

# 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	42.0	12/29/2008
Total Weekly Weight / Inches Lost:	11.0	3.0	49 Days

Week Beginning: 12/23/2008 Tuesday

Week Ending: 12/29/2008 Monday

## S/C Value Recap - Week 7

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	12/23/2008	7	-8	5	-1	43
2	Wednesday	12/24/2008	15	0	8	2	44
3	Thursday	12/25/2008	11	-4	4	-2	45
4	Friday	12/26/2008	8	-7	6	-1	46
5	Saturday	12/27/2008	13	-3	7	1	47
6	Sunday	12/28/2008	4	-11	7	1	48
7	Monday	12/29/2008	2	-14	2	-4	49
Weekly Totals:			59	-46	38	-4	
Daily Averages:			8.5	-6.5	5.4	-0.6	



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Participant Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: December 23, 2008

S/C Value		O/U
Sugar:	<b>7</b>	-8
Carbs:	<b>5</b>	-1

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 Breakfast @ 6:05AM to 6:15AM	White Bread, slice (Weber)	2.0	each	4.0	2.0	Dip bread (cut into quarters) into egg wash (1.5 eggs, 1 tbps cinnamon, 1 tsp xylitol) and cook in pan with melted butter. Flip once. Coffee w/HWC and Stevia Chocolate with meal.
	Egg Wash (Egg, Cinnamon, Xylitol)	2.0	oz	0.0	0.0	
	Butter, salted	1.0	tbsp	0.0	0.0	
	Syrup, sugar free (Walden Farms)	1.0	tbsp	0.0	0.0	
	Bacon, strip	3.0	each	0.0	0.0	
6 7 Snack @ 1:30PM	Egg, hardboiled, sea salt	1.0	each	0.0	0.0	Quick snacks for a boost in energy.
	Brazil Nuts, raw	7.0	each	0.0	0.0	
8 9 10 11 Lunch @ 2:30PM to 3:00PM	Flour Tortilla, 8"	2.0	each	0.0	2.0	Warmed tortillas on stove top until slightly browned. Made quesadilla: tortilla, guacamole, cheese, meat, cheese, tortilla. Melted cheese in microwave. Crisped tortillas on stove top.
	Cheese, Mexican Blend (Costco)	1.0	cup	0.0	0.0	
	Carne Asada	4.0	oz	0.0	0.0	
	Guacamole	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 14 15 16 Dinner @ 6:00 to 6:15PM	Tri-tip Beef	6.0	oz	0.0	0.0	Meat slow cooked in crock-pot. Sliced and served with gravy. Cauliflower cooked in ZipNSteam Bag. Butter added in bowl.
	Gravy	2.0	tbsp	0.0	0.0	
	Cauliflower	1.0	cup	3.0	1.0	
	Butter, salted	1.0	tbsp	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: December 24, 2008

S/C Value	O/U
Sugar: <b>15</b>	0
Carbs: <b>8</b>	<b>2</b>

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 9:35AM to 9:55AM	Multi-grain Wrap w/flax (flat out / bestlife)	0.5	each	1.0	0.5	Cooked eggs in carne asada and dip. Add to a toasted wrap. Rolled into "breakfast burrito" tube. Coffee w/HWC, Stevia Chocolate / English Toffee.
	Eggs, scrambled	1.0	each	0.0	0.0	
	Carne Asada [recipe]	2.0	oz	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	1.0	tbsp	0.0	0.0	
5 Lunch @ 2:25PM to 2:40PM	Flour Tortilla, 8"	2.0	each	0.0	2.0	Warmed tortillas on stove top until slightly browned. Made quesadilla: tortilla, guacamole, cheese, meat, cheese, tortilla. Melted cheese in microwave. Crisped tortillas on stove top.
	Cheese, Mexican Blend (Costco)	1.0	cup	0.0	0.0	
	Carne Asada	4.0	oz	0.0	0.0	
	Guacamole	1.0	tbsp	0.0	0.0	
9 Dinner @ 7:35PM to 7:55PM	Tri-tip Beef	8.0	oz	0.0	0.0	Meat slow cooked in crock-pot. Sliced and served with gravy.
	Gravy	2.0	tbsp	0.0	0.0	
	Sweet Peas	0.5	cup	5.0	1.0	Water with meal.
12 9:00PM	Cracker (Ritz)	40.0	each	9.0	4.0	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: Thursday  
 Today's Date: December 25, 2008

S/C Value	O/U
Sugar: <b>11</b>	-4
Carbs: <b>4</b>	-2

## 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 cheese. Bacon cooked separately. Coffee w/Heavy Whipping Cream, Stevia Chocolate or English Toffee with meal.
2 8:00AM to	Cheese, Mexican Blend	0.5	cup	0.0	0.0	
3 8:10AM	Bacon, slices	6.0	each	0.0	0.0	
4	Salad, mixed greens	1.5	cup	0.0	0.0	Family style service.
5	Ranch Dressing	2.0	tbsp	1.0	0.0	
6 Christmas	Ham	8.0	oz	0.0	0.0	
7 Dinner @	Dinner Roll	1.0	each	2.0	1.0	
8 2:00PM to	Mustard	1.0	tbsp	0.0	0.0	
9 3:00PM	Pumpkin Pie	2.0	slice	6.5	2.0	
10	Wine, 2000 Merlot	12.0	oz	2.0	1.0	
11 8:00PM	Cheese, Sharp Cheddar	3.0	oz	0.0	0.0	Bedtime Snack

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

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Participant Name: Michael T Grewe  
 Day of Week: Friday  
 Today's Date: December 26, 2008

S/C Value	O/U
Sugar: <b>8</b>	-7
Carbs: <b>6</b>	-1

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 8:35AM to 8:45AM	Multi-grain Wrap w/flax (flat out / bestlife)	0.5	each	1.0	0.5	Cooked eggs in carne asada and dip. Add to a toasted wrap. Rolled into "breakfast burrito" tube. Coffee w/HWC, Stevia Chocolate / English Toffee.
	Eggs, scrambled	1.0	each	0.0	0.0	
	Carne Asada [recipe]	2.0	oz	0.0	0.0	
	Chucky Artichoke & Jalapeno Dip	1.0	tbsp	0.0	0.0	
5 Lunch @ 12:30PM to 1:00PM	Rice, Brown / Wild	1.0	cup	0.5	1.0	Rice, meat and cheese microwaved and mixed together once heated. Water with meal.
	Carne Asada [recipe]	1.0	cup	0.0	0.0	
	Cheese, mexican blend	1.0	cup	0.0	0.0	
8 5:00PM	Cracker (Ritz)	10.0	each	5.0	1.0	Snack.
9 Dinner @ 6:20PM to 6:40PM	Rice, Brown / Wild	1.0	cup	0.5	1.0	Combined mushroom soup with rice and chicken and heated in microwave. Beer with meal.
	Chicken, cooked, diced	2.0	oz	0.0	0.0	
	Mushroom Soup	3.0	oz	1.0	1.0	
	Beer (Corona)	12.0	oz	0.0	1.0	

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 27, 2008

S/C Value		O/U
Sugar:	<b>13</b>	-3
Carbs:	<b>7</b>	<b>1</b>

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast	Mini Quiche, Lorraine	4.0	each	3.0	1.0	Eaten sporadically over about an hour. Coffee with Stevia Chocolate.
2		Mini Quiche, Florentine	4.0	each	3.0	1.0	
3	Lunch @ 11:50AM to 12:10PM	Rice, Brown / Wild	1.0	cup	0.5	1.0	Combined mushroom soup with rice and chicken and heated in microwave.
4		Chicken, cooked, diced	2.0	oz	0.0	0.0	
5		Mushroom Soup	3.0	oz	1.0	1.0	
6		Water w/Zenegerize Tablet	1.0	each	0.0	0.0	
7	4:00PM	Cracker (Ritz)	10.0	each	5.0	1.0	Snack.
8	Dinner @ 6:00PM to 6:25PM	Flour Tortilla, 8"	2.0	each	0.0	2.0	Made quesadilla: tortilla, meat, cheese, tortilla. Heated in microwave.
9		Cheese, Mexican Blend (Costco)	0.5	cup	0.0	0.0	
10		Carne Asada	4.0	oz	0.0	0.0	
11		Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	

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: Sunday  
 Today's Date: December 28, 2008

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

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 7:30AM	Bacon, strip	6.0	each	0.0	0.0	Early morning starter
2 Breakfast @	Egg, over easy	1.0	each	0.0	0.0	Buttered frying pan. Coated both side of bread. Cut hole into bread. Crack egg into hole. Cook 1 minute, flip bread/egg combo. Add bacon and cheese. Cover frying pan. Turn off heat. Serve when cheese is melted. Coffee w/Stevia English Toffee.
3	Rye Bread, slice	1.0	each	0.0	1.0	
4 9:15AM to	Bacon, strip	2.0	each	0.0	0.0	
5 9:25AM	Cheese, Mexican Blend	0.5	cup	0.0	0.0	
6	Butter, salted	2.0	tbsp	0.0	0.0	
7 Lunch /	Bow-Tie Pasta, w/Cream Pesto Sauce	1.0	cup	2.0	2.0	Meal provided by the Chargers during the San Diego Chargers vs Denver Broncos football game. S/C Value estimates.
8 Dinner @	Chicken Linguine	0.5	cup	2.0	2.0	
9 3:00PM to	Salad w/Vinaigrette	1.0	cup	0.0	0.0	
10 3:30PM	Garlic Bread (1" x 3" x 1")	4.0	each	0.0	2.0	

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: Monday  
 Today's Date: December 29, 2008

S/C Value	O/U
Sugar: <b>2</b>	-14
Carbs: <b>2</b>	-4

Belly: 42  
 Weight: 223.5  
 Body Fat:

## Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 9:00AM	Breakfast Burrito (McDonald's)	2.0	each			
2	Rice, Brown / Wild	1.0	cup	0.5	1.0	Combined mushroom soup with rice and chicken and heated in microwave.
3 Lunch @	Chicken, cooked, diced	2.0	oz	0.0	0.0	
4 12:40AM to	Mushroom Soup	3.0	oz	1.0	1.0	
5 1:00PM	Bacon, crumbled	2.0	oz	0.0	0.0	
6	Cheese, mexican blend	2.0	oz	0.0	0.0	
7						

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

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