

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:	220.5	40.5	1/12/2009
Total Weekly Weight / Inches Lost:	14.0	4.5	63 Days

Week Beginning: 1/6/2009 Tuesday
 Week Ending: 1/12/2009 Monday

S/C Value Recap - Week 9

O/U = Over / Under Target

	Day	Date	Sugar	O/U	Carbs	O/U	Day #
1	Tuesday	1/6/2009	8	-7	6	0	57
2	Wednesday	1/7/2009	4	-11	7	1	58
3	Thursday	1/8/2009	4	-11	6	0	59
4	Friday	1/9/2009	5	-10	6	-1	60
5	Saturday	1/10/2009	6	-9	6	-1	61
6	Sunday	1/11/2009	6	-9	6	0	62
7	Monday	1/12/2009	8	-7	5	-1	63
Weekly Totals:			41	-64	41	-1	
Daily Averages:			5.8	-9.2	5.9	-0.1	

IN THE BLEACHERS

BY STEVE MOORE



Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Tuesday

Today's Date: January 6, 2009

S/C Value	O/U
Sugar:	8 -7
Carbs:	6 0

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	Breakfast @ 9:30AM to 9:45AM	Eggs, sunny side up	2.0	each	0.0	Heated sausage in EVOO until completely browned. Added eggs to same pan and covered with cheese. Let eggs cook and cheese melt. Coffee w/HWC and Stevia English Toffee.
2		Cheese, Mexican Blend, shredded	4.0	oz	0.0	
3		Breakfast Sausage	8.0	each	0.0	
4		Extra Virgin Olive Oil	1.0	tbsp	0.0	
5	Lunch @ 12:20PM to 12:30PM	Soup, Hearty Chicken & Rotini (Progresso)	19.0	oz	2.0	Heated and served.
6		Immunity Tab	1.0	each	0.0	Added to 16oz water.
7	Dinner @ 7:30PM to 8:00PM	Top Sirloin Steak, marinated	7.0	oz	0.0	Cooked onions in Coconut Oil until browned. Added steak, seared both sides and added red wine, lowered heat and cooked until done. Removed steak from pan.
8		Onion, diced	4.0	oz	5.0	
9		Coconut Oil	1.0	tbsp	0.0	
10		Brown / Wild Rice Pesto Blend [Recipe]	4.0	oz	1.0	
10		Water w/Lemon Zest Omega Swirl (Barlean's)	1.0	tbsp	0.0	Beverage with meal.
11	Snack	Toasted Corn (Henry's Bulk)	0.5	cup	0.0	2.0

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: January 7, 2009

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	Breakfast @ 8:15AM to 8:25AM	Egg, over easy	1.0	each	0.0	Melt coconut oil in pan, add bacon and cook on medium heat for a few minutes. Crack egg into pan and cook over easy. Toast english muffin. Add cheese, egg and bacon to toasted english muffin. Microwave for 30 seconds to melt cheese. Coffee w/HWC and Stevia Vanilla Creme with meal.
2		Cheese, Monterey Jack, Jalapeno, slice	1.0	each	0.0	
3		Bacon, crumbled	2.0	oz	0.0	
4		English Muffin (Thomas)	1.0	each	1.0	
5		Coconut Oil	1.0	tbsp	0.0	
6	Lunch @ 12:45PM to 1:00PM	Brown / Wild Rice Pesto Blend [Recipe]	8.0	oz	2.0	Mix bacon into rice / pesto and heat in microwave.
7		Bacon, crumbled	4.0	oz	0.0	
8		Immunity Tab	1.0	each	0.0	
9	Dinner @ 4:00PM to 4:20PM	Brown & Wild Rice / Mushroom Soup / Chicken Tenders	1.5	cups	1.0	See Recipe
10		Beer (Corona)	12.0	oz	0.0	Pour corona beer into glass with key lime juice.
11		Key Lime Juice	1.0	oz	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: Thursday

Today's Date: January 8, 2009

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	Breakfast @ 9:25AM to 9:35AM	Egg, over easy	1.0	each	0.0	0.0
2		Cheese, Monterey Jack, Jalapeno, slice	1.0	each	0.0	0.0
3		Bacon, crumbled	2.0	oz	0.0	0.0
4		English Muffin (Thomas)	1.0	each	1.0	2.0
5		Coconut Oil	1.0	tbsp	0.0	0.0
Melt coconut oil in pan, add bacon and cook on medium heat for a few minutes. Crack egg into pan and cook over easy. Toast english muffin. Add cheese, egg and bacon to toasted english muffin. Microwave for 30 seconds to melt cheese. Coffee w/HWC and Stevia Vanilla Creme with meal.						
6	Lunch @ 12:25PM to 12:35PM	Egg, hardboiled	1.0	cups	0.0	0.0
7		Chips, Baked, Cheddar Cheese Flavor (Ruffles)	10.0	chips	2.0	1.0
See Recipe						
8	Dinner @ 5:15PM	Brown & Wild Rice / Mushroom Soup / Chicken Tenders	1.0	cups	1.0	1.0
See Recipe						
9	Dinner @ 5:45PM to 5:55PM	Eggs, scrambled	2.0	each	0.0	0.0
10		Bacon, crumbled	4.0	oz	0.0	0.0
11		Chucky Artichoke & Jalapeno Dip	2.0	tbsp	0.0	0.0
12		Extra Virgin Olive Oil	1.0	tbsp	0.0	0.0
Cooked bacon in EVOO on med-low heat. Added eggs and scrambled with bacon. Added dip and blended until creamy.						
13	Snack	Toasted Corn (Henry's Bulk)	0.5	cup	0.0	2.0
From nutrition label						

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: Friday

Today's Date: January 9, 2009

S/C Value	O/U
Sugar: 5	-10
Carbs: 6	-1

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 8:10AM to 8:20AM	Egg, over easy	1.0	each	0.0	0.0	
2		Cheese, Monterey Jack, Jalapeno, slice	1.0	each	0.0	0.0	
3		Bacon, crumbled	2.0	oz	0.0	0.0	
4		English Muffin (Thomas)	1.0	each	1.0	2.0	
5		Coconut Oil	1.0	tbsp	0.0	0.0	
6	10:10AM	Egg, hardboiled	1.0	each	0.0	0.0	Eaten with a small bit of soy sauce.
7	Lunch @ 12:30PM	Brown & Wild Rice / Mushroom Soup / Chicken Tenders	1.0	cups	1.0	1.0	See Recipe. Water with meal.
8	Dinner @ 5:45PM to 6:00PM	Pizza, hamburger, bacon, cheese, pesto, garlic, marinara sauce	2.0	slices	2.8	2.5	See Recipe. Water with meal.

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: Saturday

Today's Date: January 10, 2009

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES	
1	Breakfast @ 9:45AM to 9:50AM	Cereal, Toasted Whole Grain Oat (Cheerios)	1.0	cup	0.0	1.0	Combined cereal and almond milk in a bowl. Coffee with HWC and Stevia Chocolate throughout morning.
2		Almond Milk, unsweetened	1.0	cup	0.0	0.0	
3	Lunch @ 11:30AM to 11:50AM	Pizza, hamburger, bacon, cheese, pesto, garlic, marinara sauce	2.0	slices	2.8	2.5	See Recipes
4		Lemonade [Recipe]	16.0	oz	0.0	0.0	
5	Dinner @ 7:45PM to 8:15PM	Top Sirloin Steak	7.0	oz	0.0	0.0	Cooked onions in coconut oil until carmelized. Added steak to hot pan and seared both sides. Added lemon juice marinate into pan and slow cooked until done. Steamed vegetables in Zip-N-Steam bag. Added butter for flavor.
6		White Onions, grilled	4.0	oz	2.0	1.0	
7		Coconut Oil	1.0	tbsp	0.0	0.0	
8		Squash, steamed	4.0	oz	1.0	0.0	
9		Broccoli, steamed	8.0	oz	0.0	1.0	
10		Butter	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: Sunday

Today's Date: January 11, 2009

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

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1	9:30AM Egg, hardboiled	1.0	each	0.0	0.0	w/sea salt
2	Brazil Nuts, raw	10.0	each	0.0	0.0	eaten all morning / early afternoon
3	Dinner @ 4:00PM to 4:20PM	4.0	slices	6.0	5.0	See Recipes
4	Lemonade [Recipe]	16.0	oz	0.0	0.0	
5	Snack	4.0	oz	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)

Instant Health is my divine right, and I claim it now..!

Participant Name: Michael T Grewe

Day of Week: Monday

Today's Date: January 12, 2009

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

Belly: 40.5

Weight: 220.5

Body Fat: 37%

Daily Nutritional Intake

MEAL	WHAT (Description)	QNTY	UNIT	SUGAR	CARBS	NOTES
1 Breakfast @	Eggs, Crab Cake, Macadamia Nuts [Recipe]	2.0	portions	2.0	0.0	See Recipe
2 8:10AM to	English Muffins (Thomas)	1.0	each	1.0	2.0	Toast english muffin, butter. Coffee w/HWC and Stevia English Toffee.
3 8:25AM	Butter	1.0	tbsp	0.0	0.0	
4						
5 5:10PM	Carna Asada Burrito (Fast Food)	1.0	each	5.0	2.0	Likely over estimated S/C Value to be on safe side...
6 Snack	Toasted Corn	4.0	oz	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)