

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					

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			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			
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			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			
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			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			
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			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			
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			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			
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			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			
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			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			
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			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			
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			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			
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			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	
02/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time	1pm			4pm			6pm			8pm			10pm			12am			

Calories	582			430				482			180			279		220	Cal	2173	177.00
02/08/07	Meal 1			Meal 2				Meal 3			Meal 4			Meal 5		Meal 6	Totals		
Time	2pm			4pm				6pm			8pm			10pm		12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM		
Protien	39			35				44			19			27		19	Pro	183	1.00 40%
Carbs	33			39				56			19			22		30	Carb	199	2.00 44%
Fat	32			16.5				9			5			9.1		2.5	Fat	74	9.90 16%
Calories	582			430				482			180			279		220	Cal	2173	177.00
02/09/07	Meal 1			Meal 2				Meal 3			Meal 4			Meal 5		Meal 6	Totals		
Time	1pm			3pm				6pm			8pm			10pm		12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL
				CREM	JRKY			ISOP						SHRT	SOUR		PR24	V50	
Protien	39			35				48			23			27		17.5875	Pro	190	5.59 38%
Carbs	33			39				74			39			22		24.15	Carb	231	30.15 46%
Fat	32			16.5				0			15			9.1		8.8	Fat	81	2.60 16%
Calories	582			430				476			365			279		244	Cal	2376	26.00
02/10/07	Meal 1			Meal 2				Meal 3			Meal 4			Meal 5		Meal 6	Totals		
Time	12pm																		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM		
Protien	39			35				44			19			27		19	Pro	183	1.00 40%
Carbs	33			39				56			19			22		30	Carb	199	2.00 44%
Fat	32			16.5				9			5			9.1		2.5	Fat	74	9.90 16%
Calories	582			430				482			180			279		220	Cal	2173	177.00
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	PNUT	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			
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	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			

Time	12am			3pm			6pm			8pm			10pm			12am			Totals			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL	Pro	Carb	Fat	Cal	
02/28/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	202	17.59	40%
Time	12am			3pm			6pm			8pm			10pm			12am			Carb	225	24.15	44%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL	Fat	81	2.60	16%	
Protien	39			35			48			35			27			17.5875			Cal	2396	46.00	
Carbs	33			39			74			33			22			24.15						
Fat	32			16.5			0			15			9.1			8.8						
Calories	582			430			476			385			279			244						
03/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	183	1.00	40%
Time	12pm			4pm			6pm			8pm			10pm			12am			Carb	199	2.00	44%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	PR24	COTT CREM	RCKE		Fat	74	9.90	16%	
Protien	39			35			44			19			27			19			Cal	2173	177.00	
Carbs	33			39			56			19			22			30						
Fat	32			16.5			9			5			9.1			2.5						
Calories	582			430			482			180			279			220						
03/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	183	1.00	40%
Time	12pm			3pm			6pm			8pm			10pm			12am			Carb	199	2.00	44%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	PR24	COTT CREM	RCKE		Fat	74	9.90	16%	
Protien	39			35			44			19			27			19			Cal	2173	177.00	
Carbs	33			39			56			19			22			30						
Fat	32			16.5			9			5			9.1			2.5						
Calories	582			430			482			180			279			220						
03/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	202	17.59	40%
Time	12pm			3pm			6pm			8pm			10pm			12am			Carb	225	24.15	44%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL		Fat	81	2.60	16%	
Protien	39			35			48			35			27			17.5875			Cal	2396	46.00	
Carbs	33			39			74			33			22			24.15						
Fat	32			16.5			0			15			9.1			8.8						
Calories	582			430			476			385			279			244						
03/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	203	18.59	41%
Time	1pm			3pm			5pm			8pm			10pm			12am			Carb	196	4.85	40%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	PPBG	PIS2	EBET	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL	Fat	92	7.90	19%	
Protien	39			35			48			35			28			17.5875			Cal	2389	39.00	
Carbs	33			39			44			28			28			24.15						
Fat	32			16.5			0			21			13.6			8.8						
Calories	582			430			364			415			354			244						
03/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	196	12.00	41%
Time	12pm			4pm			7pm			8pm			10pm			12am			Carb	204	3.00	42%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	PR24	COTT CREM	RCKE	EBET	Fat	83	0.90	17%	
Protien	39			35			48			22			27			19			Cal	2252	98.00	
Carbs	33			39			74			23			22			30						
Fat	32			16.5			0			12			9.1			2.5						
Calories	582			430			476			265			279			220						
03/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	183	1.00	40%
Time	12pm			3pm			5pm			8pm			10pm			12am			Carb	199	2.00	44%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	PR24	COTT CREM	RCKE	EBET	Fat	74	9.90	16%	
Protien	39			35			44			19			27			19			Cal	2173	177.00	
Carbs	33			39			56			19			22			30						
Fat	32			16.5			9			5			9.1			2.5						
Calories	582			430			482			180			279			220						
03/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	191	7.00	38%
Time	1pm			3pm			6pm			8pm			10pm			12am			Carb	232	31.00	47%
What	GTR2 ISOP	HB EBET	HB OIL	PR24 RCKE	COTT CREM	ALMD JRKY	DX30	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	PR24	COTT CREM	RCKE	EBET	Fat	76	8.40	15%	
Protien	39			35			48			22			28			19			Cal	2327	23.00	
Carbs	72			47			32			23			28			30						
Fat	31			16.5			0			12			13.6			2.5						
Calories	712			460			316			265			354			220						
03/08/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Pro	180	4.00	39%
Time	1pm			3pm			6pm			8pm			10pm			12am			Carb	201	0.00	43%
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ITAL	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	PR24	COTT CREM	RCKE		Fat				
Protien	39			48			25			22			27			19						
Carbs	33			44			49			23			22			30						

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				
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	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				
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	
03/11/07	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 SALD ITAL	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY		STRA STRA	SOUR	CREM				
Protien	39	35	44	21.4	27	19	Pro	185	1.40	38%
Carbs	33	39	56	40.4	22	30	Carb	220	19.40	45%
Fat	32	16.5	9	10.1	9.1	2.5	Fat	79	4.80	16%
Calories	582	430	482	319	279	220	Cal	2312	38.00	
03/12/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	RICE PNUT EBET	PBAR SALD ITAL	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY	ISOP	STRA	SOUR	CREM				
Protien	39	35	42	20.7	27	19	Pro	183	1.30	39%
Carbs	33	39	48	32.7	22	30	Carb	205	3.70	44%
Fat	32	16.5	11.5	9.8	9.1	2.5	Fat	81	2.60	17%
Calories	582	430	467	287	279	220	Cal	2265	85.00	
03/13/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR SALD ITAL	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY		STRA	SOUR	CREM				
Protien	39	35	44	20.7	27	19	Pro	185	0.70	39%
Carbs	33	39	56	32.7	22	30	Carb	213	11.70	45%
Fat	32	16.5	9	9.8	9.1	2.5	Fat	79	5.10	17%
Calories	582	430	482	287	279	220	Cal	2280	70.00	
03/14/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	4pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	GTR2 ISOP ISOP	COTT ALMD RCKE	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
			CREM JRKY		SOUR	CREM				
Protien	39	48	35	32	27	19	Pro	200	16.00	43%
Carbs	33	44	39	24	22	30	Carb	192	9.00	41%
Fat	32	0	16.5	14	9.1	2.5	Fat	74	9.90	16%
Calories	582	364	430	330	279	220	Cal	2205	145.00	
03/15/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	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	
03/16/07	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 ISOP	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM STRA				
Protien	39	35	48	32	27	19.7	Pro	201	16.70	42%
Carbs	33	39	44	24	22	37.7	Carb	200	1.30	42%
Fat	32	16.5	0	14	9.1	2.8	Fat	74	9.60	16%
Calories	582	430	364	330	279	252	Cal	2237	113.00	
03/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	11pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PC ISOYM	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	49	27	19	Pro	213	29.00	43%
Carbs	33	39	56	27	22	30	Carb	207	6.00	41%
Fat	32	16.5	9	10	9.1	2.5	Fat	79	4.90	16%
Calories	582	430	482	370	279	220	Cal	2363	13.00	