





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			

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		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											
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			
12/09/06	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		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													
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			
12/11/06	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				22		27				14	185	1.00	
Carbs	33			39			67				23		22				13	197	4.00	
Fat	32			16.5			0				12		9.1				2.5	72	11.90	
Calories	582			430			446				265		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	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien	39			35			44				19		27				19	183	1.00	
Carbs	33			39			56				19		22				30	199	2.00	
Fat	32			16.5			9				5		9.1				2.5	74	9.90	
Calories	582			430			482				180		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	ISOP		PBAR		ISOP	POTA	BUTT		COTT	RCKE	Pro	Cal	
Protien	39			35			44				19		27				19	183	1.00	
Carbs	33			39			56				19		22				22	191	10.00	
Fat	32			16.5			9				5		9.1				2.5	74	9.90	
Calories	582			430			482				180		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				22		27				16	187	3.00	
Carbs	33			39			67				23		22				13	197	4.00	
Fat	32			16.5			0				12		9.1				5.5	75	8.90	
Calories	582			430			446				265		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	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien	39			35			44				19		27				19	183	1.00	
Carbs	33			39			56				19		22				30	199	2.00	
Fat	32			16.5			9				5		9.1				2.5	74	9.90	
Calories	582			430			482				180		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	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien	39			35			44				19		27				19	183	1.00	
Carbs	33			39			56				19		22				30	199	2.00	
Fat	32			16.5			9				5		9.1				2.5	74	9.90	
Calories	582			430			482				180		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				22		27				17.5875	189	4.59	
Carbs	33			39			67				23		22				16.15	200	0.85	
Fat	32			16.5			0				12		9.1				7.8	77	6.60	
Calories	582			430			446				265		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	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien	39			35			44				19		27				19	183	1.00	
Carbs	33			39			56				19		22				30	199	2.00	
Fat	32			16.5			9				5		9.1				2.5	74	9.90	
Calories	582			430			482				180		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	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien	39			35			44				19		27				19	183	1.00	
Carbs	33			39			56				19		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						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	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
02/06/07	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	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
02/07/07	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	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
Protien					35			48			35			27			17.5875	202	225	81	2396
Carbs					39			74			33			22			24.15	202	225	81	2396
Fat					16.5			0			15			9.1			8.8	202	225	81	2396
Calories					430			476			385			279			244	202	225	81	2396
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	PIS2	ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Carb	Fat	Cal
Protien					35			44			19			27			19	183	199	74	2173
Carbs					39			56			19			22			30	183	199	74	2173
Fat					16.5			9			5			9.1			2.5	183	199	74	2173
Calories					430			482			180			279			220	183	199	74	2173
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	PIS2	ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Carb	Fat	Cal
Protien					35			44			19			27			19	183	199	74	2173
Carbs					39			56			19			22			30	183	199	74	2173
Fat					16.5			9			5			9.1			2.5	183	199	74	2173
Calories					430			482			180			279			220	183	199	74	2173
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					35			48			35			27			17.5875	202	225	81	2396
Carbs					39			74			33			22			24.15	202	225	81	2396
Fat					16.5			0			15			9.1			8.8	202	225	81	2396
Calories					430			476			385			279			244	202	225	81	2396
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					35			48			35			27			17.5875	202	225	81	2396
Carbs					39			74			33			22			24.15	202	225	81	2396
Fat					16.5			0			15			9.1			8.8	202	225	81	2396
Calories					430			476			385			279			244	202	225	81	2396
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	PIS2	ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE EBET	Pro	Carb	Fat	Cal
Protien					35			44			19			27			32	196	204	83	2323
Carbs					39			56			19			22			35	196	204	83	2323
Fat					16.5			9			5			9.1			11.5	196	204	83	2323
Calories					430			482			180			279			370	196	204	83	2323
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	COTT CREM	RCKE	Pro	Carb	Fat	Cal
Protien					35			48			22			27			19	190	221	72	2252
Carbs					39			74			23			22			30	190	221	72	2252
Fat					16.5			0			12			9.1			2.5	190	221	72	2252
Calories					430			476			265			279			220	190	221	72	2252
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	PIS2	ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Carb	Fat	Cal
Protien					35			44			19			27			19	183	199	74	2173
Carbs					39			56			19			22			30	183	199	74	2173
Fat					16.5			9			5			9.1			2.5	183	199	74	2173
Calories					430			482			180			279			220	183	199	74	2173
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					35			48			22			28			19	191	232	76	2327
Carbs					47			32			23			28			30	191	232	76	2327
Fat					16.5			0			12			13.6			2.5	191	232	76	2327
Calories					460			316			265			354			220	191	232	76	2327
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	COTT CREM	RCKE	Pro	Carb	Fat	Cal
Protien					48			25			22			27			19	180	201	74	2173
Carbs					44			49			23			22			30	180	201	74	2173

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	SOYM	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	
03/18/07	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	BRCE	PNUT	ISOP			PIS2	PC	SOYM	ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY										SOUR			CREM					

