

	Mon	Tue	Wed	Thu	Fri	Sat
Weight	172.5	173.2	171.1	170.8	169.8	170.0
Calorie	18.8	18.7	19.1	18.3	18.5	18.0
Y or N	N	N	Y	Y	Y	Y
Y or N	N	N	Y	Y	Y	N
date			11-Oct	12-Oct	13-Oct	
Portions			C	C	C	C
Cash™			\$12.50	\$12.00	\$11.50	\$13.25
3 lb						
5 lb						
3 lb						
5 lb						
3 lb						
5 lb						
Weight						
15 lb						
10 lb						
12 lb						

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