

Jim Anderson
LifeAfterCarbs.com/nugget
10/03/2017

Weight Change and Prior Day's Consumption

Date	Weight	Change	Calories	Fat	Net Carbs	Protein	Sodium
9/26	228.0	+0.5	1,954	175	15	80	1,883
9/27	227.0	-1	1,697	142	16	82	2,024
9/28	225.8	-1.2	1,946	170	25	77	2,570
9/29	225.6	-0.2	1,652	129	18	96	1,552
9/30	225.6	0	1,980	173	27	78	3,443
10/1	224.6	-1	1,442	112	30	70	2,181
10/2	225.4	+0.8	2,113	175	26	105	1,788
10/3	225.0	-0.4	1,708	151	25	61	2,097

Weight is in pounds. Measurement taken before breakfast on the date shown.

Nutrition statistics are for the 24 hours *prior* to the date shown. Fat, Net Carbs, and Protein are in grams. Sodium is in MGs, and does not include any salt I added to my food.

Closeup: Three Weight Loss Periods

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9/27	227.0	-1	1,697	142	16	82	2,024
9/28	225.8	-1.2	1,946	170	25	77	2,570
10/1	224.6	-1	1,442	112	30	70	2,181