

Calories	552		430		482		352		360		0	Cal	2176	174.00				
11/23/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		4pm		ThanksGiving Meal		10pm											
What	BRK1	PROP		COTT				SPKB	ISOP									
Protien	15		14		0		25		0		0	Pro	54	130.00 38%				
Carbs	30		5		0		19		0		0	Carb	54	147.00 38%				
Fat	32		2.5		0		1.5		0		0	Fat	36	48.00 25%				
Calories	475		100		1000		192		0		0	Cal	1767	583.00				
11/24/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		1pm		3pm		5pm		8pm		11pm							
What	PROP	BRK1	ISOP	COTS	ALMD	RCKE	PBAR		LPP	ISOP		LPP	ISOP		COTS	RCKE		
				CREM	JRKY										CREM			
Protien	39				35			19		37		37			19	Pro	186	2.00 40%
Carbs	31				40			19		44		44			23	Carb	201	0.00 44%
Fat	32				18.5			5		7		7			4.5	Fat	74	10.00 16%
Calories	577				450			180		382		382			210	Cal	2181	169.00
11/25/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		1pm		6pm		8pm		10pm		12am							
What	PROP	BRK1	ISOP	COTS	ALMD	JRKY	LCPZ	ISOP		ISOP	POPC	EGG	ISOP	SPKB		PROP	COTS	RCKE
				RCKE	CREM					BROC						CREM		
Protien	39				35			44		35.5		25			19	Pro	198	13.50 41%
Carbs	31				40			56		29		19			29	Carb	204	3.00 43%
Fat	32				18.5			9		11.5		1.5			4.5	Fat	77	7.00 16%
Calories	577				450			482		337		192			235	Cal	2273	77.00
11/26/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		2pm		5pm		6pm		9pm		12am							
What	PROP	BRK1	ISOP	COTS	ALMD	RCKE	LCPZ	ISOP		MAND		ISOP	ISOP	BROC	SPKB	PROP	COTS	RCKE
				CREM	JRKY											CREM		
Protien	39				35			44		24		27			19	Pro	188	4.00 41%
Carbs	31				40			56		20		27			29	Carb	203	2.00 44%
Fat	32				18.5			9		0		4.5			4.5	Fat	69	15.50 15%
Calories	577				450			482		182		252			235	Cal	2178	172.00
11/27/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	12pm		2pm		5pm		7pm		9pm		11pm							
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		ISOP	POPC		BROC	PBAR		PROP	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39				35			44		27		21			19	Pro	185	1.00 40%
Carbs	31				39			56		21		27			28	Carb	202	1.00 44%
Fat	32				16.5			9		3.5		8			2.5	Fat	72	12.50 16%
Calories	577				430			482		202		240			215	Cal	2146	204.00
11/28/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		4pm		6pm		8pm		10pm		12am							
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIST		ISOP	POPC		PROP	COTT	RCKE
				CREM	JRKY		ISOP									CREM		
Protien	39				30			48		25		27			19	Pro	188	4.00 41%
Carbs	31				22			67		27		21			28	Carb	196	5.00 43%
Fat	32				16.5			0		19		3.5			2.5	Fat	74	10.50 16%
Calories	577				340			446		350		202			215	Cal	2130	220.00
11/29/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		2pm		5pm		8pm		9pm		11pm							
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POPC		PROP	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39				35			44		25		27			19	Pro	189	5.00 40%
Carbs	31				39			56		27		21			28	Carb	202	1.00 43%
Fat	32				16.5			9		19		3.5			2.5	Fat	83	1.50 17%
Calories	577				430			482		350		202			215	Cal	2256	94.00
11/30/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	11am		2pm		5pm		8pm		9pm		11pm							
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIST		ISOP	POTA		PR24	COTT	BROC
				CREM	JRKY		ISOP									CREM		
Protien	39				35			48		25		26			16	Pro	189	5.00 41%
Carbs	31				39			67		27		19			21	Carb	204	3.00 44%
Fat	32				16.5			0		19		0.1			5.5	Fat	73	10.90 16%
Calories	577				430			446		350		179			190	Cal	2172	178.00
12/01/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	1pm		3pm		6pm		8pm		9pm		12am							
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39				35			44		25		26			19	Pro	188	4.00 39%
Carbs	31				39			56		27		19			30	Carb	202	1.00 42%
Fat	32				16.5			9		19		9.1			2.5	Fat	88	4.10 18%
Calories	577				430			482		350		259			220	Cal	2318	32.00
12/02/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	1pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		

Protien	39		35		44		25		26		19		Pro	188	4.00	40%		
Carbs	33		39		56		27		19		30		Carb	204	3.00	43%		
Fat	32		16.5		9		19		4.6		2.5		Fat	84	0.40	18%		
Calories	582		430		482		350		224		220		Cal	2288	62.00			
12/03/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		25		26		19		Pro	188	4.00	40%		
Carbs	33		39		56		27		19		30		Carb	204	3.00	43%		
Fat	32		16.5		9		19		4.6		2.5		Fat	84	0.40	18%		
Calories	582		430		482		350		224		220		Cal	2288	62.00			
12/04/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/05/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR			POTA	BUTT	PR24	COTT	BROC	
				CREM	JRKY		ISOP											
Protien	39		35		48		19		2		16		Pro	159	25.00	37%		
Carbs	33		39		67		19		18		21		Carb	197	4.00	46%		
Fat	32		16.5		0		5		9.1		5.5		Fat	68	15.90	16%		
Calories	582		430		446		180		157		190		Cal	1985	365.00			
12/06/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/07/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		2pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		48		22		26		16		Pro	186	2.00	40%		
Carbs	33		39		67		23		19		21		Carb	202	1.00	44%		
Fat	32		16.5		0		12		9.1		5.5		Fat	75	8.90	16%		
Calories	582		430		446		265		259		190		Cal	2172	178.00			
12/08/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	BROC
				CREM	JRKY		ISOP											
Protien	39		22		44		35		26		19		Pro	185	1.00	40%		
Carbs	33		23		56		39		19		30		Carb	200	1.00	43%		
Fat	32		12		9		16.5		4.6		2.5		Fat	77	7.40	17%		
Calories	582		265		482		430		224		220		Cal	2203	147.00			
12/09/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	1pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	PBAR	PIS2		LCPZ	ISOP		COTT	ALMD	RCKE	ISOP	POTA	BUT2	PR24	COTT	RCKE
										CREM	JRKY					CREM		
Protien	39		35		44		33		16		14		Pro	181	3.00	39%		
Carbs	33		39		56		39		23		13		Carb	203	2.00	44%		
Fat	32		16.5		9		11		7.1		2.5		Fat	78	5.90	17%		
Calories	582		430		482		352		222		130		Cal	2198	152.00			
12/10/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		2pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		GGCF	POPC	ISOP	COTT	POTA	BUT2	PR24	COTT	
				CREM	JRKY													
Protien	39		35		44		19		28		19		Pro	184	0.00	40%		
Carbs	33		39		56		19		23		30		Carb	200	1.00	44%		
Fat	32		16.5		9		5		10.1		2.5		Fat	75	8.90	16%		
Calories	582		430		482		180		284		220		Cal	2178	172.00			
12/11/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		9pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									PTOP		CREM		
Protien	39		35		44		19		28		19		Pro	184	0.00	40%		
Carbs	33		39		56		19		23		30		Carb	200	1.00	44%		
Fat	32		16.5		9		5		10.1		2.5		Fat	75	8.90	16%		
Calories	582		430		482		180		284		220		Cal	2178	172.00			
12/12/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					

Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			48			22			27			14		185	218.00
Carbs					39			67			23			22			13		197	4.00 43%
Fat					16.5			0			12			9.1			2.5		72	11.90 16%
Calories					430			446			265			279			130		2132	218.00
12/13/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 40%
Carbs					39			56			19			22			30		199	2.00 44%
Fat					16.5			9			5			9.1			2.5		74	9.90 16%
Calories					430			482			180			279			220		2173	177.00
12/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT		COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 41%
Carbs					39			56			19			22			22		191	10.00 43%
Fat					16.5			9			5			9.1			2.5		74	9.90 17%
Calories					430			482			180			279			190		2143	207.00
12/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	BROC	COTT		Pro	Cal	
Protien					35			48			22			27			16		187	3.00 41%
Carbs					39			67			23			22			13		197	4.00 43%
Fat					16.5			0			12			9.1			5.5		75	8.90 16%
Calories					430			446			265			279			160		2162	188.00
12/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 40%
Carbs					39			56			19			22			30		199	2.00 44%
Fat					16.5			9			5			9.1			2.5		74	9.90 16%
Calories					430			482			180			279			220		2173	177.00
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	11am			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 40%
Carbs					39			56			19			22			30		199	2.00 44%
Fat					16.5			9			5			9.1			2.5		74	9.90 16%
Calories					430			482			180			279			220		2173	177.00
12/18/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 40%
Carbs					39			56			19			22			30		199	2.00 44%
Fat					16.5			9			5			9.1			2.5		74	9.90 16%
Calories					430			482			180			279			220		2173	177.00
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100 V50	COTT	RANC	Pro	Cal	
Protien					35			48			22			27			17.5875		189	4.59 40%
Carbs					39			67			23			22			16.15		200	0.85 43%
Fat					16.5			0			12			9.1			7.8		77	6.60 17%
Calories					430			446			265			279			204		2206	144.00
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 40%
Carbs					39			56			19			22			30		199	2.00 44%
Fat					16.5			9			5			9.1			2.5		74	9.90 16%
Calories					430			482			180			279			220		2173	177.00
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien					35			44			19			27			19		183	1.00 40%
Carbs					39			56			19			22			30		199	2.00 44%

Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/22/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	7pm	8pm	10pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR	ISOP POTA BUTT	V100 COTT BLUL				
		CREM JRKY	ISOP		PIS2 SOUR					
Protien	39	35	48	22	27	16.725	Pro	188	3.72	41%
Carbs	33	39	67	23	22	13.1	Carb	197	3.90	43%
Fat	32	16.5	0	12	9.1	8.7	Fat	78	5.70	17%
Calories	582	430	446	265	279	199	Cal	2201	149.00	
12/23/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/24/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/25/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
	SAUS	CREM JRKY			SOUR	CREM				
Protien	49	35	44	19	27	19	Pro	193	9.00	41%
Carbs	36	39	56	19	22	30	Carb	202	1.00	43%
Fat	35	16.5	9	5	9.1	2.5	Fat	77	6.90	16%
Calories	662	430	482	180	279	220	Cal	2253	97.00	
12/26/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR	ISOP POTA BUTT	V100 COTT BLUL				
		CREM JRKY	ISOP		SOUR					
Protien	39	35	48	22	27	16.725	Pro	188	3.72	41%
Carbs	33	39	67	23	22	13.1	Carb	197	3.90	43%
Fat	32	16.5	0	12	9.1	8.7	Fat	78	5.70	17%
Calories	582	430	446	265	279	199	Cal	2201	149.00	
12/27/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	PROP LCPZ ISOP	PBAR ISOP	DX20 PIS2	COTT POTA BUTT				
		CREM JRKY				SOUR				
Protien	39	35	44	43	3	17	Pro	181	3.00	39%
Carbs	33	39	62	40	4	26	Carb	204	3.00	44%
Fat	32	16.5	9	5	7	11.6	Fat	81	2.90	17%
Calories	582	430	507	357	85	277	Cal	2238	112.00	
12/28/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	4pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/29/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/30/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/31/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	5pm	7pm	9pm	11pm				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR					

01/10/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM						
Protien	39			35			44			19			27			19			Pro	183	1.00	40%
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430			482			180			279			220			Cal	2173	177.00	
01/11/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			7pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PR24	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM						
Protien	39			35			44			19			27			19			Pro	183	1.00	39%
Carbs	33			39			64			19			22			30			Carb	207	6.00	45%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430			512			180			279			220			Cal	2203	147.00	
01/12/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM						
Protien	39			35			44			19			27			19			Pro	183	1.00	40%
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430			482			180			279			220			Cal	2173	177.00	
01/13/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			7pm			8pm			11pm			1am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				
				CREM	JRKY		ISOP						SOUR			PR24						
Protien	39			35			48			22			27			16.725			Pro	188	3.72	39%
Carbs	33			39			74			23			22			21.1			Carb	212	11.10	44%
Fat	32			16.5			0			12			9.1			8.7			Fat	78	5.70	16%
Calories	582			430			476			265			279			229			Cal	2261	89.00	