

From: Campbell, Michael
Sent: 5/7/2014 11:35:19 AM
To: Dietz, Sidney (/O=PG&E/OU=Corporate/cn=Recipients/cn=SBD4)
Cc:
Bcc:
Subject: RE: oh man

That's an achievable goal, but pretty aggressive at more than a pound per week. You're gonna be really hungry! Try "lunner" – it really works.

MC

PS: Say hi to Dr. Gorgeous (mr. stock).

From: Dietz, Sidney [mailto:SBD4@pge.com]
Sent: Wednesday, May 07, 2014 10:15 AM
To: Campbell, Michael
Subject: RE: oh man

Well, I'm the opposite. Feeling overfed. I am planning to have lunch today (soup with Bill Stock!) then 1000cal for supper to get myself back on track. I want to lose 5-7 by 31May.

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]
Sent: Wednesday, May 07, 2014 9:56 AM
To: Dietz, Sidney
Subject: oh man

I'm so dang hungry! I've stopped tracking my food intake, and I just bumped up to 145, but I think it is about to drop to a new set point again (given my recorded history of a quick bump up before falling to a new low).

I really depleted the tank on Saturday. I wake up every morning starving. I have three waffles

with hella butter after my ride, and then I'm starving again by 10am. I'm devouring all the snacks I keep in my office at an alarming rate! Just polished off my rice crackers and I'm already into the buffalo jerkey.

MC

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