

Mon, 21 May 2007

9:41 PM

Patricia Clay

Hello family. Today was a good day somewhat. I had 1 cup of coffee, 1 tbps coffee creamer, 5 dried fruits, 1 orange, 3 small 100 calories cup cakes, 1 diet pepsi and a salad with lettuce, mushrooms and 2 boiled eggs. I definitely did not take enough to eat to work today. Soooooooooooooooooo, around 2:30 or so, I had a piece of chocolate cake. The big mamma jamma that comes from Cost co. The piece was not big, but I made a commitment to share everything. I plan to have wheat pasta with spaghetti sauce tonight and a yogurt for dessert. Pray for me cuz I pray for you all.
Much love, P

Security: Public

Location: Not Specified

Mood: Okay

Music:

9:48 PM

Wanda

Today was a good day!

I had 1 cp of oatmeal with raisins and a banana, 1cp of fresh lemon tea for breakfast. For lunch a piece of salmon, chinese ckn salad (small) and 1/2 cp of cottage cheese w/pineapple. I drank of bottle of Purflo water (64 oz). For dinner I consumed a cp of John's egg drop soup w/3/4 cp rice and 1/4 of a baked thick pork chop--the new white meat! Dessert was 3/4 cp of plain yogurt spiked with vanilla flavoring, 3 splendas and diced small peach.

I am feeling oood!

Tomorrow I look forward to incorporating 30 min of exercise.

We gonna do this, ladies!

Wanda

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

9:55 PM

Wanda

Ladies:

How about we measure our waists and record the measurement every week? Tape measures are 99 cts at Walmart.

Wanda

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Tue, 22 May 2007

1:17 AM

(no subject)

Mayajoi-

Breakfast : Cereal with a cup of 2% milk

Lunch: 1 cup of Chicken Salad and 4 Whole Wheat Crackers

Dinner : Rotisserie Chicken, Rice, Potatoe salad, 2 corn tortillas.

I 4got to drink enough water today so I have beendrinking a lot this evening. Keep up the good work Ladies!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

1:24 AM

(no subject)

A

Wow! I'm excited about this new endeavor. I had 2 boiled eggs and 3 pieces of turkey bacon and a cp of hot tea with no sugar or cream for breakfast. For lunch I ate a green salad, tomatoes and cucumbers with chicken salad on top, jicama slices and a bottle of water. Oh yeah...and 4 wheat crackers. I had an afternoon snack of 2 strawberries, some more jicama slices, and 1/2 of an orange. For dinner I ate 2 pieces of rotissiered chicken, 3 corn tortillas, 1 tablespoon of beans, rice and potato salad. Later tonight I will have another cup of tea and possibly the last piece of pound cake that my niece sent to me. :). Be strong my sisters, we can do this. I am praying for us all.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Wed, 23 May 2007

1:54 AM

(no subject)

Hello Ladies well day two has ended and I had a great day. I started the day with a bowl of honey bunches of oats cereal in 1% milk, and a bannana for lunch I had leftovers of rotisserie chicken, rice and potatoe salda but only half a cup of each. I had an afternoon snack of another bannana and had a chicken breast on whole wheat toast for dinner withsome baked french fries I also worked out after breakfast and drank a lot of water today. I feel great. Hope all is well with you guys.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

11:48 PM

Wanda

I did not post yesterday.

Yesterday: 1 cp oatmeal w/10 raisins, chaie tea, apple, cp egg drop soup w/1/4 cp rice, 1/4 pork chop, banana, 1/2 pork chop w/1 piece of whole wheat bread

Today, May 23

2 pieces of whole wheat toast, 3 prunes, cp of tea

cp egg drop soup w/ 1/2 cp rice

1 cp steamed cabbage, 1 cp black eyed peas, 1/2 cp brown rice, 1/2 baked chicken breast, oops and the Twix

I did not drink all my water today, but urine was was still clear!

My knee hurts, give me some suggestions for exercise, please!

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

11:59 PM

(no subject)

<p>MayaJoi-</p>

<p>Today was not a good day for me I did not eat breakfast and had 2 corndogs and chili cheese fries for lunch so yeah i slipped up. But I still exercised today and had a pretty good workout so Ill try again tomorrow. Auntie Wanda I will look for some exercises for you and make sure that you get them I hop all is well with everybody. Luv Ya

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Thu, 24 May 2007

1:19 PM

Maya

Oh I forgot to do dinner yesterday I had some rotisserie chicken and potatoe salad and a peach for a snack

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

Fri, 25 May 2007

3:50 AM

Adrienne

Sorry I have been busy here's food intake for the last two days

Tuesday

Breakfast I had oatmeal with a tsp of flax seed and 3 slices of apple and a small tangerine, lunch I had a green salad with jicama tomatoe slices and cucumber slices for dinner grilled chicken baked french fries (6) I also wked for 4 miles through the hills of cal poly.

Wednesday

Breakfast I had oatmeal with a tsp of flax seed and 3 slices of apple and a small tangerine as well a a cup of tea, lunch I had kwons, a small portion of fried rice about a cup, with grilled chicken broccoli, brussel sprouts green onions for dinner I had wonton soup

Today

Breakfast half a cup of cottage cheese, blueberries raspberries 6 each and a raisin english muffin and a cup of tea, snack I had a apple and a cheese stick, Lunch I had 2 fried chicken tenders and 8 french fries and a green salad half a cup Dinner was a half a cup of pasta (linguini) with pesto sauce and italian sausae as well as 1 peice of galic bread with a ceasar salad, and raspberry sherbert for desert . today I ran the field and did calistinics with my class today

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

4:00 AM

MayaJoi

Today I had fruit for breakfast and drank alot of water I didnt have time to eat lunch I had 3 chickenstrips ad a handfull of french fries for dinner I also worked out my lgs toay as wll as 30 mins of cardio. Auntie Pat where are you we've been missing you

Security: Public

Location: Not Specified

Mood: Not Specified

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