

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	1/5/2009
Total Weekly Weight / Inches Lost:	11.0	4.0	56 Days

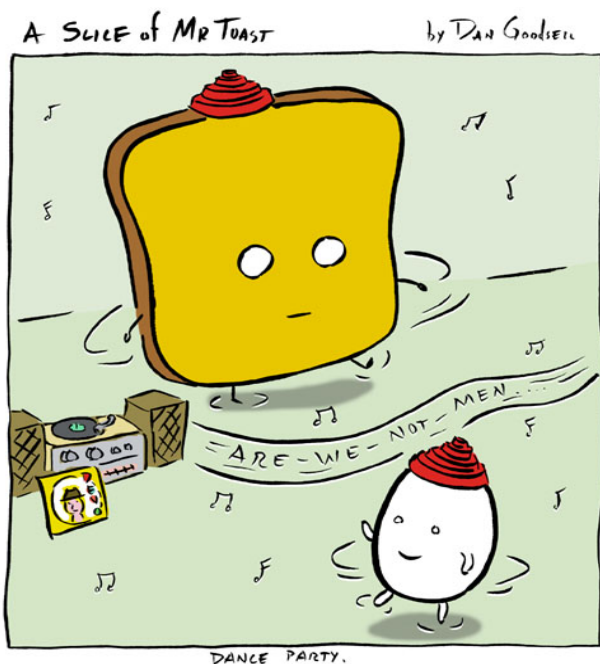
Week Beginning: 12/30/2008 Tuesday

Week Ending: 1/5/2009 Monday

S/C Value Recap - Week 8

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	12/30/2008	6	-9	9	3	50
2	Wednesday	12/31/2008	4	-11	6	0	51
3	Thursday	1/1/2009	2	-13	6	0	52
4	Friday	1/2/2009	6	-9	7	1	53
5	Saturday	1/3/2009	22	7	7	1	54
6	Sunday	1/4/2009	2	-13	6	0	55
7	Monday	1/5/2009	6	-9	6	0	56
Weekly Totals:			48	-57	47	5	
Daily Averages:			6.9	-8.1	6.7	0.7	



S/C Value = 2/1

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Participant Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: December 30, 2008

S/C Value		O/U
Sugar:	6	-9
Carbs:	9	3

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast	Mini Breakfast Burrito [Recipe]	1.0	each	0.0	1.0	Batched prepared
2	Baked Potato (diced)	4.0	oz	2.0	2.0	Cooked potatoes in EVOO until slightly brown. Added ground beef, bacon, garlic mixture. Added dip. Let cook on simmer until dip melted. Blend ingredients and serve.
3 Lunch @	Ground Beef, Crumbled Bacon, Garlic [Recipe]	4.0	oz	0.0	0.0	
4 4:30PM to	Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
5 4:45PM	Extra Virgin Olive Oil	2.0	tbsp	0.0	0.0	
6	Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.
7 Dinner @	Chicken Tamale, homemade	2.0	each	0.0	2.0	Estimated S/C Value based on google look-up of nutritional values of ingredients.
8 8:00PM to						
8 8:10PM	Crackers (Ritz)	40.0	each	4.0	4.0	

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 31, 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	Mini Breakfast Burrito [Recipe]	1.0	each	0.0	1.0	Batched prepared
2	Lunch @ 12:30PM to 12:45PM	Baked Potato (diced)	4.0	oz	2.0	2.0	Cooked potatoes in EVOO until slightly brown. Added ground beef, bacon, garlic mixture. Added dip. Let cook on simmer until dip melted. Blend ingredients and serve.
3		Ground Beef, Crumbled Bacon, Garlic [Recipe]	4.0	oz	0.0	0.0	
4		Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
5		Extra Virgin Olive Oil	2.0	tbsp	0.0	0.0	
6		Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	
7	Snack @ 3:00PM to 3:15PM	Chicken Tamale, homemade	2.0	each	0.0	2.0	Estimated S/C Value based on google look-up of nutritional values of ingredients.
8	Dinner @ 6:15PM to 6:35PM	Top Sirloin Steak, marinated	7.0	oz	0.0	0.0	Cooked onions in EVOO until caramelized. Added steak to pan. Added 2oz Corona Beer and covered until done.
9		White Onion, grilled	4.0	oz	2.0	0.0	
10		Extra Virgin Olive Oil	1.0	oz	0.0	0.0	
11	8:00PM to 8:10PM	Ice Cream, Vanilla Bean (Clemmey's)	0.5	cup	0.0	1.0	Dessert.
12		Strawberry/Banana 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)
 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: January 1, 2009

S/C Value	O/U
Sugar: 2	-13
Carbs: 6	0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast Mini Breakfast Burrito [Recipe]	1.0	each	0.0	1.0	Batched prepared	
2	Lunch @ 11:30AM to	Eggs, hard boiled	2.0	each	0.0	Eaten prior to tours. Water with meal.	
3	11:40AM	Sea Salt	1.0	pinch	0.0		
4	Snack @ 4:15PM to 4:30PM	Chicken Tamale, homemade	2.0	each	0.0	2.0	Estimated S/C Value based on google look-up of nutritional values of ingredients.
5	Dinner @ 6:30PM to 6:45PM	Soup, Hearty Chicken & Rotini (Progresso)	19.0	oz	2.0	2.0	Heated and served.
6	7:00PM to	Ice Cream, Vanilla Bean (Clemmey's)	0.5	cup	0.0	1.0	Dessert.
7	7:15PM	Strawberry/Banana 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)

CP= Carbs Portion (total carb servings in batch divided by portion size)

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Participant Name: Michael T Grewe

Day of Week: Friday

Today's Date: January 2, 2009

S/C Value		O/U
Sugar:	6	-9
Carbs:	7	1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @	Oatmeal, Rolled Oats	1.0	cup	0.0	2.0	Cooked oats, added evaporated milk and stevia. Coffee w/HWC and Stevia thru morning.
2	6:30AM to	Evaporated Milk	2.0	tbsp	3.0	0.0	
3	6:40AM	Stevia Vanilla Crème	10.0	drops	0.0	0.0	
4	Breakfast @	Mini Breakfast Burrito [Recipe]	1.0	each	0.0	1.0	Batched prepared
5	Lunch @	Crab Cake (Handy)	1.0	each	1.0	1.0	Cooked crab cake and tomatoes in EVOO, added eggs then dip. Cooked until blended together. Seasoned with black pepper.
6		Eggs, scrambled	2.0	each	0.0	0.0	
7		Tomato, fresh	4.0	oz	0.0	0.0	
8		Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0	
9		Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
10		Black Pepper	1.0	pinch	0.0	0.0	
11		Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	0.0	Beverage with meal.
12	Dinner @	Soup, Traditional Chicken Noodle (Progresso)	19.0	oz	2.0	2.0	Heated and served with rye bread (dipped into soup). Seasoned with black pepper.
13	5:45PM to	Black Pepper	1.0	pinch	0.0	0.0	
14	6:00PM	Extra Sour Rye Bread (Oroweat)	2.0	slice	0.0	1.0	

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: Saturday

Today's Date: January 3, 2009

S/C Value	O/U
Sugar: 22	7
Carbs: 7	1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 8:30AM to 8:40AM	Mini Breakfast Burrito [Recipe]	1.0	each	0.0	1.0	Batched prepared
2 11:10AM+	Croissant	2.0	each	6.0	2.0	Chargers guest services, pre-game day snack
3	6" Flour Tortilla	2.0	each	2.0	2.0	Made two tacos, one with chicken, one with beef. Flour tortilla, refried beans, meat, cheese, guacamole and salsa rolled into a tube. Water with meal. [S/C Values are estimates via Internet look-up]
4	Chicken, diced	4.0	oz	0.0	0.0	
5 Lunch @	Beef, diced	4.0	oz	0.0	0.0	
6 3:10PM to	Refried Beans	2.0	tbsp	0.0	0.0	
7 3:30PM	Cheese, Mexican Blend, shredded	4.0	oz	0.0	0.0	
8	Guacamole	4.0	tbsp	0.0	0.0	
9	Salsa Authentica	2.0	tbsp	0.0	0.0	
10 9:00PM+	3" Oatmeal / Raisin Cookies	2.0	each	14.0	2.0	Post Charger game

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: January 4, 2009

S/C Value	O/U
Sugar:	2 -13
Carbs:	6 0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @ 9:15AM to 9:25AM	Mini Breakfast Burrito [Recipe]	1.0	each	0.0	1.0	Batched prepared
2	Breakfast Sausage, link (Farmer John's)	6.0	each	0.0	0.0	Heated pan with EVOO and once heated added sausage. Once browned on two sides added key lime juice, reduced heat a bit and covered pan. Let cook until juice mostly evaporated.
3 Lunch @	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
4 12:25PM to	Key Lime Juice	2.0	oz	0.0	0.0	
5 12:35PM	Eggs, over easy	2.0	each	0.0	0.0	
6	Monterey Jack Cheese, jalapeno	2.0	slice	0.0	0.0	Cooked eggs in same pan sausage was cooked in. Once eggs flipped, cheese added, pan covered, heat off. Water with meal.
7 Dinner @	Soup, Hearty Chicken & Rotini (Progresso)	19.0	oz	2.0	2.0	Heated and served with rye bread (dipped into soup). Water with meal.
8 8:35PM to 8:55PM	Extra Sour Rye Bread (Oroweat)	3.0	slice	0.0	2.0	
9 9:00PM to	Ice Cream, Vanilla Bean (Clemmey's)	0.5	cup	0.0	1.0	Dessert.
10 9:15PM	Strawberry/Banana 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)

CP= Carbs Portion (total carb servings in batch divided by portion size)

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Participant Name: Michael T Grewe
 Day of Week: Monday
 Today's Date: January 5, 2009

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

Belly: 41
 Weight: 223.5
 Body Fat: 35%

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 2 3 4 5 6 Breakfast @ 9:15AM to 9:25AM	Multi-Grain Wrap w/flax (flat out/bestlife)	1.0	each	1.0	1.0	Cooked crab cake in EVOO until mostly done. Added eggs to crab cake and scrambled. Once cooked, turned off heat and blended in pesto. Separately, heated wrap on stovetop. Added cheese to wrap and let melt. Spread egg mixture onto wrap and roll into tube. Coffee w/HWC and Stevia.
	Crab Cake (Handy)	1.0	each	1.0	1.0	
	Egg, scrambled	1.0	each	0.0	0.0	
	Pesto, basil	2.0	tbsp	1.0	0.0	
	Monterey Jack Cheese, jalapeno	2.0	slice	0.0	0.0	
	Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0	
7 12:20PM / 12:30PM	Potato Chips, BBQ (Lay's)	1.0	oz	2.0	1.0	Snack
8 12:35PM	Immunity Drink	1.0	tab	0.0	0.0	Added to 16oz water.
9 10 11 12 13 Dinner @ 4:15PM to 4:40PM	Top Sirlion Steak, marinated	7.0	oz	0.0	0.0	Cooked mushrooms and garlic in EVOO until browned. Removed from pan. Added steak, seared both sides then added marinate, lowered heat and cooked until done. Removed steak from pan. Returned mushroom and garlic into liquid and added brown gravy mix. Pour corona beer into glass with key lime juice.
	Brown Gravy w/Mushroom & Garlic [Recipe]	2.0	oz	0.0	1.0	
	Brown / Wild Rice Pesto Blend [Recipe]	4.0	oz	1.0	1.0	
	Beer (Corona)	12.0	oz	0.0	1.0	
	Key Lime Juice	1.0	oz	0.0	0.0	

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

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