

| | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|---------------|------|------|---------------|------|------|---------------|------|------|---------------|------|------|---------------|------|------|---------------|------|------|---------------|-------------|------|-----------|
| What | ISOP | HB | HB | PROP | | | ISOP | ISOP | DX30 | ALMD | COTT | JRKY | ALMD | SPKB | | LCPZ | ISOP | | Totals | | | |
| | OIL | EGG | EGG | | | | GATR | | | EGG | | | | | | | | | | Pro | 174 | 10.50 38% |
| Protien | | 39 | | | | | | | | 48 | | | | | | | | | | | | |
| Carbs | | 25 | | | | | | | | 67 | | | | | | | | | | Carb | 203 | 2.00 45% |
| Fat | | 32 | | | | | | | | 0 | | | | | | | | | | Fat | 77 | 7.00 17% |
| Calories | | 552 | | | | | | | | 25 | | | | | | | | | | Cal | 2170 | 180.00 |
| 11/14/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 11am | | | 1pm | | | 2pm | | | 4pm | | | 7pm-10pm | | | 11pm | | | Totals | | | |
| What | GATR | | | HB | HB | OIL | COTT | ALMD | | CREM | RCKE | JRKY | ISOP | POPC | COTT | COTT | ISOP | LPP | | | | |
| | | | | EGG | EGG | ISOP | PROP | | | | | | SPKB | BROC | | | | | | Pro | 169 | 15.00 38% |
| Protien | | 0 | | | 39 | | | | | | | 19 | | | | | | | | | | |
| Carbs | | 35 | | | 25 | | | | | | | 20 | | | | | | | | Carb | 206 | 5.00 46% |
| Fat | | 0 | | | 32 | | | | | | | 15.5 | | | | | | | | Fat | 69 | 15.50 15% |
| Calories | | 130 | | | 552 | | | | | | | 285 | | | | | | | | Cal | 2071 | 279.00 |
| 11/15/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 3pm | | | 5pm | | | 7pm | | | 9pm | | | 11pm | | | | | | Totals | | | |
| What | PROP | HB | HB | COTT | ALMD | | JRKY | BROC | | LCMB | ISOP | EGG | SPKB | | COTT | ISOP | | | | | | |
| | OIL | ISOP | | CREM | RCKE | | CREM | RCKE | EGG | | | | | | | | | | | Pro | 160 | 24.00 42% |
| Protien | | 26 | | | 24 | | | | | | | | | | | | | | | | | |
| Carbs | | 31 | | | 31 | | | | | | | | | | | | | | | Carb | 156 | 45.00 41% |
| Fat | | 22 | | | 15.5 | | | | | | | 9 | | | | | | | | Fat | 61 | 23.50 16% |
| Calories | | 427 | | | 350 | | | | | | | 305 | | | | | | | | Cal | 1801 | 549.00 |
| 11/16/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 12pm | | | 3pm | | | 5pm | | | 8pm | | | 11pm | | | | | | Totals | | | |
| What | ISOP | HB | HB | PROP | COTT | ALMD | | | | ISOP | LCPZ | | POTA | POTA | ISOP | CREM | RCKE | PROP | | | | |
| | OIL | EGG | EGG | RCKE | JRKY | ALMD | | | | | | | SCHZ | V100 | | COTT | | | | Pro | 181 | 3.28 40% |
| Protien | | 39 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 25 | | | | | | | | | | | | | | | | | | Carb | 198 | 2.90 43% |
| Fat | | 32 | | | | | | | | | | | | | | | | | | Fat | 78 | 5.60 17% |
| Calories | | 552 | | | | | | | | | | | | | | | | | | Cal | 2209 | 141.00 |
| 11/17/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 12pm | | | 3pm | | | 4pm | | | 6pm | | | 8pm | | | 11pm | | | Totals | | | |
| What | ISOP | HB | HB | PROP | SPKB | ISOP | LCPZ | ISOP | | COTT | ALMD | | SAN1 | | | PROP | RCKE | CREM | | | | |
| | OIL | EGG | EGG | | | | | | | CREM | RCKE | | | | | COTT | | | | Pro | 168 | 16.00 40% |
| Protien | | 39 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 25 | | | | | | | | | | | | | | | | | | Carb | 180 | 21.00 43% |
| Fat | | 32 | | | | | | | | | | | | | | | | | | Fat | 74 | 10.00 18% |
| Calories | | 552 | | | | | | | | | | | | | | | | | | Cal | 2066 | 284.00 |
| 11/18/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 12pm | | | 3pm | | | 6pm | | | 8pm | | | 11pm | | | 12am | | | Totals | | | |
| What | ISOP | HB | HB | PROP | COTT | ALMD | LCPZ | ISOP | | EGG | JRKY | RCKE | PROP | | | RCKE | CREM | | | | | |
| | OIL | EGG | EGG | CREM | RCKE | JRKY | | | | CREM | | | | | | COTT | EGG | | | Pro | 166 | 18.00 40% |
| Protien | | 39 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 25 | | | | | | | | | | | | | | | | | | Carb | 179 | 22.00 43% |
| Fat | | 32 | | | | | | | | | | | | | | | | | | Fat | 71 | 13.00 17% |
| Calories | | 552 | | | | | | | | | | | | | | | | | | Cal | 2024 | 326.00 |
| 11/19/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 12pm | | | 4pm | | | 7pm | | | 8pm | | | 11pm | | | | | | Totals | | | |
| What | ISOP | HB | HB | PROP | | | ALMD | COTT | JRKY | GATR | ISOP | SAN1 | EGG | JRKY | COTT | RCKE | CREM | | | | | |
| | OIL | EGG | EGG | | | | RCKE | CREM | | DX30 | | | | | SPKB | | | | | Pro | 177 | 7.50 39% |
| Protien | | 39 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 25 | | | | | | | | | | | | | | | | | | Carb | 200 | 1.00 45% |
| Fat | | 32 | | | | | | | | | | | | | | | | | | Fat | 72 | 12.00 16% |
| Calories | | 552 | | | | | | | | | | | | | | | | | | Cal | 2138 | 212.00 |
| 11/20/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 1pm | | | 4pm | | | 6pm | | | 8pm | | | 10pm | | | 12am | | | Totals | | | |
| What | PROP | ISOP | BRK1 | COTT | ALMD | JRKY | LCPZ | ISOP | | EGG | EGG | CREM | BROC | ISOP | SPKB | PROP | COTT | RCKE | | | | |
| | | | | | | | | | | RCKE | JRKY | | | | | CREM | | | | Pro | 188 | 4.00 42% |
| Protien | | 39 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 31 | | | | | | | | | | | | | | | | | | Carb | 189 | 12.00 42% |
| Fat | | 32 | | | | | | | | | | | | | | | | | | Fat | 76 | 8.50 17% |
| Calories | | 577 | | | | | | | | | | | | | | | | | | Cal | 2186 | 164.00 |
| 11/21/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 11am | | | 2pm | | | 4pm | | | 6pm | | | 8pm | | | 11pm | | | Totals | | | |
| What | GATR | PROP | | BRK1 | ISOP | | ISOP | LPP | | COTT | ALMD | JRKY | POPC | ISOP | SPKB | PROP | COTT | ISOP | | | | |
| | | | | | | | | | | CREM | RCKE | | SCH1 | | | | | | | Pro | 184 | 0.00 40% |
| Protien | | 0 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 41 | | | | | | | | | | | | | | | | | | Carb | 201 | 0.50 44% |
| Fat | | 0 | | | | | | | | | | | | | | | | | | Fat | 72 | 12.00 16% |
| Calories | | 155 | | | | | | | | | | | | | | | | | | Cal | 2148 | 202.00 |
| 11/22/06 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | | | | |
| Time | 11am | | | 3pm | | | 5pm | | | 8pm | | | 11pm | | | | | | Totals | | | |
| What | BRK1 | ISOP | | COTT | ALMD | JRKY | ISOP | LCPZ | | LCMB | ISOP | | PBAR | PBAR | | | | | | | | |
| | | | | RCKE | CREM | | | | | | | | | | | | | | | Pro | 196 | 12.00 42% |
| Protien | | 39 | | | | | | | | | | | | | | | | | | | | |
| Carbs | | 25 | | | | | | | | | | | | | | | | | | Carb | 195 | 6.00 42% |
| Fat | | 32 | | | | | | | | | | | | | | | | | | Fat | 73 | 11.50 16% |

| | | | | | | | | | | | | | | | | | | |
|----------|--------|------|--------|------|-------------------|------|--------|------|--------|------|--------|------|--------|------------|------|------|-----------|------|
| 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 | | | | | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| What | PROP | BRK1 | ISOP | COTT | ALMD | RCKE | GATR | DX30 | ISOP | PBAR | PIST | | ISOP | POTA | | PR24 | COTT | BROC |
| | | | | CREM | JRKY | | ISOP | | | | | | | | | | | |
| 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 | | Totals | | | | | |
| 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 | | Totals | | | | | |
| 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 | | 44 | | 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 | | 39 | | | 35 | | | 48 | | | | | 27 | | | | 14 | 185 | 218.00 | |
| Carbs | | 33 | | | 39 | | | 67 | | | | | 22 | | | | 13 | 197 | 4.00 | |
| Fat | | 32 | | | 16.5 | | | 0 | | | | | 9.1 | | | | 2.5 | 72 | 11.90 | |
| Calories | | 582 | | | 430 | | | 446 | | | | | 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 | | 39 | | | 35 | | | 44 | | | | | 27 | | | | 19 | 183 | 1.00 | |
| Carbs | | 33 | | | 39 | | | 56 | | | | | 22 | | | | 30 | 199 | 2.00 | |
| Fat | | 32 | | | 16.5 | | | 9 | | | | | 9.1 | | | | 2.5 | 74 | 9.90 | |
| Calories | | 582 | | | 430 | | | 482 | | | | | 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 | | 39 | | | 35 | | | 44 | | | | | 27 | | | | 19 | 183 | 1.00 | |
| Carbs | | 33 | | | 39 | | | 56 | | | | | 22 | | | | 22 | 191 | 10.00 | |
| Fat | | 32 | | | 16.5 | | | 9 | | | | | 9.1 | | | | 2.5 | 74 | 9.90 | |
| Calories | | 582 | | | 430 | | | 482 | | | | | 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 | | 39 | | | 35 | | | 48 | | | | | 27 | | | | 16 | 187 | 3.00 | |
| Carbs | | 33 | | | 39 | | | 67 | | | | | 22 | | | | 13 | 197 | 4.00 | |
| Fat | | 32 | | | 16.5 | | | 0 | | | | | 9.1 | | | | 5.5 | 75 | 8.90 | |
| Calories | | 582 | | | 430 | | | 446 | | | | | 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 | | 39 | | | 35 | | | 44 | | | | | 27 | | | | 19 | 183 | 1.00 | |
| Carbs | | 33 | | | 39 | | | 56 | | | | | 22 | | | | 30 | 199 | 2.00 | |
| Fat | | 32 | | | 16.5 | | | 9 | | | | | 9.1 | | | | 2.5 | 74 | 9.90 | |
| Calories | | 582 | | | 430 | | | 482 | | | | | 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 | | 39 | | | 35 | | | 44 | | | | | 27 | | | | 19 | 183 | 1.00 | |
| Carbs | | 33 | | | 39 | | | 56 | | | | | 22 | | | | 30 | 199 | 2.00 | |
| Fat | | 32 | | | 16.5 | | | 9 | | | | | 9.1 | | | | 2.5 | 74 | 9.90 | |
| Calories | | 582 | | | 430 | | | 482 | | | | | 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 | | 39 | | | 35 | | | 48 | | | | | 27 | | | | 17.5875 | 189 | 4.59 | |
| Carbs | | 33 | | | 39 | | | 67 | | | | | 22 | | | | 16.15 | 200 | 0.85 | |
| Fat | | 32 | | | 16.5 | | | 0 | | | | | 9.1 | | | | 7.8 | 77 | 6.60 | |
| Calories | | 582 | | | 430 | | | 446 | | | | | 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 | | 39 | | | 35 | | | 44 | | | | | 27 | | | | 19 | 183 | 1.00 | |
| Carbs | | 33 | | | 39 | | | 56 | | | | | 22 | | | | 30 | 199 | 2.00 | |
| Fat | | 32 | | | 16.5 | | | 9 | | | | | 9.1 | | | | 2.5 | 74 | 9.90 | |
| Calories | | 582 | | | 430 | | | 482 | | | | | 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 | | 39 | | | 35 | | | 44 | | | | | 27 | | | | 19 | 183 | 1.00 | |
| Carbs | | 33 | | | 39 | | | 56 | | | | | 22 | | | | 30 | 199 | 2.00 | |

| | | | | | | | | | | |
|----------|----------------|----------------|----------------|-----------|----------------|----------------|------|------|--------|-----|
| 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 | | | | | |

| | | | | | | | | | | | | | | | | | | | |
|----------|--------|------|--------|------|--------|------|--------|------|--------|------|--------|--------|------|--------|------|------|------|--|--|
| Carbs | 33 | | 31 | | 67 | | 23 | | 22 | | 30 | Carb | 206 | 5.00 | 45% | | | | |
| Fat | 32 | | 15.5 | | 0 | | 12 | | 9.1 | | 2.5 | Fat | 71 | 12.90 | 16% | | | | |
| Calories | 582 | | 350 | | 446 | | 265 | | 279 | | 220 | Cal | 2142 | 208.00 | | | | | |
| 01/20/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 2pm | | 4pm | | 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 | | | | | |
| 01/21/07 | 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 | | | | | |
| 01/22/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 2pm | | 5pm | | 7pm | | 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 | | | | | |
| 01/23/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 1pm | | 3pm | | 6pm | | 8pm | | 10pm | | 2am | | | | | | | | |
| 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 | | | | | |
| 01/24/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 1pm | | 3pm | | 7pm | | 9pm | | 10pm | | 1am | | | | | | | | |
| 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 | | | | | |
| 01/25/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 12pm | | 3pm | | 5pm | | 10pm | | 11pm | | 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 | | | | | |
| 01/26/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 1pm | | 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 | | | | | |
| 01/27/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 1pm | | 4pm | | 8pm | | 9pm | | 10pm | | 12am | | | | | | | | |
| 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 | | | | | |
| 01/28/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 2pm | | 5pm | | 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 | | | | | |
| 01/29/07 | Meal 1 | | Meal 2 | | Meal 3 | | Meal 4 | | Meal 5 | | Meal 6 | Totals | | | | | | | |
| Time | 1pm | | 3pm | | 5pm | | 8pm | | 10pm | | 2am | | | | | | | | |

| What | PR24 | BRK1 | ISOP | COTT | ALMD | RCKE | LCPZ | ISOP | | PBAR | | | ISOP | POTA | BUTT | PR24 | COTT | RCKE | Totals | | |
|-----------------|---------------|------|------|---------------|------|------|---------------|------|--|---------------|------|--|---------------|------|------|---------------|--------|------|---------------|-----------|--|
| Protien | | 39 | | CREM | JRKY | | | 44 | | | | | SOUR | | 27 | | 19 | | Pro 183 | 1.00 40% | |
| Carbs | | 33 | | | | | | 56 | | | | | | 22 | | | 30 | | Carb 199 | 2.00 44% | |
| Fat | | 32 | | | | | | 9 | | | | | | 9.1 | | | 2.5 | | Fat 74 | 9.90 16% | |
| Calories | | 582 | | | | | | 482 | | | | | | 279 | | | 220 | | Cal 2173 | 177.00 | |
| 01/30/07 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | Totals | | |
| Time | | 1pm | | | 3pm | | | 6pm | | | 8pm | | | 10pm | | | 12am | | | | |
| What | PR24 | BRK1 | ISOP | COTT | ALMD | RCKE | GTR2 | ISOP | | PBAR | PIS2 | | ISOP | POTA | BUTT | V100 | COTT | BLUL | Totals | | |
| Protien | | 39 | | CREM | JRKY | | | 48 | | | | | SOUR | | 27 | | 16.725 | | Pro 188 | 3.72 39% | |
| Carbs | | 33 | | | | | | 74 | | | | | | 22 | | | 21.1 | | Carb 212 | 11.10 44% | |
| Fat | | 32 | | | | | | 0 | | | | | | 9.1 | | | 8.7 | | Fat 78 | 5.70 16% | |
| Calories | | 582 | | | | | | 476 | | | | | | 279 | | | 229 | | Cal 2261 | 89.00 | |
| 01/31/07 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | Totals | | |
| Time | | 2pm | | | 4pm | | | 6pm | | | 8pm | | | 10pm | | | 12am | | | | |
| What | PR24 | BRK1 | ISOP | COTT | ALMD | RCKE | LCPZ | ISOP | | PBAR | | | ISOP | POTA | BUTT | PR24 | COTT | RCKE | Totals | | |
| Protien | | 39 | | CREM | JRKY | | | 44 | | | | | SOUR | | 27 | | 19 | | Pro 183 | 1.00 40% | |
| Carbs | | 33 | | | | | | 56 | | | | | | 22 | | | 30 | | Carb 199 | 2.00 44% | |
| Fat | | 32 | | | | | | 9 | | | | | | 9.1 | | | 2.5 | | Fat 74 | 9.90 16% | |
| Calories | | 582 | | | | | | 482 | | | | | | 279 | | | 220 | | Cal 2173 | 177.00 | |
| 02/01/07 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | Totals | | |
| Time | | 2pm | | | 4pm | | | 6pm | | | 8pm | | | 10pm | | | 12am | | | | |
| What | PR24 | BRK1 | ISOP | COTT | ALMD | RCKE | LCPZ | ISOP | | PBAR | | | ISOP | POTA | BUTT | PR24 | COTT | RCKE | Totals | | |
| Protien | | 39 | | CREM | JRKY | | | 44 | | | | | SOUR | | 27 | | 19 | | Pro 183 | 1.00 40% | |
| Carbs | | 33 | | | | | | 56 | | | | | | 22 | | | 30 | | Carb 199 | 2.00 44% | |
| Fat | | 32 | | | | | | 9 | | | | | | 9.1 | | | 2.5 | | Fat 74 | 9.90 16% | |
| Calories | | 582 | | | | | | 482 | | | | | | 279 | | | 220 | | Cal 2173 | 177.00 | |
| 02/02/07 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | Totals | | |
| Time | | 2pm | | | 4pm | | | 6pm | | | 8pm | | | 10pm | | | 12am | | | | |
| What | PR24 | BRK1 | ISOP | COTT | ALMD | RCKE | LCPZ | ISOP | | PBAR | | | ISOP | POTA | BUTT | PR24 | COTT | RCKE | Totals | | |
| Protien | | 39 | | CREM | JRKY | | | 44 | | | | | SOUR | | 27 | | 19 | | Pro 183 | 1.00 40% | |
| Carbs | | 33 | | | | | | 56 | | | | | | 22 | | | 30 | | Carb 199 | 2.00 44% | |
| Fat | | 32 | | | | | | 9 | | | | | | 9.1 | | | 2.5 | | Fat 74 | 9.90 16% | |
| Calories | | 582 | | | | | | 482 | | | | | | 279 | | | 220 | | Cal 2173 | 177.00 | |
| 02/03/07 | Meal 1 | | | Meal 2 | | | Meal 3 | | | Meal 4 | | | Meal 5 | | | Meal 6 | | | Totals | | |
| Time | | 3pm | | | 4pm | | | 6pm | | | 8pm | | | 10pm | | | 3am | | | | |
| What | PR24 | BRK1 | ISOP | COTT | ALMD | RCKE | LCPZ | ISOP | | PBAR | | | ISOP | POTA | BUTT | PR24 | COTT | RCKE | Totals | | |
| Protien | | 39 | | CREM | JRKY | | | 44 | | | | | SOUR | | 27 | | 19 | | Pro 183 | 1.00 40% | |
| Carbs | | 33 | | | | | | 56 | | | | | | 22 | | | 30 | | Carb 199 | 2.00 44% | |
| Fat | | 32 | | | | | | 9 | | | | | | 9.1 | | | 2.5 | | Fat 74 | 9.90 16% | |
| Calories | | 582 | | | | | | 482 | | | | | | 279 | | | 220 | | Cal 2173 | 177.00 | |