

Day One - Saturday 8/6/16 - 178 - No exercise

6hr14min sleep

Breakfast - 2 poached eggs, 2 slices pork belly, Coffee with 2 TBSP heavy cream

Lunch - Baked Tortilla chips with organic guacamole

Dinner - Strawberries, Kerrygold cheese, tomato, hearts of palm

NOTE* Today I felt unusually hot for a couple of hours after I took the Slim, took my measurements, etc.

Day Two - Sunday 8/7/16 - 172.2 - No exercise

8hr12min sleep

Breakfast - 2 poached eggs, 3 slices Trader Joe's Bacon, 2 tbsp Hollandaise sauce, coffee + heavy cream + collagen powder

Lunch - 3 beef ribs, grilled, tortilla chips guacamole

Snack - 2 servings Halo Top Vanilla Bean Ice Cream

Dinner - pork tenderloin, 2 servings Halo Top Vanilla Bean

Day Three - Monday 8/8/16 - 172.2 No exercise

7hr16min sleep

Breakfast - 2 fried eggs, 3 oz pork tenderloin, coffee + heavy cream + collagen powder

NOTE* Today I took Accelerator and I had a mild headache and jitteriness most of the morning, when I realized what it was I started drinking a lot of water and I felt better by noon

Lunch - Trader Joe's Fresh Mozzarella drizzled with olive oil + spices, 2 skinny chocolates with pay off caramel (no nuts)

Snack - Mary's Gone crackers, individual hummus

Snack - 2 Aussie Bites w/ Chai Tea

Day Four - 173 - Tuesday 8/9/16 - No exercise

7hr13min sleep

Breakfast - Crustless Quiche with tomatoes, spinach and feta + coffee with half n half

Lunch - Chicken salad on a bed of baby greens, sunflower seeds, balsamic vinegar

Snack - Almond milk latte

Snack - 1/2 ham and lettuce sandwich

Dessert - two bite chocolate caramel dessert THM

Day Five - 172.2 - Wednesday 8/10/16 - No exercise

7hr55min sleep

Day 1 Menstrual Cycle

Breakfast - 1 poached egg, 3 slices bacon, coffee + cream + collagen

Lunch - Copycat Trader Joe's Scallion pancake (with sour cream and Franks Red hot)

Dinner - Jalapeno Beef Kielbasa + sauteed onions and jalapeno peppers
Dessert - sugar free skinny chocolate with sugar free caramel (combined two recipes from Trim Healthy Mama cookbook to make a new dessert)

Day Six - 174.6 - Thursday 8/11/16 - No exercise

8hr17min sleep

Day 2 Menstrual Cycle

Breakfast - Coffee+cream, 1 chicken sausage (didn't feel that great)

Lunch - 2 slices of ham and pineapple pizza my son brought home from work (Papa John's) not the best choice but my house was full of construction workers replacing windows, my furniture was all in my kitchen. When he brought it home right at the moment I was wondering what we could eat because getting windows installed was WAY more disruptive than I expected it to be.

After lunch, I felt really annoyed that I ate the pizza, but I'm annoyed about everything anyways because it's 93 degrees inside my house, among other things and I feel bad about pretty much everything there is today.

Dinner - Cabbage, carrot, bamboo, bok choy, garlic, onion soup in broth

Day Seven - 175.6 - Friday 8/12/16 - No exercise

8hr27 min sleep

Day 3 Menstrual Cycle

Breakfast - Crustless quiche, eggs, spinach, tomatoes, feta + Green Tea

Lunch - Salad (lots of veggies) w/ grilled chicken, no cheese or dressing

Dinner - Steamed kale, quinoa, sweet potato, Baked Cod

Day Seven - 175.6 - Saturday 8/13/16 - No exercise

6hr36min sleep

Breakfast - Protein Shake

Lunch - Sirloin Steak, Sweet Potato, Salad with cherry tomatoes

Dinner - Steamed broccoli, salmon cakes baked & riced cauliflower

Day Eight - 176.4 - Sunday 8/14/16 - Treadmill 30 minutes

6hr54min sleep

Breakfast - Two sausages, poached eggs, coffee + cream

Lunch - Chicken Tinga Poblano Peppers with coleslaw (vinegar only - no mayo)

Dinner - Turkey Burgers wrapped in Lettuce leaves, Sweet Potato

Snack - 1 oz Kerrygold cheese

Today's realization that I shared with a friend who also is trying to lose

weight: I think part of my problem is that I don't want to suffer. I feel like I suffer in so many other areas of my life that food is my one and only comfort, but how stupid, it's the one thing that is constantly causing me grief too.... I gotta get my head on straight.

So I just had that revelation that I'm actually going to have to suffer a little. I think so many diets try to make you think that their plan is going to be easy and when you try it and it is not easy

you're disappointed therefore you give up & fail. Like just the idea of going into it knowing that I'm going to have to tell myself no and that it's not going to be easy and it never probably will be easy again because I'm getting older and my metabolism is slowing down.

Day Nine - 177 - Monday 8/15/16 - Elliptical 23 minutes

7hr12min sleep

Breakfast - 1 egg fried 2 cups coffee + cream

Lunch - Sirloin Steak, coleslaw (vinegar only - no mayo)

Dinner - Green leaf lettuce, tomato, cucumber, radish, shrimp, vegan (zero carb) mayo

Day Ten - 176.4 - Tuesday 8/16/16 - Treadmill 45 minutes

7hr6min sleep

Breakfast - Stew (lean beef + veggies + tomato juice), 1 poached egg, coffee + cream

Lunch - Salad with Seared Ahi Tuna, 1/2 avocado, tomato slices

Snack - Cappuccino (no sugar)

Day Eleven - 174.4 - Wednesday 8/17/16 - No gym, but lots of walking!

One Tank Road Trip to Biltmore Estate

6hr7min sleep

Breakfast - coffee + cream + collagen

Lunch - Bison Burger (with brioche bun) bacon, lettuce, tomato, cheese & some kind of garlic spread, about 5 homestyle fries, 3 bites of coconut mango rice pudding

Snack - one bite of chocolate from the Biltmore Chocolate shop, wine tasting which equaled less than 4 ounces of wine total

Dinner - 2 tablespoons hummus + 10 Mary's Gone Seed Crackers

Day Twelve - 173 - Thursday 8/18/16 - Weight Lifting (upper body)

9hr51 minutes sleep

Breakfast - coffee + cream + collagen,

Lunch - Quinoa & Rice blend, tofu, veggies

Dinner - Hummus + 10 Mary's Gone Crackers

Dessert - 1 cup of blueberries

Day Thirteen - 174.4 - Friday 8/19/16 - no workout - 10,218 steps

Breakfast - Two eggs fried in pan sprayed with coconut oil + slice of colby, coffee + cream + collagen

Lunch - two boiled eggs, tuna, onion

Today I took Plexus Slim at lunch instead of before breakfast and added 1 Accelerator capsule with no side effects.

Dinner - Coconut shrimp curry with cauliflower, cashews, bell pepper and lime (an hour after dinner my son brought home a thin crust pizza and I ate one slice + 2 carb blockers)

Dessert - Halo Top High protein ice cream (actually ate this right before bed, probably shouldn't have done that)

Day Fourteen - 175.6 - Saturday 8/20/16 - no exercise

Really feeling discouraged today, my legs hurt all over. I didn't even exercise but it's not even that kind of pain, just like random spots ache deep down in the tissue. I can't even imagine what it is but I used some essential oils on them.

Breakfast - coffee + collagen + cream,

Brunch - vegan tamale (black eyed peas, collard greens, sweet potato)

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Snack - couple bites of rice, one bite of an egg roll

Lunch - Green juice (no fruit)

Dinner - hummus, mary's gone crackers, 1 ounce feta

Day Fifteen - 176.4 - Sunday 8/21/16 - no exercise

Very depressed today

Breakfast -

Lunch -

Dinner -

Day Sixteen - 176.4 - Monday 8/22/16 - 30 min. Elliptical + lower body

Breakfast - coffee + collagen + cream, 2 eggs scrambled, with 1/2 cup mushrooms

Lunch - Kale & sweet potato on quinoa crust with parmesan (1 tbsp)

Dinner - Thai Chicken Salad (boiled chicken, celery, radish, shallots, apple, mango, coconut milk) with Kale with lime dressing

Day Seventeen - 176.4 - Tuesday 8/23/16 - 30 min. Elliptical / 20 min. Bike / Abs

Breakfast - coffee + collagen + cream

Lunch - sushi (rice, nori, salmon, avocado)

Dinner - vegetable stir fry, riced cauliflower, soy sauce

Day Eighteen - 177.4 - Wednesday 8/24/16 - no exercise - exhausted

Breakfast - Bone Broth, Breakfast Tacos (low fat, gluten free) egg whites, sweet potato, black beans, kale, green onions, avocado

Lunch - Turkey and lettuce wrap with homemade mayo

Dinner - Vegetable Soup, homemade

Day Nineteen - 176.8 - Thursday 8/25/16 - walking outside

Breakfast - poached egg, spinach, onions, Coffee + cream + collagen

Lunch - Turkey and low fat cheese, lettuce, tomato, onion on sourdough with mustard

Dinner - Sirloin steak, arugula salad

Day Twenty - 176.2 - Friday 8/26/16- upper body + walking

Breakfast - Sweet potato hash, fried egg Coffee + Cream

Lunch - Salad w/ baked salmon & lemons

Dinner - Shrimp, coconut milk, curry powder, cauliflower

Day 21 - 176.4 - Saturday 8/27/16 - No exercise

Breakfast - oatmeal, Gentle sweet, blueberries, coffee + half n half

Lunch - leftover dinner from last night

Dinner - Thin crust veggie pizza, no cheese

Day 22 - 177.4 - Sunday 8/28/16- No exercise

Breakfast - Chocolate protein smoothie with frozen okra

Lunch - Turkey kielbasa + bell peppers + onions

Dinner - Wonder Wrap Enchiladas w/ ground turkey (high protein, low carb)

Day 23 - 178 - Monday 8/29/16 - 30 min. Elliptical / abs

Breakfast - Sourdough toast w/ boiled egg whites & mustard

Lunch - Salad w/ grilled chicken

Dinner - Hummus w/ veggies & Mary's Gone Crackers

Dessert - $\frac{1}{2}$ container Halo Top high protein ice cream, low calorie, low sugar, etc.

Day 24 - 177.8 - Tuesday 8/30/16- No exercise

Breakfast - skipped food, coffee + cream

Lunch - salmon sushi roll

Snack - Berries + 0% Fage (plain yogurt) with 1 tsp Gentle Sweet

Dinner - Gluten free Scallion Pancake, Apple Cider Vinegar drink

Day 25 - 176.2 - Wednesday 8/31/16- 30 min. Elliptical / Yoga

Breakfast - Leftover Gluten free Scallion Pancake, Coffee + Collagen + Cream

Lunch - Protein wrap with chicken, lettuce, tomato, onion, and dijon mustard
Dinner - Frozen mandarin chicken and japanese fried rice from Trader Joes (too tired to cook from scratch)

Day 26 - 175.8 - Thursday 9/01/16 Light Walking

Breakfast - Eggs, spinach, mushrooms, 2 slices of bacon, coffee + cream
Lunch - Taco soup (okra, cauliflower, ground turkey, onions, peppers, celery, etc. super low fat and low carb and incredibly healthy)
Snack - Celery with peanut flour mixed with water and Gentle Sweet
Dinner - Sweet Potato, Egg whites, psyllium flakes, black beans, green onion, spinach
Dessert - small banana

Day 27 - 175.6 - Friday 9/02/16 Yoga, Stretching, Walking

Breakfast - Egg white scramble with mixed veggies + a dash of Parmesan cheese
Lunch - Leftovers: Sweet Potato, Egg whites, psyllium flakes, black beans, green onion, spinach
Dinner - Leftover Taco Soup (okra, cauliflower, ground turkey, onions, peppers, celery, etc. super low fat and low carb and incredibly healthy)

Day 28 - 175.4 - Saturday 9/03/16 - No exercise

I haven't exercised as much as I normally do because I am feeling progressively worse.
Breakfast - Cottage cheese (lowfat) apple, tea
Lunch - Egg whites, roast beef horseradish, spinach
Dinner - nothing. Too tired to cook, too tired to eat

Day 29 - 176.6 - Sunday 9/04/16

Breakfast - Skipped breakfast, I couldn't get out of bed.
Lunch - Cottage cheese with salt and pepper. Didn't get out of bed.
Dinner - 1 spoonful of raw almond butter, 1 serving (like it says on the package) of Halo Top vanilla

Day 30 - 177 - Monday 9/05/16

Breakfast - coffee + cream, smoothie: okra, strawberries, almond milk, Pristin Protein Powder (unflavored clean protein powder)
Lunch - Salad with boiled chicken, oil and vinegar, cucumber, carrots, other veggies
Dinner - Taco Soup (okra, cauliflower, ground turkey, onions, peppers, celery, etc. super low fat and low carb and incredibly healthy)
+ plain 0% yogurt

