

Time	1pm			5pm			6pm			8PM			9pm			Totals					
What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP				
	OIL	EGG	EGG				GATR			EGG											
Protien	39			0			48			36.5			6			44		Pro	174	10.50	38%
Carbs	25			6			67			22			27			56		Carb	203	2.00	45%
Fat	32			0			0			21.5			14.5			9		Fat	77	7.00	17%
Calories	552			25			446			415			250			482		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							
Protien	0			39			19			16			44			51		Pro	169	15.00	38%
Carbs	35			25			20			25			52			49		Carb	206	5.00	46%
Fat	0			32			15.5			1			10.5			9.5		Fat	69	15.50	15%
Calories	130			552			285			170			452			482		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												
Protien	26			24			24.5			46.5			15			24		Pro	160	24.00	42%
Carbs	31			31			33			37			23			1		Carb	156	45.00	41%
Fat	22			15.5			9			10			4			0		Fat	61	23.50	16%
Calories	427			350			305			427			190			102		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	CREM				ISOP	LCPZ		POTA	POTA	ISOP	CREM	PROP				
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT	RCKE				
Protien	39			35			0			44			43.725			19		Pro	181	3.28	40%
Carbs	25			45			0			56			44.1			28		Carb	198	2.90	43%
Fat	32			16.5			0			9			18.4			2.5		Fat	78	5.60	17%
Calories	552			455			0			482			505			215		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				
	OIL	EGG	EGG							CREM	RCKE					COTT	CREM				
Protien	39			25			44			24			17			19		Pro	168	16.00	40%
Carbs	25			25			56			31			15			28		Carb	180	21.00	43%
Fat	32			1.5			9			15.5			13.5			2.5		Fat	74	10.00	18%
Calories	552			217			482			350			250			215		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				
Protien	39			35			44			22.5			0			25.5		Pro	166	18.00	40%
Carbs	25			45			56			25			6			22		Carb	179	22.00	43%
Fat	32			16.5			9			6			0			7.5		Fat	71	13.00	17%
Calories	552			455			482			245			25			265		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	ISOP	SAN1	EGG	JRKY	COTT	RCKE				
	OIL	EGG	EGG				RCKE	CREM		DX30						SPKB					
Protien	39			0			35			48			34.5			20		Pro	177	7.50	39%
Carbs	25			6			39			67			23			40		Carb	200	1.00	45%
Fat	32			0			16.5			0			19.5			4		Fat	72	12.00	16%
Calories	552			25			430			446			405			280		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	JRKY					CREM					
Protien	39			30			44			29			27			19		Pro	188	4.00	42%
Carbs	31			22			56			25			27			28		Carb	189	12.00	42%
Fat	32			16.5			9			11			4.5			2.5		Fat	76	8.50	17%
Calories	577			340			482			320			252			215		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				
										CREM	RCKE		SCH1				ISOP				
Protien	0			39			37			35			35			38		Pro	184	0.00	40%
Carbs	41			25			44			39			39.5			12		Carb	201	0.50	44%
Fat	0			32			7			16.5			14			2.5		Fat	72	12.00	16%
Calories	155			552			382			430			402			227		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							
Protien	39			35			44			40			38			0		Pro	196	12.00	42%
Carbs	25			39			56			37			38			0		Carb	195	6.00	42%

12/12/06	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	PIS2		ISOP	POTA	BUTT	PR24	COTT			
				CREM	JRKY		ISOP						SOUR							
Protien	39			35			48			22			27			14			Pro	185
Carbs	33			39			67			23			22			13			Carb	197
Fat	32			16.5			0			12			9.1			2.5			Fat	72
Calories	582			430			446			265			279			130			Cal	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				
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
Carbs	33			39			56			19			22			30			Carb	199
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			220			Cal	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				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT		COTT	RCKE		
				CREM	JRKY								SOUR			CREM				
Protien	39			35			44			19			27			19			Pro	183
Carbs	33			39			56			19			22			22			Carb	191
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			190			Cal	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				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	BROC	COTT			
				CREM	JRKY		ISOP						SOUR							
Protien	39			35			48			22			27			16			Pro	187
Carbs	33			39			67			23			22			13			Carb	197
Fat	32			16.5			0			12			9.1			5.5			Fat	75
Calories	582			430			446			265			279			160			Cal	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				
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
Carbs	33			39			56			19			22			30			Carb	199
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			220			Cal	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				
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
Carbs	33			39			56			19			22			30			Carb	199
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			220			Cal	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				
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
Carbs	33			39			56			19			22			30			Carb	199
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			220			Cal	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				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	RANC		
				CREM	JRKY		ISOP						SOUR			V50				
Protien	39			35			48			22			27			17.5875			Pro	189
Carbs	33			39			67			23			22			16.15			Carb	200
Fat	32			16.5			0			12			9.1			7.8			Fat	77
Calories	582			430			446			265			279			204			Cal	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				
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
Carbs	33			39			56			19			22			30			Carb	199
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			220			Cal	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				
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
Carbs	33			39			56			19			22			30			Carb	199
Fat	32			16.5			9			5			9.1			2.5			Fat	74
Calories	582			430			482			180			279			220			Cal	2173
																				177.00
Protien	39			35			44			19			27			19			Pro	183
																				1.00 40%

What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			35			44					27			19		Pro 183	
Carbs		33			39			56					22			30		Carb 199	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	12pm			4pm			6pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			31			44					27			19		Pro 179	
Carbs		33			42			56					22			30		Carb 202	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	12pm			3pm			7pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT	BLUL	Totals	
Protien		39			35			48			22		27			16.725		Pro 188	
Carbs		33			39			74			23		22			21.1		Carb 212	
Fat		32			16.5			0			12		9.1			8.7		Fat 78	
Calories		582			430			476			265		279			229		Cal 2261	
01/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	12pm			3pm			5pm			8pm			10pm			1am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			35			44					27			19		Pro 183	
Carbs		33			39			56					22			30		Carb 199	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	1pm			3pm			5pm			8pm			10pm			1am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			35			44					27			19		Pro 183	
Carbs		33			39			56					22			30		Carb 199	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	1pm			4pm			8pm			9pm			11pm			1am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT	BLUL	Totals	
Protien		39			35			48			22		27			16.725		Pro 188	
Carbs		33			39			74			23		22			21.1		Carb 212	
Fat		32			16.5			0			12		9.1			8.7		Fat 78	
Calories		582			430			476			265		279			229		Cal 2261	
01/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	1pm			3pm			5pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			35			44					27			19		Pro 183	
Carbs		33			39			56					22			30		Carb 199	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	1pm			3pm			5pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			35			44					27			19		Pro 183	
Carbs		33			39			56					22			30		Carb 199	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/08/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	12pm			4pm			6pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Totals	
Protien		39			35			44					27			19		Pro 183	
Carbs		33			39			56					22			30		Carb 199	
Fat		32			16.5			9					9.1			2.5		Fat 74	
Calories		582			430			482					279			220		Cal 2173	
01/09/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	1pm			4pm			8pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT	BLUL	Totals	
Protien		39			35			48			22		27			16.725		Pro 188	
Carbs		33			39			74			23		22			21.1		Carb 212	
Fat		32			16.5			0			12		9.1			8.7		Fat 78	

Calories	582	430	476	265	279	229	Cal	2261	89.00
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
01/14/07	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
01/15/07	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
01/16/07	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	GTR2 ISOP ISOP	PBAR PIS2 SHRT	ISOP POTA BUTT	V100 COTT BLUL			
		CREM JRKY			SOUR	PR24			
Protien	39	35	48	23	27	16.725	Pro	189	4.72 40%
Carbs	33	39	44	39	22	21.1	Carb	198	2.90 42%
Fat	32	16.5	0	15	9.1	8.7	Fat	81	2.70 17%
Calories	582	430	364	365	279	229	Cal	2249	101.00
01/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	12pm	3pm	5pm	8pm	10pm	1am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP PR24	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
01/18/07	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 PR24	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
01/19/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	5pm	8pm	10pm				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	COTT RCKE CREM			
		CREM	ISOP		SOUR	PR24			

Protien	39		24		48		22		27		19	Pro	179	5.00	39%
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	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						
01/27/07	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			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44					19			27		19	183	1.00 40%
Carbs		33			39			56					19			22		30	199	2.00 44%
Fat		32			16.5			9					5			9.1		2.5	74	9.90 16%
Calories		582			430			482					180			279		220	2173	177.00
01/30/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100 PR24	COTT CREM	BLUL	Pro	Cal	
Protien		39			35			48			22		27			16.725		188	3.72 39%	
Carbs		33			39			74			23		22			21.1		212	11.10 44%	
Fat		32			16.5			0			12		9.1			8.7		78	5.70 16%	
Calories		582			430			476			265		279			229		2261	89.00	
01/31/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			39			56			19		22			30		199	2.00 44%	
Fat		32			16.5			9			5		9.1			2.5		74	9.90 16%	
Calories		582			430			482			180		279			220		2173	177.00	
02/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			39			56			19		22			30		199	2.00 44%	
Fat		32			16.5			9			5		9.1			2.5		74	9.90 16%	
Calories		582			430			482			180		279			220		2173	177.00	
02/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			39			56			19		22			30		199	2.00 44%	
Fat		32			16.5			9			5		9.1			2.5		74	9.90 16%	
Calories		582			430			482			180		279			220		2173	177.00	
02/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	3pm			4pm			6pm			8pm			10pm			3am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			39			56			19		22			30		199	2.00 44%	
Fat		32			16.5			9			5		9.1			2.5		74	9.90 16%	
Calories		582			430			482			180		279			220		2173	177.00	
02/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	3pm			4pm			6pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			39			56			19		22			30		199	2.00 44%	
Fat		32			16.5			9			5		9.1			2.5		74	9.90 16%	
Calories		582			430			482			180		279			220		2173	177.00	
02/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			39			56			19		22			30		199	2.00 44%	
Fat		32			16.5			9			5		9.1			2.5		74	9.90 16%	
Calories		582			430			482			180		279			220		2173	177.00	
02/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100 PR24	COTT SPKB	BLUL	Pro	Cal	
Protien		39			35			48			22		27			17.725		189	4.72 38%	
Carbs		33			39			74			23		22			39.1		230	29.10 46%	
Fat		32			16.5			0			12		9.1			10.2		80	4.20 16%	
Calories		582			430			476			265		279			319		2351	1.00	
02/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal	
Protien		39			35			44			19		27			19		183	1.00 40%	
Carbs		33			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										
02/08/07	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						
02/09/07	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	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL		
				CREM	JRKY		ISOP					SHRT	SOUR		PR24	V50			
Protien	39	35	48	23	27	17.5875					Pro	190	5.59	38%					
Carbs	33	39	74	39	22	24.15					Carb	231	30.15	46%					
Fat	32	16.5	0	15	9.1	8.8					Fat	81	2.60	16%					
Calories	582	430	476	365	279	244					Cal	2376	26.00						
02/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals												
Time	12pm																		
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						