

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:	223.5	41.0	12/22/2008
Total Weekly Weight / Inches Lost:	11.0	4.0	42 Days

Week Beginning: 12/16/2008 Tuesday
 Week Ending: 12/22/2008 Monday

S/C Value Recap - Week 6

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	12/16/2008	12	-3	6	0	36
2	Wednesday	12/17/2008	12	-3	6	0	37
3	Thursday	12/18/2008	11	-4	6	0	38
4	Friday	12/19/2008	10	-5	6	0	39
5	Saturday	12/20/2008	12	-3	5	-1	40
6	Sunday	12/21/2008	4	-11	6	0	41
7	Monday	12/22/2008	12	-3	6	0	42
Weekly Totals:			73	-32	41	-1	
Daily Averages:			10.5	-4.5	5.8	-0.2	



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Participant Name: Michael T Grewe
 Day of Week: Tuesday
 Today's Date: December 16, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Eggs, scrambled	2.0	each	0.0	0.0	Scrambled eggs with BBG and pesto. Coffee with HWB and Stevia English Toffee with meal.
2 7:00AM to	Ground Beef, Crumbled Bacon, Garlic [recipe]	4.0	oz	0.0	0.0	
3 7:20AM	Pesto	4.0	oz	1.0	0.0	
4 11:45AM	Ritz Crackers	10.0	each	2.0	1.0	Late morning snack
5 Lunch @	Flour Tortilla, 8"	2.0	each	0.0	2.0	Batch cooked top sirloin meat with garlic, oregano, sea salt, pepper, lemon juice and olive oil. Added onions, tomatoes and cilantro. Warmed tortillas, added carne asada and guacamole.
6 3:20PM	Carne Asada	8.0	oz	0.0	0.0	
7 to3:40PM	Guacamole	4.0	oz	0.0	0.0	
8	Water w/Strawberry-Banana Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	
9 Dinner @	Lettuce, Romaine	1.0	cup	0.0	0.0	Combine lettuce, chicken, cheese and dressing. Black pepper to taste. Water with meal.
10 5:30PM to	Chicken, diced	6.0	oz	0.0	0.0	
11 5:40PM	Cheese, cheddar, sharp (Kirkland - Costco)	2.0	oz	0.0	0.0	
12	Dressing, poppy seed (Marie's)	2.0	tbsp	5.0	1.0	
13	Black Pepper	1.0	pinch	0.0	0.0	
14 Snack @	Carb Safe Milk Chocolate	6.0	pieces	4.0	2.0	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 17, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 Breakfast @ 10:45AM to 10:55AM	Multi-grain wrap w/flax (flat out - bestlife)	1.0	each	1.0	1.0	Cooked eggs in EVOO with bacon and dip. Add to a toasted wrap and topped with salsa. Rolled into "breakfast burrito" tube. Water with meal.
	Eggs, scrambled	2.0	each	0.0	0.0	
	Bacon, crumbled	4.0	oz	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
	Salsa Blend (Chunky / Authentic - Trader Joe's)	4.0	tbsp	1.0	0.0	
6	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
7 Snack @ 2:45PM	Brazil Nuts, raw	7.0	each	1.0	0.0	Mid-Afternoon Energy Boost
8 9 10 11 12 Dinner @ 5:45PM to 6:45PM	Stuffed Mushroom, prosciutto, asiago cheese, fresh sage and rosemary.	1.0	each	0.0	0.0	Padres' Navigator Holiday Party at Buca di Beppo. Family style dining. Food items descriptions taken from menu. Did not over eat or feel stuffed. S/C Values are estimates based nutrition results from "caloriecount.about.com" and are shown in red. Ice tea with meal.
	Chopped Antipasto Salad, lettuce blend, diced pepperoni, finocchiona salami, red onions, provolone, cucumbers,	1.0	cup	0.0	0.0	
	Chicken Cannelloni, chicken sausage, ricotta and mozzarella cheeses, fresh sage.	1.0	each	2.0	1.0	
	Chicken Parmigiana, breaded and sautéed chicken breasts topped with marinara and mozzarella.	4.0	oz	2.0	2.0	
	Salmon with Pesto, oven-roasted salmon topped with sun- dried tomatoes, pesto cream sauce, pine nuts.	6.0	oz	2.0	1.0	
13	Italian Broccoli Romano	6.0	oz	2.0	1.0	
14 Snack @ 10:45PM	Brazil Nuts, raw	7.0	each	1.0	0.0	Late night snack

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 18, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Egg, hard boiled	2.0	each	0.0	0.0	Eaten in car on way to PETCO Park.
2 9:00AM	Sea Salt	1.0	pinch	0.0	0.0	
3 Lunch @	Chicken Noodle Soup (Progresso)	19.0	oz	2.0	2.0	Microwave at work. Water with Meal.
4 Snack @	Brazil Nuts, raw	7.0	each	1.0	0.0	Afternoon Snack
5 Dinner @	Cauliflower	1.0	cup	3.0	0.0	Steamed in ZipLoc Zip'N Steam Bag, butter added in serving bowl.
6 5:15PM	Butter, salted	1.0	tbsp	0.0	0.0	
7 Snack @	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!
8 Snack @	Sourdough Rye, slice (Oroweat)	2.0	each	0.0	2.0	Bedtime Snacks
9 10:20PM to	Peanut Butter, chunky, salted (Trader Joe's)	2.0	tbsp	2.0	1.0	
10 10:30PM	Brazil Nuts, raw	7.0	each	1.0	0.0	

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 19, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES		
1	Lunch @	Ground Beef, Bacon, Garlic, EVOO, cooked	4.0	oz	0.0	0.0	Combined meat and rice with condensed soup.	
2	2:45PM to	Brown Rice / Wild Rice Blend, cooked	1.0	cup	0.0	1.3		
3	2:50PM	Cream of Mushroom Soup (Campbell's)	6.0	oz	1.3	0.6		
4	Snack @	Carb Safe Milk Chocolate	3.0	pieces	2.0	1.0	Yummy..!	
5	Dinner @	Focaccia, Tomato & Olive (Trader Joe's)	8.0	oz	0.0	2.0	Baked in oven at 350° for 8 minutes, cut into bite size pieces. Dipped in pesto sauce.	
6		Pesto	2.0	oz	1.0	0.0		
7		6:30PM to	Almond Milk (Sweetened)	4.0	oz	4.0	1.0	Blend of two almond milks, water added.
8		6:40PM	Almond Milk (Unsweetened)	4.0	oz	0.0	0.0	
9	9:30PM	Brazil Nuts, raw	14.0	each	2.0	0.0	Bedtime snack	

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 20, 2008

S/C Value	O/U
Sugar: 12	-3
Carbs: 5	-1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 9:00AM	Egg, hardboiled	1.0	each	0.0	0.0	Eaten on the way to work.
2 Lunch @	Ground Beef, Bacon, Garlic, EVOO, cooked	4.0	oz	0.0	0.0	Combined meat and rice with pesto.
3 11:40AM to	Brown Rice / Wild Rice Blend, cooked	1.0	cup	0.0	1.3	
4 11:55AM	Pesto	4.0	oz	2.0	1.0	
5	Chicken Tenders (cooked)	4.0	oz	0.0	0.0	Combined meat and rice with pesto.
6 Dinner @	Brown Rice / Wild Rice Blend, cooked	0.5	cup	0.0	0.7	
7 6:30MM to	Pesto	4.0	oz	2.0	1.0	
8 6:45PM	Almond Milk (Sweetened)	6.0	oz	6.0	1.0	Blend of two almond milks, water added.
9	Almond Milk (Unsweetened)	4.0	oz	0.0	0.0	
10 9:30PM	Brazil Nuts, raw	14.0	each	2.0	0.0	Bedtime snack

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: Sunday
 Today's Date: December 21, 2008

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 Breakfast @ 6:25AM to 6:35AM	Eggs, scrambled	1.5	each	0.0	0.0	Scrambled eggs, artichokes in butter. Coffee with HWC, Stevia Chocolate with meal.
	Butter, salted	1.0	tbsp	0.0	0.0	
	Artichoke hearts	2.0	each	0.0	0.0	
	Bacon, strip	5.0	each	0.0	0.0	
5 6 7 1:55PM to 3:15PM	Beer (Corona)	1.0	12.0	0.0	1.0	Refreshing mid-afternoon beverages while watching football.
	Lemon Juice	1.0	tbsp	0.0	0.0	
	Hefeweizen (Widmer)	1.0	12.0	0.0	1.0	
8 9 10 11 Dinner @5:30PM to 5:45PM	Flour Tortilla, 8"	2.0	each	0.0	2.0	Batch cooked top sirloin meat with garlic, oregano, sea salt, pepper, lemon juice and olive oil. Added onions, tomatoes and cilantro. Warmed tortillas, added carne asada and guacamole.
	Carne Asada	8.0	oz	0.0	0.0	
	Guacamole	4.0	oz	0.0	0.0	
	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	
12 Snack @ 8:00PM	Carb Safe Milk Chocolate	6.0	pieces	4.0	2.0	Yummy..!

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 22, 2008

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

Belly: 41
 Weight: 223.5
 Body Fat: 38%

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Eggs, scrambled	2.0	each	0.0	0.0	Scrambled eggs with BBG and pesto. Coffee with HWB and Stevia English Toffee with meal.
2 7:00AM to	Ground Beef, Crumbled Bacon, Garlic [recipe]	4.0	oz	0.0	0.0	
3 7:20AM	Pesto	4.0	oz	1.0	0.0	
4 11:45AM	Ritz Crackers	10.0	each	2.0	1.0	Late morning snack
5 Lunch @	Flour Tortilla, 8"	2.0	each	0.0	2.0	Batch cooked top sirloin meat with garlic, oregano, sea salt, pepper, lemon juice and olive oil. Added onions, tomatoes and cilantro. Warmed tortillas, added carne asada and guacamole.
6 3:20PM	Carne Asada	8.0	oz	0.0	0.0	
7 to3:40PM	Guacamole	4.0	oz	0.0	0.0	
8	Water w/Strawberry-Banana Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	
9 Dinner @	Lettuce, Romaine	1.0	cup	0.0	0.0	Combine lettuce, chicken, cheese and dressing. Black pepper to taste. Water with meal.
10 5:30PM to	Chicken, diced	6.0	oz	0.0	0.0	
11 5:40PM	Cheese, cheddar, sharp (Kirkland - Costco)	2.0	oz	0.0	0.0	
12	Dressing, poppy seed (Marie's)	2.0	tbsp	5.0	1.0	
13	Black Pepper	1.0	pinch	0.0	0.0	
14 Snack @	Carb Safe Milk Chocolate	6.0	pieces	4.0	2.0	Yummy..!

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

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