





Calories	552	430	482	352	360	0	Cal	2176	174.00
<b>11/23/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/24/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/25/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/26/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/27/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/28/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	4pm	6pm	8pm	10pm	12am			
What	PROP BRK1 ISOP	COTT ALMD	GATR DX30 ISOP	PBAR PIST	ISOP POPC	PROP COTT RCKE			
		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
<b>11/29/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/30/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>12/01/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>12/02/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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	185	1.00	
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			
<b>01/20/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/21/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/22/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/23/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/24/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/25/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/26/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/27/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/28/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			
<b>01/29/07</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>	<b>Totals</b>					
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			CREM		19	Pro 183	
Carbs		33			35			56					27				30	Carb 199	
Fat		32			16.5			9					9.1				2.5	Fat 74	
Calories		582			430			482					279				220	Cal 2173	
01/30/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		1pm			3pm			6pm					10pm				12am		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals	
Protien		39		CREM	JRKY		ISOP					SOUR			PR24	CREM		Pro 188	
Carbs		33			39			74					22				21.1	Carb 212	
Fat		32			16.5			0					9.1				8.7	Fat 78	
Calories		582			430			476					279				229	Cal 2261	
01/31/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		2pm			4pm			6pm					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			CREM		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	
02/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		2pm			4pm			6pm					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			CREM		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	
02/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		2pm			4pm			6pm					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			CREM		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	
02/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		3pm			4pm			6pm					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			CREM		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	
02/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		3pm			4pm			6pm					10pm				1am		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44				SOUR			CREM		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	
02/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		2pm			4pm			6pm					10pm				1am		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44				SOUR			CREM		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	
02/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		1pm			3pm			6pm					10pm				12am		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals	
Protien		39		CREM	JRKY		ISOP					SOUR			PR24	SPKB		Pro 189	
Carbs		33			39			74					22				39.1	Carb 230	
Fat		32			16.5			0					9.1				10.2	Fat 80	
Calories		582			430			476					279				319	Cal 2351	
02/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		1pm			4pm			6pm					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			CREM		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	180	279	220	Cal	2173	177.00
<b>02/08/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/09/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/10/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/11/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/12/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/13/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/14/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/15/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/16/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>02/17/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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			
<b>02/18/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
Time	12pm			3pm				5pm				8pm			10m			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LPP	ISOP				PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY										SOUR			CREM						
Protien	39			35				37				19			27			19	Pro	176	8.00	40%		
Carbs	33			39				44				19			22			30	Carb	187	14.00	43%		
Fat	32			16.5				7				5			9.1			2.5	Fat	72	11.90	17%		
Calories	582			430				382				180			279			220	Cal	2073	277.00			
<b>02/19/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
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			
<b>02/20/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
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					
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			
<b>02/21/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
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			
<b>02/22/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
Time	12am			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			
<b>02/23/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
Time	12am			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			
<b>02/24/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>				<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>	<b>Totals</b>					
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			