

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	41.5	12/15/2008
Total Weekly Weight / Inches Lost:	9.0	3.5	35 Days

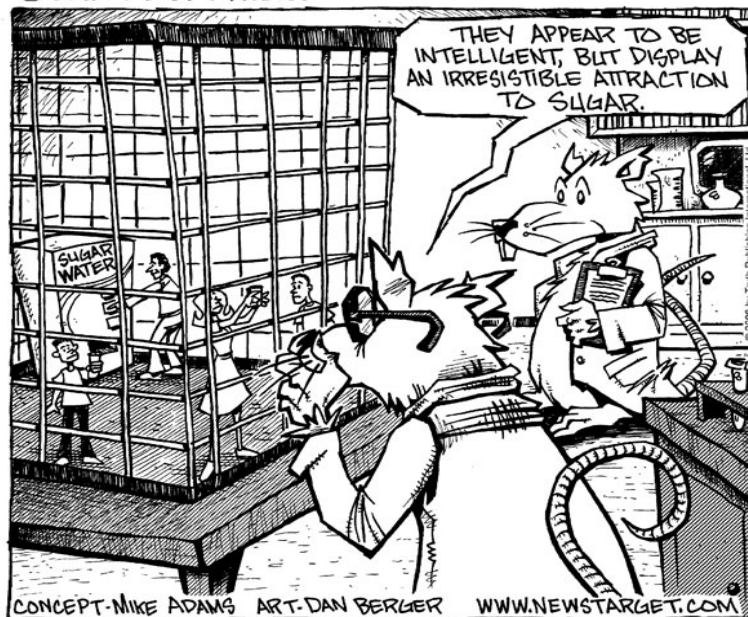
Week Beginning: 12/9/2008 Tuesday
 Week Ending: 12/15/2008 Monday

S/C Value Recap - Week 5

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	12/9/2008	20	5	9	3	29
2	Wednesday	12/10/2008	12	-3	6	0	30
3	Thursday	12/11/2008	5	-10	6	0	31
4	Friday	12/12/2008	14	-1	7	1	32
5	Saturday	12/13/2008	11	-4	10	4	33
6	Sunday	12/14/2008	9	-6	6	0	34
7	Monday	12/15/2008	9	-7	6	0	35
Weekly Totals:			80	-25	50	8	
Daily Averages:			11.4	-3.6	7.1	1.1	

COUNTERTHINK



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Participant Name: Michael T Grewe
 Day of Week: Tuesday
 Today's Date: December 9, 2008

S/C Value	O/U
Sugar: 20	5
Carbs: 9	3

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	7" Pancake (Bisquick, Lactose Free Milk, Egg)	1.0	each	2.0	1.0	Made pancake from recipe on box, used Omega Swirl for topping (instead of syrup). Coffee w/HWC, Stevia Chocolate with meal.
2 7:30AM to	Strawberry / Banana Omega Swirl (Barlean's)	2.0	tbsp	0.0	0.0	
3 7:40AM	Bacon, strips	3.0	each	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 @	Mini-Burger Patty [Recipe]	2.0	each	0.0	0.0	Made mini-burgers using mini-burger patty, biscuit, grilled onions, salad dressing, mustard. Very good..!
6 6:00PM to	Biscuits (Bisquick) [recipe]	2.0	each	2.0	2.0	
7 6:20PM	White Onions, grilled	2.0	oz	1.7	0.0	
8	Salad Dressing (Miracle Whip)	1.0	tbsp	1.0	0.0	
9	Yellow Mustard (French's)	2.0	tsp	0.0	0.0	
10	Brussel Sprouts	21.0	each	8.4	2.0	Cooked by steaming in ZipLoc Zip-N-Steam Bag.
11	Butter, salted	1.0	tbsp	0.0	0.0	
12	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.
13 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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Participant Name: Michael T Grewe
 Day of Week: Wednesday
 Today's Date: December 10, 2008

S/C Value	O/U
Sugar: 12	-3
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Morning	Coffee w/Heavy Whipping Cream, Stevia Chocolate	1.0	tbsp	0.0	0.0	spread over (3) 12oz cups of coffee
2 Lunch @ 12:20PM to 12:30PM	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.
3	Water w/Strawberry-Banana Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with lunch.
4	Salad, romaine lettuce	8.0	oz	0.0	0.0	Dinner salad with avocado, tomato, dressing.
5	Avocado	2.0	oz	0.0	0.0	
6	Tomato, cherry	2.0	each	0.8	0.0	
7	Dressing (Marie's Poppy Seed)	1.0	tbsp	3.5	0.0	
8	Salmon, farm (Costco)	6.0	oz	0.0	0.0	Salmon brushed with butter, dill and garlic then cooked in oven.
9	Dill, Garlic, Butter	1.0	trace	0.0	0.0	Beverage with dinner.
10	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	
11	Snack @ 7:00PM Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!
12	10:50PM to 11:00PM Carne Asada Burrito (Cotixan)	1.0	each	3.0	2.0	flour tortilla, meat, guacamole, salsa fresco

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 11, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Morning	Coffee w/Heavy Whipping Cream, Stevia Chocolate	1.0	tbsp	0.0	0.0	spread over (3) 12oz cups of coffee
2 Lunch @ 12:30PM to 12:40PM	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.
3 Dinner @ 7:25PM to 7:40PM	Calamari, tubes & tentacles (Top Catch)	4.0	7.0	0.0	0.0	Frozen calamari cooked in evoo and garlic until tender. Add liquid to water that cooked wild rice. Mixed calamari and butter into cooked rice.
4	Garlic, minced	1.0	oz	0.0	0.0	
5	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
6	Organic Lake Wild Rice (Trader Joe's)	3.0	oz	0.0	2.0	
7	Butter, salted	2.0	tbsp	0.0	0.0	
8	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.
9 Snack @ 8:25PM	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: Friday
 Today's Date: December 12, 2008

S/C Value		O/U
Sugar:	14	-1
Carbs:	7	1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Snack	Ritz Crackers	70.0	each	14.0	7.0	Night-time eating... Very bad...
2	Lunch @ 1245PM to 1:00PM	Eggs, Scrambled	2.0	each	0.0	0.0	Crumbled salmon into pan with evoo and cooked until heated. Added eggs and dip and blended until smooth. Added salt and pepper to taste.
3		Salmon, farm (Costco)	4.0	oz	0.0	0.0	
4		Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
5		Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
6		Sea Salt (Trader Joe's)	1.0	pinch	0.0	0.0	
7		Black Pepper	1.0	pinch	0.0	0.0	
8		Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.
9	Dinner @ 8:00PM	Mini-Burger Patty [Recipe]	2.0	each	0.0	0.0	Nothing else...
10		Water w/Strawberry-Banana Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.

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

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Participant Name: Michael T Grewe
 Day of Week: Saturday
 Today's Date: December 13, 2008

S/C Value	O/U
Sugar: 11	-4
Carbs: 10	4

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1 2 3 4 5 Breakfast @ 6:40AM to 6:50AM	"flat out wrap" multi-grain w/flax (bestlife)	1.0	each	1.0	1.0	Crumble burger patties and cooked with egg. Warmed wrap on stovetop then spread humus over surface and added cheese. Added burger egg mixtue and wrap into tube.	
	Egg, scrambled	1.0	each	0.0	0.0		
	Mini-Burger Patty [Recipe]	2.0	each	0.0	0.0		
	Cheedar Cheese, sharp (Kirkland - Costco)	2.0	oz	0.0	0.0		
	Enamona Humus	2.0	oz	0.0	0.0		Coffee w/English Toffee Stevia, HWC with meal.
6 7 8 9 10 Lunch @ 12:30PM to 12:40PM	Calamari, tubes & tentacles (Top Catch)	4.0	7.0	0.0	0.0	Frozen calamari cooked in evoo and garlic until tender. Add liquid to water that cooked wild rice. Mixed calamari and butter into cooked rice.	
	Garlic, minced	1.0	oz	0.0	0.0		
	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0		
	Organic Lake Wild Rice (Trader Joe's)	3.0	oz	0.0	2.0		
	Butter, salted	2.0	tbsp	0.0	0.0		
11	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with dinner.	
12	2:30PM	Peanut Butter Pretzels	20.0	each	4.0	2.0	
13 14 15 16 Dinner @ 5:45PM to 6:15PM	Rib Eye Steak (Canyon Club Bar & Grill)	8.0	oz	0.0	0.0	Dinner at the Canyon Club Bar & Grill. Steak and Salad only. No Baked Potato. Stout with meal.	
	Salad, mixed green w/onions, tomatoes, cucumbers	1.0	cup	0.0	0.0		
	Ranch Dressing	1.0	tbsp	0.0	0.0		
	Bitter Chocolate Oatmeal Stout (Stone)	22.0	oz	0.0	2.0		
17	11:30PM	Peanut Butter Pretzels	30.0	each	6.0	3.0	Night time snacking

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Participant Name: Michael T Grewe
 Day of Week: Sunday
 Today's Date: December 14, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	5:30AM Bacon, strips	4.5	each	0.0	0.0	Pre-Breakfast	
2	Breakfast @ 10:15AM to 10:30AM	Sourdoug Rye, slice (Oroweat)	1.0	each	0.0	In pan with melted butter bread slice (with hole in center) placed over egg (yolk thru hole). Cook one minute and turn over. Add bacon and cheese. Cover pan and turn off heat. Let stand until cheese melts. Coffee w/HWC and English Toffee Stevia.	
3		Butter, salted	2.0	tbsp	0.0		
4		Egg, over easy	1.0	each	0.0		
5		Cheese, sharp (Kirkland - Costco)	2.0	oz	0.0		
6		Bacon, strips	3.0	each	0.0		
7	Snack @ 2:30PM	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!
8	Dinner @ 5:25PM to 5:40PM	Chicken & Rotini Soup (Progresso)	8.0	oz	1.0	1.0	Hearty..!
9		Pepper, ground	1.0	pinch	0.0	0.0	
10	9:00PM	Peanut Butter Pretzels	30.0	each	6.0	3.0	Night time snacking

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 15, 2008

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

Belly: 41.5
 Weight: 225.5
 Body Fat: 38%

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	Flatbread, multi-grain w/flax (flat out)	1.0	each	1.0	1.0	Diced cooked steak heated up with mushrooms and red wine gravy until warm. Warmed flatbread and added cheese and steak/gravy mixture and rolled into tube.
2	Lunch @ Sirloin Steak w/Bacon Wrap, diced	7.0	oz	0.0	0.0	
3	1: 15PM to 1: 35PM Shitake Mushrooms, Red Wine Gravy	4.0	oz	2.0	1.0	
4	[Meal Prep Cheddar Cheese, sharp (Kirkland - Costco)	2.0	oz	0.0	0.0	
5	Filmed] Black Beans (Trader Joe's)	4.0	oz	2.0	1.0	
6	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.
7	Pasta, Multigrain Spaghetti with Flax, cooked	4.0	oz	0.0	2.0	Combined cooked pasta, marinara sauce, pesto sauce and meatballs.
8	Dinner @ Marinara Sauce	4.0	oz	3.5	1.0	
9	5: 15PM to Pesto Sauce	4.0	oz	0.0	0.0	
10	5: 30PM Meatball, beef, pre-cooked, (Pocino)	6.0	each	0.0	0.0	
11	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.

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

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