

From: Dietz, Sidney
Sent: 5/7/2014 10:15:24 AM
To: 'Campbell, Michael' (Michael.Campbell@cpuc.ca.gov)
Cc:
Bcc:
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