "breakfast burrito" tube. [Preparation Filmed]
2	Eggs, scrambled	2.0	each	0.0	0.0	
3	Bacon, crumbled	4.0	oz	0.0	0.0	
4	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
5	Guacamole (Avotech International - Costco)	4.0	oz	0.0	0.0	
6	Salsa Blend (Chuncky / Authentic - Trader Joe's)	4.0	tbsp	0.0	0.0	
7	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
8	Dinner @ BBQ Beef (without bbq sauce)	8.0	oz	0.0	0.0	Buns available but not used
9	3: 45PM to Ceasar Salad (without dressing)	8.0	oz	0.0	0.0	Romaine Lettuce, Parmesan Cheese
10	4:00PM Ranch Dressing	2.0	tbsp	1.0	0.0	Water with meal
11	9:30PM Potato Chips (Kirkland)	15.0	chips	0.0	1.0	Snack before bedtime - add to Carb requirement.

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

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Participant Name: Michael T Grewe
 Day of Week: Friday
 Today's Date: December 5, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES		
1	Breakfast @	Cheerios	8.0	oz	1.0	1.0	Almond milk blended to reduce S/C Value and to use sweetened almond milk. Coffee with HWC, Stevia Chocolate	
2	9:25AM to	Almond Milk - Sweetened	4.0	oz	4.0	1.0		
3	9:30AM	Almond Milk - Unsweetened	4.0	oz	0.0	0.0		
4	Lunch @	Scallops, Penne Pasta, Sun Dried Tomatoes, Pesto, Garlic [Recipe]	7.0	oz	3.0	3.0	1/8 portion of batch preparation. Water with meal.	
5	Dinner @	Ice Berg Lettuce, chopped	0.5	cup	0.0	0.0	Tossed green salad with diced chicken, onion and Marie's poppy seed dressing. Water with meal.	
6		5:35PM to	White Onions, diced	2.0	oz	1.0		0.0
7		5:45PM	Chicken Tenders, diced	4.0	oz	0.0		0.0
8			Dressing (Marie's Poppy Seed)	1.0	tbsp	3.5		0.0
9	Snack @	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..! Round out CARBS 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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Participant Name: Michael T Grewe
 Day of Week: Saturday
 Today's Date: December 6, 2008

S/C Value	O/U
Sugar: 11	-4
Carbs: 7	1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	7:25AM Bacon, strip	3.0	each	0.0	0.0	Coffee w/HWC, Stevia Chocolate	
2	Lunch @ 11:25AM to 11:35AM Scallops, Penne Pasta, Sun Dried Tomatoes, Pesto, Garlic [Recipe]	7.0	oz	3.0	2.0	1/8 portion of batch preparation. Water with meal.	
3	Focaccia, Tomato & Olive (Trader Joe's)	2.0	oz	0.0	1.0		
4	Dinner @ 6:05PM to 6:30PM [Meal Prep Filmed]	Sirloin Steak w/Bacon Wrap	7.0	oz	0.0	Seared steak in EVOO to seal in juices then slow cooked with mushrooms in red wine until done.	
5		Extra Virgin Olive Oil	1.0	tbsp	0.0		0.0
6		Shitake Mushrooms, sliced	2.0	oz	0.0	0.0	Removed steak and added gravy mix to mushrooms, wine and steak drippings to make gravy. Topped steak with gravy. Water with meal.
7		Merlot Wine, 1994 (left over from Thanksgiving)	4.0	oz	2.0	0.0	
8		Brown Gravy Mix (Lawry's)	4.0	oz	2.0	1.0	
9		Black Beans (Trader Joe's)	4.0	oz	2.0	1.0	
10	Focaccia, Tomato & Olive (Trader Joe's)	4.0	oz	0.0	1.0	Baked in oven at 350° for 8 minutes	
11	Snack @ 8:00PM Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!	

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

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Participant Name: Michael T Grewe
 Day of Week: Sunday
 Today's Date: December 7, 2008

S/C Value	O/U
Sugar: 9	-7
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 7 Breakfast @ 8: 45AM to 9: 15AM	Eggs, scrambled	2.0	each	0.0	0.0	Add suasage to evoo and brought heat up until suasage sizziling. Added eggs and dip and scrambled together until fully cooked. Topped with pepper. Coffee w/HWC & stevia chocolate.
	Smoked Sausage Link, diced (Farmer John)	1.0	each	0.0	0.0	
	Extra Virgin Olive Oil	1.0	tpsp	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
	Ground Pepper	1.0	pinch	0.0	0.0	Biscuit made from recipe on Bisquick box, half/half used instead of milk.
	Biscuits (Bisquick) [recipe]	2.0	each	2.0	2.0	
	Butter, salted	2.0	tbsp	0.0	0.0	
8 Lunch @ 10: 55AM to	Scallops, Penne Pasta, Sun Dried Tomatoes, Pesto, Garlic [Recipe]	7.0	oz	3.0	3.0	1/8 portion of batch preparation. Water with meal.
9 10 11 Dinner @ 5: 55PM to 6: 10PM	Romaine Lettuce, chopped	1.0	cup	0.0	0.0	Tossed green salad with Marie's poppy seed dressing.
	Dressing (Marie's Poppy Seed)	1.0	tbsp	3.5	0.0	
	Pork Tenderloin	6.0	oz	0.0	0.0	Pork cooked in crock-pot with garlic. Very tender and flavorful. Water with meal.
Garlic, minced	1.0	tbsp	0.0	0.0		
13 14 Dessert @ 6: 20PM to 6: 30PM	Clemmy's Chocolate Ice Cream	4.0	oz	0.0	1.0	Ice Cream topped with Omega Swirl... Yummy..!
	Barlean's Omega Swirl - Strawberry / Banana	2.0	oz	0.0	0.0	

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

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Participant Name: Michael T Grewe
 Day of Week: Monday
 Today's Date: December 8, 2008

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

Belly: 43
 Weight: 225.5
 Body Fat: 38%

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	8:25AM Bacon, strip	3.0	each	0.0	0.0	Coffee w/HWC, Stevia Chocolate	
2	Breakfast @	Cheerios	8.0	oz	1.0	Almond milk blended to reduce S/C Value and to use sweetened almond milk.	
3	10:00AM to	Almond Milk - Sweetened	4.0	oz	4.0		
4	10:10AM	Almond Milk - Unsweetened	4.0	oz	0.0		
5	Lunch @	Scallops, Penne Pasta, Sun Dried Tomatoes, Pesto, Garlic [Recipe]	7.0	oz	3.0	3.0	1/8 portion of batch preparation. Water with meal.
6	Dinner @	Pork Tenderloin	4.0	oz	0.0	0.0	Pork cooked in crock-pot with garlic. Very tender and flavorful. Water with meal.
7		Garlic, minced	1.0	tbsp	0.0	0.0	
8		5:30PM to	Broccoflower (Broccoli/Cauliflower Hybrid)	1.5	cups	3.0	1.0
9		5:40PM	Butter, salted	1.0	tbsp	0.0	0.0

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

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