

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								
What	GATR			HB	HB	OIL	COTT	ALMD		CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP						
				EGG	EGG	ISOP	PROP						SPKB	BROC							Totals			
Protien		0			39							19									Pro	169	15.00 38%	
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											
What	PROP	HB	HB	COTT	ALMD		JRKY	BROC		LCMB	ISOP	EGG	SPKB		COTT	ISOP								
	OIL	ISOP		CREM	RCKE		CREM	RCKE	EGG												Totals			
Protien		26			24																Pro	160	24.00 42%	
Carbs		31			31							33									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											
What	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP						
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT					Totals			
Protien		39				35															Pro	181	3.28 40%	
Carbs		25				45															Carb	198	2.90 43%	
Fat		32				16.5															Fat	78	5.60 17%	
Calories		552				455															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								
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM						
	OIL	EGG	EGG							CREM	RCKE					COTT					Totals			
Protien		39																			Pro	168	16.00 40%	
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								
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM							
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG				Totals			
Protien		39				35															Pro	166	18.00 40%	
Carbs		25				45															Carb	179	22.00 43%	
Fat		32				16.5															Fat	71	13.00 17%	
Calories		552				455															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											
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM							
	OIL	EGG	EGG				RCKE	CREM		DX30					SPKB						Totals			
Protien		39																			Pro	177	7.50 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								
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE						
										RCKE	JRKY					CREM					Totals			
Protien		39																			Pro	188	4.00 42%	
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								
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP						
										CREM	RCKE		SCH1								Totals			
Protien		0																			Pro	184	0.00 40%	
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											
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR										
				RCKE	CREM																Totals			
Protien		39																			Pro	196	12.00 42%	
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	Totals		
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	Totals		
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	Totals		
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	Totals		
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	Totals		
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	Totals		
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
11/29/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
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	Totals		
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	Totals		
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	Totals		
Time	1pm	3pm	5pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP POTA BUT2	PR24 COTT RCKE			
		CREM JRKY				CREM			

Protien	39		35		44		25		26		19		Pro	188	4.00	40%		
Carbs	33		39		56		27		19		30		Carb	204	3.00	43%		
Fat	32		16.5		9		19		4.6		2.5		Fat	84	0.40	18%		
Calories	582		430		482		350		224		220		Cal	2288	62.00			
12/03/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		25		26		19		Pro	188	4.00	40%		
Carbs	33		39		56		27		19		30		Carb	204	3.00	43%		
Fat	32		16.5		9		19		4.6		2.5		Fat	84	0.40	18%		
Calories	582		430		482		350		224		220		Cal	2288	62.00			
12/04/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/05/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR				POTA	BUTT	PR24	COTT	BROC
				CREM	JRKY		ISOP											
Protien	39		35		48		19		2		16		Pro	159	25.00	37%		
Carbs	33		39		67		19		18		21		Carb	197	4.00	46%		
Fat	32		16.5		0		5		9.1		5.5		Fat	68	15.90	16%		
Calories	582		430		446		180		157		190		Cal	1985	365.00			
12/06/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/07/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		2pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		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			
12/08/06	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		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			
12/09/06	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		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			
12/10/06	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		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			
12/11/06	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	CREM				

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			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
01/30/07	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	GTR2	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
Protien		39		CREM	JRKY		ISOP					SOUR			PR24			Pro 188
Carbs		33						74										Carb 212
Fat		32						0									8.7	Fat 78
Calories		582						476									229	Cal 2261
01/31/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
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			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/01/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
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			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/02/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
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			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/03/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
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			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/04/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	3pm		4pm		6pm		8pm		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						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/05/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	2pm		4pm		6pm		8pm		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						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/06/07	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	GTR2	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
Protien		39		CREM	JRKY		ISOP					SOUR			PR24			Pro 189
Carbs		33						74										Carb 230
Fat		32						0									10.2	Fat 80
Calories		582						476									319	Cal 2351
02/07/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	1pm		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			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74

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				
02/18/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals						
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				
02/19/07	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				
02/20/07	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	
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				
02/21/07	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	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				
02/22/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals						
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				
02/23/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals						
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				
02/24/07	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				
02/25/07	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				
02/26/07	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				
02/27/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals						

Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PPBG	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL	Pro	Carb	Fat	Cal
Protien		39			35			48					27				17.5875	202	225	81	2396
Carbs		33			39			74					22				24.15	24.15	8.8	2.60	46.00
Fat		32			16.5			0					9.1				8.8				
Calories		582			430			476					279				244				
02/28/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal
Protien		39			35			44					27				19	183	199	74	2173
Carbs		33			39			56					22				30	1.00	2.00	9.90	177.00
Fat		32			16.5			9					9.1				2.5				
Calories		582			430			482					279				220				
03/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	12pm			4pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal
Protien		39			35			44					27				19	183	199	74	2173
Carbs		33			39			56					22				30	1.00	2.00	9.90	177.00
Fat		32			16.5			9					9.1				2.5				
Calories		582			430			482					279				220				
03/02/07	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	GTR2 DX30	ISOP	ISOP	PPBG	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL	Pro	Carb	Fat	Cal
Protien		39			35			48					27				17.5875	202	225	81	2396
Carbs		33			39			74					22				24.15	24.15	8.8	2.60	46.00
Fat		32			16.5			0					9.1				8.8				
Calories		582			430			476					279				244				
03/03/07	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	GTR2 DX30	ISOP	ISOP	PPBG	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL	Pro	Carb	Fat	Cal
Protien		39			35			48					28				17.5875	203	196	92	2389
Carbs		33			39			44					28				24.15	4.85	4.00	7.90	39.00
Fat		32			16.5			0					13.6				8.8				
Calories		582			430			364					354				244				
03/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE EBET	Pro	Carb	Fat	Cal
Protien		39			35			44					27				32	196	204	83	2323
Carbs		33			39			56					22				35	12.00	3.00	0.90	27.00
Fat		32			16.5			9					9.1				11.5				
Calories		582			430			482					279				370				
03/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	12pm			4pm			7pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	ISOP	PBAR	PIS2	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal
Protien		39			35			48					27				19	190	221	72	2252
Carbs		33			39			74					22				30	6.00	20.00	11.90	98.00
Fat		32			16.5			0					9.1				2.5				
Calories		582			430			476					279				220				
03/06/07	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	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal
Protien		39			35			44					27				19	183	199	74	2173
Carbs		33			39			56					22				30	1.00	2.00	9.90	177.00
Fat		32			16.5			9					9.1				2.5				
Calories		582			430			482					279				220				
03/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals		
What	GTR2 ISOP	HB EBET	HB OIL	PR24 RCKE	COTT CREM	ALMD JRKY	DX30	ISOP	ISOP	PBAR	PIS2	ISOP SOUR	POTA SALD	BUTT ITAL	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal
Protien		39			35			48					28				19	191	232	76	2327
Carbs		72			47			32					28				30	7.00	31.00	8.40	23.00
Fat		31			16.5			0					13.6				2.5				
Calories		712			460			316					354				220				
03/08/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ITAL	ISOP	SALD	PBAR	PIS2	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal
Protien		39			48			25					27				19	180	201	74	2173
Carbs		33			44			49					22				30	4.00	0.00		

Fat	32	25.5	4.5	12	9.1	2.5	Fat	86	1.60	18%
Calories	582	580	337	265	279	220	Cal	2263	87.00	
03/09/07	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 CREM JRKY	PBAR EBET	ISOP POTA BUTT PR24 COTT RCKE CREM						
Protien	39	35	44	32	27	19	Pro	196	12.00	41%
Carbs	33	39	56	24	22	30	Carb	204	3.00	42%
Fat	32	16.5	9	14	9.1	2.5	Fat	83	0.90	17%
Calories	582	430	482	330	279	220	Cal	2323	27.00	
03/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	3pm	5pm							
What	PR24 BRK1 ISOP	COTT ALMD RCKE LCPZ ISOP CREM JRKY	PBAR	ISOP POTA BUTT PR24 COTT RCKE 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	