

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				0		48			36.5			6			44		Carb	203	2.00	45%
Carbs		25				6		67			22			27			56		Fat	77	7.00	17%
Fat		32				0		0			21.5			14.5			9		Cal	2170	180.00	
Calories		552				25		446			415			250			482					
11/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am			1pm			2pm			4pm			7pm-10pm			11pm						
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			16			44			51		Carb	206	5.00	46%
Carbs		35		25				20			25			52			49		Fat	69	15.50	15%
Fat		0		32				15.5			1			10.5			9.5		Cal	2071	279.00	
Calories		130		552				285			170			452			482					
11/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	3pm			5pm			7pm			9pm			11pm									
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				24.5			46.5			15		24			Carb	156	45.00	41%
Carbs		31		31				33			37			23		1			Fat	61	23.50	16%
Fat		22		15.5				9			10			4		0			Cal	1801	549.00	
Calories		427		350				305			427			190		102						
11/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			11pm									
What	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP				
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT						
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			Totals			
Time	12pm			3pm			4pm			6pm			8pm			11pm						
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM				
	OIL	EGG	EGG							CREM	RCKE					COTT						
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			Totals			
Time	12pm			3pm			6pm			8pm			11pm			12am						
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			Totals			
Time	12pm			4pm			7pm			8pm			11pm									
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM					
	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			Totals			
Time	1pm			4pm			6pm			8pm			10pm			12am						
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE				
										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			Totals			
Time	11am			2pm			4pm			6pm			8pm			11pm						
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP				
										CREM	RCKE		SCH1									
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			Totals			
Time	11am			3pm			5pm			8pm			11pm									
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								
				RCKE	CREM																	
Protien		39				35		44			40			38		0			Pro	196	12.00	42%
Carbs		25				39		56			37			38		0			Carb	195	6.00	42%

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		

Protein	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		
Protein	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		
Protein	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											
Protein	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		
Protein	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		
Protein	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											
Protein	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		
Protein	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													
Protein	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		
Protein	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	Pro	185	
Carbs		33			39			67					22				13	Carb	197	
Fat		32			16.5			0					9.1				2.5	Fat	72	
Calories		582			430			446					279				130	Cal	2132	
12/13/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			218.00	
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	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	
12/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				22	Carb	191	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				190	Cal	2143	
12/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			207.00	
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	Pro	187	
Carbs		33			39			67					22				13	Carb	197	
Fat		32			16.5			0					9.1				5.5	Fat	75	
Calories		582			430			446					279				160	Cal	2162	
12/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			188.00	
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	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	
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	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	
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	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	
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	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	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	77	
Calories		582			430			446					279				204	Cal	2206	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			144.00	

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			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
01/30/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		1pm			3pm			6pm						10pm			12am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL	Pro 188	3.72 39%
Carbs				CREM	JRKY		ISOP						SOUR			PR24			Carb 212	11.10 44%
Fat																			Fat 78	5.70 16%
Calories																			Cal 2261	89.00
01/31/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		2pm			4pm			6pm						10pm			12am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			Fat 74	9.90 16%
Calories																			Cal 2173	177.00
02/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		2pm			4pm			6pm						10pm			12am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			Fat 74	9.90 16%
Calories																			Cal 2173	177.00
02/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		2pm			4pm			6pm						10pm			12am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			Fat 74	9.90 16%
Calories																			Cal 2173	177.00
02/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		3pm			4pm			6pm						10pm			3am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			Fat 74	9.90 16%
Calories																			Cal 2173	177.00
02/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		3pm			4pm			6pm						10pm			1am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			Fat 74	9.90 16%
Calories																			Cal 2173	177.00
02/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		2pm			4pm			6pm						10pm			1am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			Fat 74	9.90 16%
Calories																			Cal 2173	177.00
02/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		1pm			3pm			6pm						10pm			12am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL	Pro 189	4.72 38%
Carbs				CREM	JRKY		ISOP						SOUR			PR24	SPKB		Carb 230	29.10 46%
Fat																			Fat 80	4.20 16%
Calories																			Cal 2351	1.00
02/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		1pm			4pm			6pm						10pm			12am		Totals	
Protien	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183	1.00 40%
Carbs				CREM	JRKY								SOUR			CREM			Carb 199	2.00 44%
Fat																			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		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
02/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	5pm	6pm	7pm	8pm			
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
02/12/07	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	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
02/13/07	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 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL			
		CREM JRKY	ISOP		SOUR	PR24 V50 SHRT			
Protien	39	35	48	22	27	18.5875	Pro	190	5.59 38%
Carbs	33	39	74	23	22	40.15	Carb	231	30.15 46%
Fat	32	16.5	0	12	9.1	11.8	Fat	81	2.60 16%
Calories	582	430	476	265	279	344	Cal	2376	26.00
02/14/07	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	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
02/15/07	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	RICE PNUIT CHKN	PBAR V100 V50	ISOP POTA BUTT	PR24 COTT RCKE			
		CREM JRKY	ISOP	BLUL	SOUR	CREM			
Protien	39	35	51	22.6	27	19	Pro	194	9.59 42%
Carbs	33	39	43	30.2	22	30	Carb	197	3.85 42%
Fat	32	16.5	3	11.3	9.1	2.5	Fat	74	9.60 16%
Calories	582	430	417	294	279	220	Cal	2222	128.00
02/16/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	2pm	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		SOUR	PR24 V50			
Protien	39	35	48	22	27	17.5875	Pro	189	4.59 39%
Carbs	33	39	74	23	22	24.15	Carb	215	14.15 45%
Fat	32	16.5	0	12	9.1	8.8	Fat	78	5.60 16%
Calories	582	430	476	265	279	244	Cal	2276	74.00
02/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	12pm	4pm	7pm						
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	