

# How I Lost 115 Pounds in 235 Days

By Jerry Boen

If you woke up this morning congratulations you have another chance!

A few friends have asked me how I lost so much weight so quickly and asked if I felt like I was starving the whole time with hunger pangs and stomach grumbling. They seemed amazed when I said never had any hunger pangs or that old stomach rumble (more on that later). So, I decided to write it all down and share. It took me a few months to come up with this system. Don't expect to understand it all in the first reading. I know it works because it worked for our family. My wife Valerie lost 66 pounds and my daughter lost 72 in the same time frame. It is really a "can lose" process but only if you follow it. I made some charts and forms to help you track your progress. You can modify them to fit your own needs. I do encourage you to try all my charts for the first few months to better understand how it all fits together.

Part 1.

## Learning your BMR number

The number one thing you have to do at the beginning is calculate your BMR number. Everything I have done is based on this. The BMR (Basal Metabolic Rate) number is the number of calories you need to eat each day to keep your weight exactly as it is. Eat less and you will shed weight, eat more and you will gain weight. It is really that simple. A little info about calories .....

## Metabolic Rate Measurements

Metabolic rate, or metabolism, is the rate at which the body expends energy. This is also referred to as the "caloric burn rate". Knowing metabolic rate is vital for weight loss. Your body gains or loses fat based on energy balance. Energy balance refers to the relationship between energy intake (eating) and energy expenditure (metabolic rate). Energy expenditure can be divided into three groups of calories.

Resting Calories – Calories that are burned while the body is at rest. These calories are needed just to maintain life. The majority of all calories burned (about 70-80%) are burned at the resting level. THIS IS SHOCKING !! - but true. So in reality you don't have to run, workout or overstress your body and you can still lose weight. It is much faster if you do those things and it will help with tone, but its not totally necessary for weight loss.

Activity Calories – Calories that are burned because of normal daily activities are "Activity Calories". Normal daily activities such as walking, eating (digesting food), typing, etc. are included in activity calories.

Exercise Calories – These calories are burned because of exercise.

The sum of all of these groups of calories is the total metabolic rate.

## How to Calculate Your Personal BMR Number -- Now

Women:  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men:  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Work out your BMR number and write is down we will use it later \_\_\_\_\_.

Part 2.

## Measuring Food by Weight

The only way to know exactly what you are eating is to weigh everything you eat. Almost all foods are packaged and sold using grams. The nutritional information on the side of almost all packages include this information. It is the best way to track your calorie intake. No matter how good you are at guessing what a cup, half cup or quarter cup is, you will never get an accurate measurement until you start weighing your food. You will need a good digital kitchen scale for measuring grams.

You will need to buy a digital scale that can measure in grams. Every bit of food you will eat will be measured by weight with no exceptions. My scale cost about 40 dollars but mine is a professional Bakers Scale from a kitchen supply store. (I have seen good ones for \$25 on amazon.com) Get one with a TARE function if you can, it makes measuring much easier. If you get one with this function you will never want a different type. The TARE function will reset the display to zero even though there is food on the tray. Thus, the display will indicate the weight of any additional food placed on the scale, after the TARE button has been depressed.

For example:

- A. Keep a note pad by the scale
- B. Set your scale to grams.
- C. Place a plate on the scale, lets say it weighs 600 grams.
- D. Push the TARE button and it shows 0
- E. Place some food on the plate lets say 100 grams of corn. Write down 100 grams corn on your pad.
- F. Push the TARE button and it shows 0
- G. Place some more food on the plate lets say peas, add the beans slowly until the scale reads 100 grams. Write down 100 grams peas on your pad.
- H. Push the TARE button and it shows 0
- I . Place some more food on the plate lets say a piece of roast beef. Lets say the roast beef weighs 255 grams. Write down 255 grams beef on your note pad.

Now a little math and you will know exactly how many calories are on the scale with no guessing.

Here's how:

Your note pad should say:

100 grams corn  
100 grams peas  
255 grams roast beef

Now your need to find out what a gram of each food equals in calories (I will tell you how to do that later), multiply by that amount - - -

Like this:

1 gram of corn equals .86 calories	(or $100 \times .86 = 86$ calories)	calories on plate	86
1 gram of peas equals .42 calories	(or $100 \times .42 = 42$ calories)	calories on plate	42
1 gram of roast beef equals 2.2 calories	(or $255 \times 2.2 = 561$ calories)	calories on plate	<u>561</u>
	<u>Exact total calories on the plate</u>		<u>689</u>

Part 3.

Putting the Information to Use

Below is an example of how all this information fits together using the daily chart. Lets make up a fictitious person who wants to lose some weight – “Axil.”

1. Axils weight is 275 pounds, he is 49 years old and he is 55 inches tall. His BMR number is 2,145. That means if Axil eats exactly 2,145 calories a day he will stay at exactly 275 pounds.
2. For Axil to lose weight he has to eat less than 2,145 calories per day. But he has to eat no less than 1,200 calories per day. This is very important! Why you may ask? It’s because if Axil eats too few calories his body thinks he’s starving and it shifts into survival mode. Axil won’t lose weight, he will feel sluggish and his whole body will stall. So, don’t eat less than 1,200 calories per day. On my charts I mark a 1,200 calorie base line as a daily reminder. But if your average over time approaches 1,200 calories, you are doing great and will lose the pounds.
3. Axil has his BMR number and has decided to follow the process. He has a good basic digital scale and understands how the TARE function works. He understands he needs to convert grams of food into calories. He will start his new habits right away to meet his goal. He must keep accurate records and write down everything he eats. He must weigh every gram of food and convert it to calories, then enter it onto his chart daily.
4. This is an example of Axil’s first three days of tracking his food intake. Yours will be different based on the foods you like or if you eat a traditional breakfast-lunch-dinner schedule. Many people don’t, so it is ok to mix it up. Eating all the right food groups is important. I am not trying to do that in this example. Notice that some of the numbers for the same foods are different. That’s because all eggs, grapefruit and other foods are never exactly the same weight. That’s why it is so important to weigh each item in grams and to convert it to calories for your charting.

Day 1

Oat bran cereal	125	calories
Grapefruit	86	calories
Garden burger	210	calories
Salad	45	calories
Apricot	38	calories
Chicken breast	378	calories
Grapefruit	58	calories
Apple	96	calories
Boiled egg	86	calories
Total	<u>1,122</u>	calories for day 1

Day 2

Oat bran cereal	125	calories
Boiled eggs	173	calories
Taco wrap	276	calories
Halibut	140	calories
Apricot	40	calories
Veggies	160	calories
Pop corn	250	calories

Grapefruit 68 calories  
Total 1,232 calories for day 2

Day 3  
Oat bran cereal 125 calories  
Apple 104 calories  
Wrap 133 calories  
Plum 56 calories  
Lg Turkey Taco 246 calories  
Apricot 37 calories  
Pop corn 250 calories  
Total 1,332 calories for day 3

Here is why the numbers are important.

Axil's 3-day average was 1,229 per day, but his BMR number was 2,145. For three days he ate 915 calories less per day than he needed to stay at 275 pounds -- so he lost some weight. It's really that simple. If he keeps this up and because he started at a high BMR of 2,145 calories, over time he will see a dramatic weight loss.

As Axil loses weight he has to recalculate his BMR number and his weight loss will slow down but not stop. (I recalculate mine at the first of every month). Lets say Axil has followed the process to the letter and lost weight. He now weighs 200 pounds. He now has a lower BMR number of 1,677. His weight process would still be the same, his base line target is still a minimum of 1,200 calories. However, his new calorie ceiling is 1,677 calories. He will lose weight slower because the difference between his BMR number of 1,677 and his 1,200 base line is only 477 calories per day .

For example, if we use the same three days above with an average intake of 1,229 calories per day, but use Axil's new lower BMR of 1,677 calories, Axil will have eaten 448 calories less per day than he needed to stay at 200 pounds. So his weight loss will continue at a slower rate. All these numbers are worth understanding and starts to make sense as your weight decreases.

Part 4.

### Its All About the Food

I have never felt hunger pangs during this diet process. The types of food you eat make a big difference in how hungry you are later in the day. If you eat the right foods in smaller amounts and spread it over the day, you will not feel hunger pangs or that old tummy rumble. Scientists have tested hundred of foods and given them a number based on how they affect your hunger. Yes, I am introducing another set of numbers. It is important and will make things easier for you to avoid ravenous hunger later. Some of the highest number foods can affect you for several days and take a long while to shake off. It helps to lean toward the foods that don't trigger your hunger button. You will have a much easier time and helps avoid this nasty pitfall.

The system is used to rate foods for how they trigger your hunger is the Glycemic Index. This is the way it works; as the food index number gets higher the more it triggers your hunger. This is a list of a few foods and their Glycemic Index rating. These charts are easy to find on the internet and I will send some along with this paper. For example; a French baguette with a Glycemic Index rating of 136 will trigger your hunger over four times as much as a Grapefruit with Glycemic Index rating of 36. The higher number will make you struggle with feeling hungry. I try to lean toward foods with an index rating of no more than 77.

## Glycemic chart example

Food	Glycemic Index rating
Cherries	32
Grapefruit	36
Apricots, dried	44
Pear, fresh	53
Apple	54
Plum	55
Apple juice	58
Peach, fresh	60
Orange	63
Pear, canned	63
Grapes	66
Pineapple juice	66
Peach, canned	67
Grapefruit juice	69
Orange juice	74
Kiwifruit	75
Banana	77
Cake, sponge	66
Cake, banana, made with sugar	67
Cake, pound	77
Cake, banana, made without sugar	79
Pastry	84
Pizza, cheese	86
Muffins	88
Cake, flan	93
Cake, angel food	95
Croissant	96
Crumpet	98
Donut	108
Waffles	109
Wheat bread, high fiber	97
Wheat bread, wholemeal flour	99
Melba toast	100
Wheat bread, white	101
Bagel, white	103
Kaiser rolls	104
Whole-wheat snack bread	105
Bread stuffing	106
Wheat bread, Wonderwhite	112
Wheat bread, gluten free	129
French baguette	136

Part 5.

## Converting Grams to Calories

There are several ways to convert grams to food calories. I have some charts and a formula that I will share. The easy way is to visit the web site ( [http://www.netzingers.com/cgi-bin/calorie\\_lookup.php](http://www.netzingers.com/cgi-bin/calorie_lookup.php) ). If you can't find a food on this site, the nutritional information is on most product suppliers web sites or on the package the food came in.

## Calculating Calories per Gram from the Package

All new packages have a Nutritional Facts section. Some of these can be confusing because they mix cups and other numbers in, to show serving sizes. The only numbers we care about are the grams and calories, which are

always shown in proportion to each other. To calculate the calories in each gram of food just divide the amount of calories in a serving of the food by the listed grams. For example:

1. A can of baked beans shows that 140 calories of beans equals 130 grams
2. If you divide 140 calories by 130 grams you get 1.07
3. So for every gram of beans you eat, you will be eating 1.07 calories
4. Do the math and you know the exact number of calories in your serving. As an example if I placed a bowl on my digital scale pushed the TARE button it will read zero. Then, if I spoon in a serving of 150 grams of beans, I know I will be eating exactly 161 calories with no guessing. This is the math:  $(150 \times 1.07 = 160.5)$ . I always round my numbers up to make it easy. Now, just write "Beans 161 cal" on your daily food chart.

Part 6.

### Charting Your Daily Calories

The saying, "no job is over until the paperwork is done." With this system, it is imperative you keep track of how many calories you are eating each day. I use three Microsoft excel charts. One for logging daily calorie intake. One for logging monthly calorie intake. One for multiple months. I keep print outs in a binder on the kitchen counter with my calculator for easy reference. I will share my sample charts. You need a Microsoft excel program to view mine for the automatic math functions to work. In any event you must use your chart every day.

You can make a simple chart with columns with your BMR calorie number at the top and 1,200 at the bottom. I am providing an example at the end of this paper. It is a 7-day chart for someone with a BMR of about 2,000 calories. Mine are more detailed than this but you'll get the idea. Use a marker and highlight your maximum calories per day line (your personal BMR). You can circle the calories you eat everyday to the nearest whole number. Post this so you see it every day to chart your progress and as a reminder of staying on track. (see sample chart attached to the end of this paper)

Part 7.

### Its Really Just a Numbers Game

How long it will take you to lose your weight depends on several factors. 1. How honest you are about following the system without fudging. 2. Your beginning weight and your goal weight. 3. Your family's genetics. 4. Your activity level, as well as your gender. Mother nature designed a man to naturally burn a lot more calories than a woman per day. So, a man and a woman who begin at the same weight will have different daily calorie limits. A man starting out at exactly the same weight as a woman and eating exactly the same amount of calories per day will lose weight more quickly. If you want to understand the basic mathematical theory of calculating weight loss for different starting weights over a time period, read the next section (Part 7a) If not save it for later and skip on to Part 8.

Part 7a

For this example let's calculate the weight loss of twin sisters, who both want to shed 35 pounds. Anna starts out at 250 pounds and will lose the first 35 pounds much faster than her 170-pound sister Betty. That's because at 250 pounds Anna's maximum calorie per day limit is relatively high. If, we take Anna's maximum of 1,738 calories per day (her BMR) and subtract her minimum of 1,200 calories per day we get 538. That means Anna can safely burn up to 538 maximum extra calories per day by reducing her food intake. In that range she will lose weight, stay healthy and not put her body into survival mode. Her twin sister Betty however, is starting her weight loss at 170 pounds. Her maximum daily limit is a much lower - 1,390 calories. If we subtract her minimum of 1,200 calories per day we have much less, 190 extra calories per day, that Betty to burn safely.

The number of calories you can safely burn each day makes a big difference in how fast you can shed the pounds. No matter what sex you are, it takes 3,500 calories to shed one pound of fat. In order to understand the math involved, let's revisit our fictitious twins Anna and Betty and make a guess of how many days it will take each to lose that 35 pounds using the maximum calories each can safely burn.

To make this a simple a calculation, let's ignore any variables and assume Anna and Betty are sedentary and do no activities at all to burn any extra calories. (This is not possible but it helps us understand the math involved.)

Here is how long it will take these completely sedentary fictitious twins shed 35 pounds. To lose one pound of fat each twin must burn 3500 calories. so  $35 \times 3500$  equals 122,500 calories that each twin has to burn.

At 250 pounds Anna can burn a maximum of 538 extra calories per day, so divide 122,500 by 538 which equals 228 days for Anna to shed 35 pounds. About 3 times slower than Anna.

At 170 pounds Betty can burn a maximum of 190 calories per days, so divide 122,500 by 190 which equals 645 days for Betty to shed 35 pounds.

This sample calculation is just to help you understand the reason why larger people will lose weight at a faster rate than a thinner person. As a 250-pound woman sheds weight and becomes a 170-pound woman her weight loss must slow down if she is losing weight in a healthy way.

Lastly, I calculated these numbers using completely sedentary fictitious twins who burned no extra calories. In reality normal people move, walk, and talk and are active. This burns extra calories twenty-four hours a day seven days a week. So a normally active person can shed 35 pounds in about a year by reducing their calories by 337 per day.

## Part 8

### Tips I Have Learned

- A. I have found that you must clear your house of any high trigger foods. When we started this, we removed all Cake mixes, Breads, Pastas, Sweets, Chips, Ice Cream and any other treats. Once it was out we never brought it back in. Our mantra has been "Dieting begins at the store". Don't buy it, don't bring it home, so you won't eat it. If it's 10 pm and you are feeling hungry, you have apples but your thinking chips. You most likely won't get dressed drive to the store and buy a bag of chips. If they are tucked away in your cabinets, you are going to cheat "just this once". Save yourself a lot of pain and guilt and just don't buy it in the first place.
- B. Portions - weigh every bit of food by the gram. A measuring cup is too variable. Food gets packed down in shipping so it never measures the same twice by volume.
- C. We all know people who can eat about anything and stay slim. You may even live with one of those lucky people. If you're reading this, you are likely not one of the lucky ones. Everybody in your house (adults) has to understand your goal and agree not to bring any banned food around you, or you will be sabotaged by someone else's junk food. Ask them to respect your wishes for 100 days. Any good friend or partner who cares for your happiness will do about anything for 100 days. And if they see your progress and how happy you are they may become inspired as well.

- D. Weight has little to do with exercise. It is strictly in proportion with what you put in your mouth, gram by gram. To stay healthy and toned we need to exercise. To lose weight, downsize the calories. It is really that simple.
- E. Don't let your calories drop below 1,200 per day. Below that, the body puts itself into survival mode, stops processing normally and you WON'T lose weight. And you will feel tired and sluggish.
- F. Chart your food. Write it all down. Don't fudge your calorie count, you are only cheating yourself. You can still celebrate special occasions. Just remember - a calorie is a calorie is a calorie - no matter what form it's in.
- G. Your going to have a few big calorie days. Don't stress over it. Parties, family gatherings and celebrations come along and you should enjoy them. I have a big calorie day about once or twice a month. Just write it down and move on. If you ate 3,000 calories, write that down. If you eat around 1,200 calories for 29 days and eat 3,000 for two days your average per day is 1,265. That's close enough to the base line and you will lose weight. Just try to keep the bad days to a minimum. I have noticed that a big calorie day every once and awhile seems to shock my system out of a rut and get things moving again.
- H. Find food you like but lean toward those that have low Glycemic Index ratings. That way you can avoid hunger pangs and tummy rumbles.
- I. Pits, skins, seeds, stems shells and packaging. These add weight to food, some times lots of weight, (just think of an avocado pit). After you eat a food weigh the leftover parts and deduct that off the total grams. Seems like a small thing but it can make a big difference in you total calories for the day. Do this with any food you eat that has left over waste. The bones and fat from meat can add a lot of grams to your daily calorie count that you never ate.
- J. Snacking is still ok, but find foods that fit within your BMR limits. We eat carrots, celery, and apple slices. I really like to eat popcorn. I air pop 67 grams (dry weight) and add only 7 grams of butter (mixed with hot sauce and dribbled on the popped corn). So I can have a snack I love for 250 calories. This is easy when you are a little creative.
- K. Try and start your day with something heavy and filling. Most days we start with cooked Oat Bran (\*oat bran is not oat meal - its more granular). Buy it in bulk at the Whole foods or Grocery store. For a big bowl put one cup of water in the bowl and add 50 grams (1/2 cup) of Oat Bran. Stir. Then microwave it in an 1100-watt microwave on 1/2 power for about 4 1/2 minutes. (Just adjust the time to whatever microwave you have.) I add in cinnamon and vanilla and some Splenda. This gives me a big bowl of long-lasting, hot food for 125 calories. If you use real sweetener like honey or sugar just add it into the total calorie count.
- L. Food on the go. Remember generally with this system your eating smaller portions but more often during the day. If you carry a lunch or just need a little back up you can still have that on hand. You can pre-weigh apples or other snacks to take along. You can take Boiled eggs in the shell if you save the shell and weigh it later. The same goes for Bananas. If you want to avoid the messy "weigh it later part" I have calculated the average weight of an eggshell to an egg or banana peel to a banana and made a chart I keep inside the cabinet door. It turns out to be very consistent. Just let me know and I will give you that chart.
- M. Walking, jogging, swimming, playing a sport and general exercise are great things. They speed up the weight loss process because you are burning extra calories. And it helps with flexibility and tone. But it's not the way we use up the bulk of our calories. Compare your body to a car. A car needs gas to generate heat to move the car. As you drive along it consumes the gas and you have to replenish the tank. But with your parked and the motor stopped it can sit for months and not use any fuel. Your body's



not like that at all. It has to generate heat twenty-four hours a day seven days a week. In fact, your body uses 70-80% of its fuel (food) just keeping you alive. So you can lose weight just fine without hitting the gym, you just have to make up your mind to do it.

- N. Getting stuck – sometimes your momentum seems to stall. You are eating right but you get on the scale and it's the same as yesterday and the day before. This has happened to all three of us. We have noticed that even though we were not losing weight for a few days, our clothing was getting looser. Then, suddenly in a day or two you lose a pound. I don't know why this happens exactly, but I have a theory. Our bodies are very efficient bio/chemical machines. This machine runs on fuel (calories) and stores any left over calories in our fat cells, to be called on later. This is a chemical process that operates on balance. I think your body tries as hard as it can for as long as it can to hold on to those stored calories. When the balance for calories gets too one sided, it gives up all at once and rebalances itself. Your body quickly pulls some calories out of your fat cells and you lose some weight. At any rate don't give up. This all happens at its own speed. There is an old saying that goes, "I may look like I am not doing anything, but on a microscopic level I am very busy," keep that in mind when you get stuck.
- O. The weigh in – After the first time, how often you weigh in is really a matter of choice. Once a week is usually enough to show you good results if you are sticking to the system. The time of day you check your weight is important. You need an accurate digital bathroom scale. You have to get an honest number to keep yourself on track and to recalculate your BMR as you shed pounds. I have found the best time to weigh in is in the morning after toileting but before breakfast to get the most accurate weight. (½ cup of liquid weighs slightly over a pound)
- P. I can do anything for 100 days. Just tell yourself and your partners that the target is 100 days no matter what. It's really imperative that everyone is on board that lives with you, I just can't over state that enough. Stay with it, give your body a chance to work it's magic. If you can't commit to at least 100 days of this system, do yourself a favor and don't start. My goal is to help you with this project. Again, commit to it, give it at least 100 days, or it won't work and you will be disappointed and that's not what I want.

### A note from Jerry

Both Valerie and my daughter helped with this paper and both have said it's too long and wordy. They also think I over explain the details and make something simple, complicated. My feeling is anyone who is not willing to read a 10-page paper will never have the tenacity to start and stay with this for the 100 days. So, if you are still reading, great! You have passed the first hurdle. Besides, I like more detail, it has taken several months to get a clear picture of this process and how well it works. While my son was training to be a Journeyman Electrician I only gave him one piece of advise, "When someone tells you to do something it's important to understand the why as well as the how." For many people, shedding significant weight can really be a life-changing event. I don't take it lightly and feel I have a responsibility to help them succeed if I can. That's why I approach this from lots of different ways hoping that one will inspire someone to do what we are doing.

A general guideline for how many calories you need to eat below your BMR each day to lose 35 pounds, not including doing more exercise.

Weeks --	Cut this many Calories Daily
52	336
51	343
50	350
49	357
48	364
47	372
46	380
45	388
44	397
43	407
42	416
41	428
40	437
39	448
38	460
37	473
36	486
35	500
34	514
33	530
32	546
31	564
30	583
29	603
28	625
27	648
26	673
25	700
24	729
23	760
22	795
21	833
20	875
19	921
18	972
17	1029
16	1093
15	1166
14	1250
13	1346
12	1458
11	1590
10	1750
9	1944
8	2187 not recommended to cut more than 2000 calories per day



# Weekly Calorie Graph

\*Circle the total calories you eat each day to the nearest whole number

SUN	MON	TUE	WED	THRU	FRI	SAT
2100	2100	2100	2100	2100	2100	2100
2075	2075	2075	2075	2075	2075	2075
2050	2050	2050	2050	2050	2050	2050
2025	2025	2025	2025	2025	2025	2025
2000	2000	2000	2000	2000	2000	2000
1975	1975	1975	1975	1975	1975	1975
1950	1950	1950	1950	1950	1950	1950
1925	1925	1925	1925	1925	1925	1925
1900	1900	1900	1900	1900	1900	1900
1875	1875	1875	1875	1875	1875	1875
1850	1850	1850	1850	1850	1850	1850
1825	1825	1825	1825	1825	1825	1825
1800	1800	1800	1800	1800	1800	1800
1775	1775	1775	1775	1775	1775	1775
1750	1750	1750	1750	1750	1750	1750
1725	1725	1725	1725	1725	1725	1725
1700	1700	1700	1700	1700	1700	1700
1675	1675	1675	1675	1675	1675	1675
1650	1650	1650	1650	1650	1650	1650
1625	1625	1625	1625	1625	1625	1625
1600	1600	1600	1600	1600	1600	1600
1575	1575	1575	1575	1575	1575	1575
1550	1550	1550	1550	1550	1550	1550
1525	1525	1525	1525	1525	1525	1525
1500	1500	1500	1500	1500	1500	1500
1475	1475	1475	1475	1475	1475	1475
1450	1450	1450	1450	1450	1450	1450
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1375	1375	1375	1375	1375	1375	1375
1350	1350	1350	1350	1350	1350	1350
1325	1325	1325	1325	1325	1325	1325
1300	1300	1300	1300	1300	1300	1300
1275	1275	1275	1275	1275	1275	1275
1250	1250	1250	1250	1250	1250	1250
1225	1225	1225	1225	1225	1225	1225
1200	1200	1200	1200	1200	1200	1200
1175	1175	1175	1175	1175	1175	1175
1150	1150	1150	1150	1150	1150	1150
1125	1125	1125	1125	1125	1125	1125
1100	1100	1100	1100	1100	1100	1100
1075	1075	1075	1075	1075	1075	1075

For the week \_\_\_\_\_ to \_\_\_\_\_ 2010 \_\_\_\_\_

\*\*\*\*\* Dieting begins at the Grocery store \*\*\*\*\*

Blank Daily and Monthly calorie log for three people

Month

Notes	Name	Name	Name	Day	Notes	Notes	Notes
	BMR	BMR	BMR				
	↓ Calories ↓	↓ Calories ↓	↓ Calories ↓				
	1						
	2						
	3						
	4						
	5						
	6						
	7						
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	30						
	31						

Total Calories \_\_\_\_\_ ⇐ (Total Calories eaten for the month)  
 ÷ Number of days \_\_\_\_\_ ⇐ (divide by the number of days)  
 – Your BMR \_\_\_\_\_ ⇐ (subtract your BMR )  
 = Your average  
 Calories burned \_\_\_\_\_ ⇐ (equals the amount of calories you)  
 (burned per day below your daily  
 (BMR ceiling )

## *Weight loss begins at the grocery store*

### Calories per 1 gram

#### Fruit

<b>Apples, raw, with skin</b>	<b>.52</b>
<b>Apricot</b>	<b>.48</b>
<b>Bananas, raw</b>	<b>.89</b>
<b>Blueberries</b>	<b>.57</b>
<b>Cherries</b>	<b>1.3</b>
<b>Cranberry Sauce</b>	<b>1.42</b>
<b>Grapefruit, raw, all</b>	<b>.32</b>
<b>Grapes, all</b>	<b>.67</b>
<b>Nectarine</b>	<b>.44</b>
<b>Orange</b>	<b>.47</b>
<b>Peach</b>	<b>.39</b>
<b>Pear</b>	<b>.58</b>
<b>Plum</b>	<b>.46</b>
<b>Raisins</b>	<b>2.99</b>
<b>Strawberries</b>	<b>.32</b>
<b>Watermelon</b>	<b>.30</b>

#### Veggies

<b>Lettuce</b>	<b>.15</b>
<b>Peas</b>	<b>.42</b>
<b>Cauliflower</b>	<b>.25</b>
<b>Corn, raw</b>	<b>.86</b>
<b>Potato</b>	<b>.93</b>
<b>Onions</b>	<b>.42</b>
<b>Radishes</b>	<b>.16</b>
<b>Mushrooms</b>	<b>.24</b>

### **Calories ÷ Grams = Calories per Gram**

#### (veggies)

<b>Celery</b>	<b>.16</b>
<b>Cucumber</b>	<b>.15</b>
<b>Turnips</b>	<b>.28</b>
<b>Yam</b>	<b>1.18</b>
<b>Spinach</b>	<b>.23</b>
<b>Zucchini</b>	<b>.21</b>
<b>Carrots, raw</b>	<b>.41</b>
<b>Broccoli</b>	<b>.34</b>
<b>Tomatoes, green, raw</b>	<b>.23</b>
<b>Tomatoes, ripe, raw</b>	<b>.18</b>
<b>Tomatoes, sun-dried</b>	<b>2.58</b>
<b>Cabbage, all</b>	<b>.24</b>
<b>Asparagus</b>	<b>.20</b>

#### Meat

<b>Bacon fried</b>	<b>5.16</b>
<b>Buffalo</b>	<b>1.5</b>
<b>Pork shoulder</b>	<b>2.3</b>
<b>Fat, chicken</b>	<b>9.00</b>
<b>Chicken, meat only, fried</b>	<b>2.19</b>
<b>Chicken, meat only, roasted</b>	<b>1.90</b>
<b>Chicken, meat only, stewed</b>	<b>1.77</b>
<b>Chicken Breast</b>	<b>1.6</b>
<b>Corn Beef</b>	<b>1.68</b>
<b>Roast Beef</b>	<b>2.2</b>
<b>Hamburger patty</b>	<b>2.4</b>

(meat)	
<b>Ham</b>	<b>1.1</b>
<b>Turkey breast</b>	<b>1.05</b>
<b>Turkey dark meat</b>	<b>1.85</b>
<b>Ground Turkey lean</b>	<b>2.1</b>
<b>Steak sirloin</b>	<b>2.14</b>
<b>Lamb Roast Leg, Lean</b>	<b>1.8</b>

### Fish

<b>Crustaceans, crab, alaska king, cooked, moist heat</b>	<b>0.97</b>
<b>Crustaceans, crab, dungeness, cooked, moist heat</b>	<b>1.10</b>
<b>Salmon, coho (silver)</b>	<b>1.45</b>
<b>Halibut</b>	<b>.87</b>
<b>Shrimp</b>	<b>1.0</b>
<b>Swordfish</b>	<b>1.3</b>
<b>Tuna blue fin</b>	<b>1.8</b>
<b>Tuna</b>	<b>1.2</b>
<b>Mahi mahi</b>	<b>1.2</b>
<b>Surimi</b>	<b>1.1</b>
<b>Bouillabaisse Chowder</b>	<b>.6</b>
1 c.=140 cal.	

### Dairy

<b>Egg, whole, hard-boiled</b>	<b>1.55</b>
<b>Egg, whole, fried</b>	<b>1.96</b>
<b>Ricotta cheese</b>	<b>1.4</b>
<b>Colby cheese</b>	<b>3.94</b>
<b>Cottage cheese, all</b>	<b>1.03</b>
<b>Cream cheese</b>	<b>3.49</b>
<b>Monterey cheese</b>	<b>3.73</b>

<b>Swiss cheese</b>	<b>3.8</b>
<b>Parmesan cheese,</b>	<b>4.15</b>
<b>Cheese, pasteurized process, cheddar or American, low sodium</b>	<b>3.75</b>
<b>Butter</b>	<b>7.17</b>
<b>Cheese, cheddar</b>	<b>4.03</b>
<b>Soybean, curd cheese</b>	<b>2.39</b>
<b>Velveta like spreads</b>	<b>2.8</b>

### Grains and Beans and Nuts

<b>Lima beans</b>	<b>.71</b>
<b>Soybeans w/o pods</b>	<b>1.41</b>
<b>Soybeans w/pods</b>	<b>.63</b>
<b>Refried beans</b>	<b>.94</b>
<b>Navy beans</b>	<b>3.37</b>
<b>Black beans, cooked</b>	<b>.78</b>
<b>Rice, brown, long-grain, raw</b>	<b>3.7</b>
<b>Rice, white, long-grain, regular, raw, enriched</b>	<b>3.65</b>
<b>Rice noodles, dry</b>	<b>3.64</b>
<b>Spaghetti, whole-wheat, dry</b>	<b>3.48</b>
<b>Noodles, all, organic</b>	<b>3.75</b>
<b>Couscous</b>	<b>3.71</b>
<b>Quinoa, dry</b>	<b>3.69</b>
<b>Popcorn, air-popped</b>	<b>3.87</b>
<b>Popcorn, unpopped kernels</b>	<b>3.75</b>
<b>Peanuts, all types, raw</b>	<b>5.67</b>
<b>Peanut butter, chunk style, with salt</b>	<b>5.89</b>
<b>Peanut butter, smooth style, with salt</b>	<b>5.88</b>

(grains&beans&nuts)

<b>Almonds, honey roasted, unblanched</b>	<b>5.94</b>
<b>Cashew, dry roasted, with salt added</b>	<b>5.74</b>
<b>Pecans, dry roasted, with salt added</b>	<b>7.10</b>
<b>Peanuts, all types, raw</b>	<b>5.67</b>
<b>Walnuts, english</b>	<b>6.54</b>
<b>Pistachios, dry roasted, with salt added</b>	<b>5.68</b>

### Cereals

<b>Oatmeal instant dry</b>	<b>3.65</b>
<b>Oat bran, raw</b>	<b>2.46</b>
<b>Multi-Grain Cheerios</b>	<b>3.5</b>
<b>Reg. Cheerios</b>	<b>3.6</b>
<b>Special K w/berries</b>	<b>3.5</b>

### Cooking Oils

<b>Olive Oil,</b>	<b>8.84</b>
<b>Sesame seed oil</b>	<b>8.57</b>
<b>Butter</b>	<b>7.17</b>