Date	Weight	Chest	Waist	Hips	Forearm	Estimated Lean Body	Estimated Body Fat	Estimated Body Fat %	Formula	
3/5/2013	140	32	31	40	11.5	103.8	36.2	0.259	36.459	ADD
11/5/2013	140	32	31	39.5	11.5	103.9	36.1	0.258	35.842	SUM
19/5/2013	139	32	31	39.5	11.5	103.2	35.8	0.258	9.2364	MUL
26/5/2013	138	31	30	39	11	103.4	35.6	0.256	139.0625	DIV
1/6/2013	138	31	30	39	11	103.4	35.6	0.256	2.495578293	EXP

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Menu Plan for No	vember						
Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	•	Spaghetti Squash					
11/1 - 11/7	Turkey Tacos	Casserole	Veggie Pizza	Leftovers	Chicken Tettrazini	Eat Out/Take Out	Chicken Stir Fry
				Buffalo Chicken	Soup and		
11/8 - 11/14	Steak and Veggies	Leftovers	Steak Tacos	Casserole	Sandwiches	Eat Out/Take Out	Burrito Bowls
		Grilled Chicken and		Tomato Soup and			
11/15 - 11/21	Pad Thai	Salad	Leftovers	Grilled Cheese	Beef Stroganoff	Eat Out/Take Out	Baked Ziti
				Hot dogs and	_		
11/22 - 11/28	Chicken and Rice	Leftovers	Pork Chops	hamburgers	Thanksgiving Dinner	Leftovers	Turkey Pot Pie