September 12

Dinner previous night: 4 cooked carrots, 3 diced cooked squash

Weight: 141.6

September 13

Dinner previous night: stuffed pepper and 1/3 cup green beans

Weight: 141.6

September 14

Dinner previous night: beef stew (1/2 cup) 1 piece rye bread, ½ piece dark chocolate

Weight: 142

September 15

Dinner previous night: ½ sweet potato, hamburger, oat bran

Weight: