

Daily Target	Pro	Carb	Fat	Cal
	184	201	84	2350

Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	Pro	Carb	Fat	Cal									
11/04/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	12pm	3pm	6pm	10pm	12am															
What	PROP ISOM	PROP SPK	OATS	LCPZ	COTT	COTT	GOLD	PROP	BROC		PROP	LCCF								
Protien	56.25		20		32			2			21		0	Pro	131					
Carbs	80.88		55		30			14			39		0	Carb	219					
Fat	3.6		9		10			3			7		0	Fat	33					
Calories	575		380		340			85			305		0	Cal	1685					
															665.00					
11/05/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	12pm	2pm	4pm	5pm	7pm	12am														
What	PROP SPK	OATS	ISOM	LCPZ	BROC			COTT	COTT	GOLD	BROC	POPC		PROP	LPP					
Protien	56.25		11					2			32		5		13					
Carbs	74.88		36					8			30		28		49					
Fat	3.6		6					3			10		6.5		7					
Calories	550		240					60			340		160		305					
																695.00				
11/06/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	10am	1pm	3pm	5pm	6pm-9pm	11pm														
What	PROP SPK	OATS	ISOM	LCPZ	BROC			POPC			LPP		POPC	BROC	CREM	LCPM	PROP			
Protien	56.25		22					3			13		10			16				
Carbs	74.88		63					20			43		45			42				
Fat	3.6		12					3.5			7		6.5			5				
Calories	550		440					100			280		250			275				
																		63.75	27%	
11/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	11am	2pm	4pm	6pm	11pm															
What	PROP SPK	OATS	ISOM	LCPZ				POPC	ISOP	CREM	GATR	LPP		PROP	LPP	BROC				
Protien	56.25		20					32			13		15			0				
Carbs	74.88		55					38			78		57			0				
Fat	3.6		9					3.5			7		10			0				
Calories	550		380					292			410		365			0				
																			47.75	29%
11/08/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	12pm	3pm	4pm	5pm	7pm															
What	EGG HB	EGG OIL	HB PROP	LCPZ				BROC	POPC		PROP	LCPZ		LCCF	COTT	COTT				
Protien	15							5			11			53						
Carbs	30							28			42			63						
Fat	32							6.5			6			17						
Calories	475							160			265			620						
																			80.00	26%
11/09/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	10am-1pm	2pm	4pm	6pm	8pm	11pm														
What	TSND		GATR	OATS	ISOM	SPK	LCPZ				GATR	DX30	ISOP	V100	V100	V50	PROP	COTT		
Protien	19				56.25			20			48			20.3125			14			
Carbs	72				68.88			55			67			34.25			11			
Fat	16				3.6			9			0			18.6			2.5			
Calories	490				525			380			446			370			125			
																			6.44	33%
11/10/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	10am	2pm	5pm	7pm	10pm	11pm														
What	PROP SPK	OATS	ISOM	HB OIL	HB EGG	EGG	SCH1 POTA	V50	V100	BROC	RCKE	CREM	ALMD	JRKY		HB ISOP	HB ISOP	OIL		
Protien	56.25		15					35.5875			7			16		50				
Carbs	74.88		24					28.65			25			17		26				
Fat	3.6		32					9.4			3			14		22				
Calories	550		450					333			150			240		504				
																			4.16	39%
11/11/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	11am	3pm	5pm	7pm	9pm	Next														
What	PROP SPK	OATS	ISOM	COTT JRKY	COTT JRKY	ALMD	HB ISOP	HB JRKY	OIL	BROC	POPC		V100	V50	JRKY	COTT CREM	ISOP RCKE	ALMD		
Protien	56.25		44					37			5		13.5875			48				
Carbs	74.88		27					33			28		17.15			32				
Fat	3.6		19					23			6.5		1.3			15.5				
Calories	550		440					482			160		124			452				
																			19.84	42%
11/12/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	12pm	3pm	5pm	6pm	8pm	10pm														
What	ISOP OIL	HB EGG	HB EGG	PROP ALMD	COTT JRKY	COTT	CREM CREM	RCKE RCKE	ISOP	JRKY			LCPZ	JRKY		COTT JRKY	CREM RCKE			
Protien	39							34			11			31		30				
Carbs	25							35			8			63		30				
Fat	32							0			1			10		3.5				
Calories	552							465			80			460		270				
																			5.00	42%
11/13/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm		5pm	6pm	8pm	9pm														
What	ISOP OIL	HB EGG	HB EGG	PROP			ISOP GATR	ISOP	DX30	ALMD EGG	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP			
Protien	39							48			36.5			6		44				
Carbs	25							67			22			27		56				
Fat	32							0			21.5			14.5		9				
Calories	552							446			415			250		482				
																			10.50	38%
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 EGG	HB EGG	OIL	COTT PROP	ALMD			CREM	RCKE	JRKY	ISOP SPKB	POPC BROC	COTT	COTT	ISOP	LPP		
Protien	0							39			19			44		51				
Carbs	35							25			20			25		49				
																			15.00	38%

Fat	0		32		15.5		1		10.5		9.5		Fat	69	15.50	15%	
Calories	130		552		285		170		452		482		Cal	2071	279.00		
11/15/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	3pm		5pm		7pm		9pm		11pm								
What	PROP	HB	HB	COTT	ALMD	JRKY	BROC	LCMB	ISOP	EGG	SPKB	COTT	ISOP				
	OIL	ISOP		CREM	RCKE	CREM	RCKE	EGG									
Protien	26		24		24.5		46.5		15		24		Pro	160	24.00	42%	
Carbs	31		31		33		37		23		1		Carb	156	45.00	41%	
Fat	22		15.5		9		10		4		0		Fat	61	23.50	16%	
Calories	427		350		305		427		190		102		Cal	1801	549.00		
11/16/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		3pm		5pm		8pm		11pm								
What	ISOP	HB	HB	PROP	COTT	CREM		ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP	
	OIL	EGG	EGG	RCKE	JRKY	ALMD					SCHZ	V100		COTT			
Protien	39		35		0		44		43.725		19		Pro	181	3.28	40%	
Carbs	25		45		0		56		44.1		28		Carb	198	2.90	43%	
Fat	32		16.5		0		9		18.4		2.5		Fat	78	5.60	17%	
Calories	552		455		0		482		505		215		Cal	2209	141.00		
11/17/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		3pm		4pm		6pm		8pm		11pm						
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP	COTT	ALMD	SAN1		PROP	RCKE	CREM		
	OIL	EGG	EGG						CREM	RCKE			COTT				
Protien	39		25		44		24		17		19		Pro	168	16.00	40%	
Carbs	25		25		56		31		15		28		Carb	180	21.00	43%	
Fat	32		1.5		9		15.5		13.5		2.5		Fat	74	10.00	18%	
Calories	552		217		482		350		250		215		Cal	2066	284.00		
11/18/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		3pm		6pm		8pm		11pm		12am						
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP	EGG	JRKY	RCKE	PROP		RCKE	CREM		
	OIL	EGG	EGG	CREM	RCKE	JRKY			CREM				COTT	EGG			
Protien	39		35		44		22.5		0		25.5		Pro	166	18.00	40%	
Carbs	25		45		56		25		6		22		Carb	179	22.00	43%	
Fat	32		16.5		9		6		0		7.5		Fat	71	13.00	17%	
Calories	552		455		482		245		25		265		Cal	2024	326.00		
11/19/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		4pm		7pm		8pm		11pm								
What	ISOP	HB	HB	PROP		ALMD	COTT	JRKY	GATR	ISOP	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM
	OIL	EGG	EGG			RCKE	CREM		DX30						SPKB		
Protien	39		0		35		48		34.5		20		Pro	177	7.50	39%	
Carbs	25		6		39		67		23		40		Carb	200	1.00	45%	
Fat	32		0		16.5		0		19.5		4		Fat	72	12.00	16%	
Calories	552		25		430		446		405		280		Cal	2138	212.00		
11/20/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	1pm		4pm		6pm		8pm		10pm		12am						
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP	EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE
									RCKE	JRKY					CREM		
Protien	39		30		44		29		27		19		Pro	188	4.00	42%	
Carbs	31		22		56		25		27		28		Carb	189	12.00	42%	
Fat	32		16.5		9		11		4.5		2.5		Fat	76	8.50	17%	
Calories	577		340		482		320		252		215		Cal	2186	164.00		
11/21/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		2pm		4pm		6pm		8pm		11pm						
What	GATR	PROP		BRK1	ISOP		ISOP	LPP	COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP
									CREM	RCKE		SCH1					
Protien	0		39		37		35		35		38		Pro	184	0.00	40%	
Carbs	41		25		44		39		39.5		12		Carb	201	0.50	44%	
Fat	0		32		7		16.5		14		2.5		Fat	72	12.00	16%	
Calories	155		552		382		430		402		227		Cal	2148	202.00		
11/22/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		3pm		5pm		8pm		11pm								
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ	LCMB	ISOP		PBAR	PBAR				
				RCKE	CREM												
Protien	39		35		44		40		38		0		Pro	196	12.00	42%	
Carbs	25		39		56		37		38		0		Carb	195	6.00	42%	
Fat	32		16.5		9		5		10		0		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		CREM	COTS	RCKE
				CREM	JRKY												
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			Pro	188	4.00	41%
Protien	39		35			44			24			27			19			Carb	203	2.00	44%	
Carbs	31		40			56			20			27			29			Fat	69	15.50	15%	
Fat	32		18.5			9			0			4.5			4.5			Cal	2178	172.00		
Calories	577		450			482			182			252			235							
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			Pro	185	1.00	40%
Protien	39		35			44			27			21			19			Carb	196	5.00	43%	
Carbs	31		39			56			21			27			28			Fat	72	12.50	16%	
Fat	32		16.5			9			3.5			8			2.5			Cal	2146	204.00		
Calories	577		430			482			202			240			215							
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			Pro	188	4.00	41%
Protien	39		30			48			25			27			19			Carb	196	5.00	43%	
Carbs	31		22			67			27			21			28			Fat	74	10.50	16%	
Fat	32		16.5			0			19			3.5			2.5			Cal	2130	220.00		
Calories	577		340			446			350			202			215							
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			Pro	189	5.00	40%
Protien	39		35			44			25			27			19			Carb	202	1.00	43%	
Carbs	31		39			56			27			21			28			Fat	83	1.50	17%	
Fat	32		16.5			9			19			3.5			2.5			Cal	2256	94.00		
Calories	577		430			482			350			202			215							
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												Pro	189	5.00	41%
Protien	39		35			48			25			26			16			Carb	204	3.00	44%	
Carbs	31		39			67			27			19			21			Fat	73	10.90	16%	
Fat	32		16.5			0			19			0.1			5.5			Cal	2172	178.00		
Calories	577		430			446			350			179			190							
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			Pro	188	4.00	39%
Protien	39		35			44			25			26			19			Carb	202	1.00	42%	
Carbs	31		39			56			27			19			30			Fat	88	4.10	18%	
Fat	32		16.5			9			19			9.1			2.5			Cal	2318	32.00		
Calories	577		430			446			350			259			220							
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			Pro	188	4.00	40%
Protien	39		35			44			25			26			19			Carb	204	3.00	43%	
Carbs	33		39			56			27			19			30			Fat	84	0.40	18%	
Fat	32		16.5			9			19			4.6			2.5			Cal	2288	62.00		
Calories	582		430			482			350			224			220							
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			Pro	188	4.00	40%
Protien	39		35			44			25			26			19			Carb	204	3.00	43%	
Carbs	33		39			56			27			19			30			Fat	84	0.40	18%	
Fat	32		16.5			9			19			4.6			2.5			Cal	2288	62.00		
Calories	582		430			482			350			224			220							
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			Pro	185	1.00	40%
Protien	39		35			44			22			26			19			Carb	200	1.00	43%	
Carbs	33		39			56			23			19			30			Fat	77	7.40	17%	
Fat	32		16.5			9			12			4.6			2.5			Cal	2203	147.00		
Calories	582		430			482			265			224			220							
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												Pro	159	25.00	37%
Protien	39		35			48			19			2			16			Carb	197	4.00	46%	
Carbs	33		39			67			19			18			21			Fat	68	15.90	16%	
Fat	32		16.5			0			5			9.1			5.5			Cal	1985	365.00		
Calories	582		430			446			180			157			190							
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			Pro	185	1.00	40%
Protien	39		35			44			22			26			19			Carb	200	1.00	43%	
Carbs	33		39			56			23			19			30			Fat	77	7.40	17%	
Fat	32		16.5			9			12			4.6			2.5			Cal	2203	147.00		
Calories	582		430			482			265			224			220							

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 BROCC				
		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	43%
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	202	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				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	PR24 COTT				
		CREM JRKY	ISOP		SOUR					
Protien	39	35	48	22	27	14	Pro	185	1.00	41%
Carbs	33	39	67	23	22	13	Carb	197	4.00	43%
Fat	32	16.5	0	12	9.1	2.5	Fat	72	11.90	16%
Calories	582	430	446	265	279	130	Cal	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				
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	
12/14/06	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	ISOP POTA BUTT	COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	41%
Carbs	33	39	56	19	22	22	Carb	191	10.00	43%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	17%
Calories	582	430	482	180	279	190	Cal	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				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	BROCC COTT				
		CREM JRKY	ISOP		SOUR					
Protien	39	35	48	22	27	16	Pro	187	3.00	41%
Carbs	33	39	67	23	22	13	Carb	197	4.00	43%
Fat	32	16.5	0	12	9.1	5.5	Fat	75	8.90	16%
Calories	582	430	446	265	279	160	Cal	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				
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	
12/17/06	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	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	
12/18/06	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 SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	183	1.00	40%		
Carbs					39			56					19		22			30	199	2.00	44%		
Fat					16.5			9					5		9.1			2.5	74	9.90	16%		
Calories					582			430					482		180			279	2173	177.00			
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	V100	COTT	RANC	Pro	Carb	Fat	Cal	
Protien					35			48					22		27			17.5875	189	4.59	40%		
Carbs					39			67					23		22			16.15	200	0.85	43%		
Fat					16.5			0					12		9.1			7.8	77	6.60	17%		
Calories					582			446					265		279			204	2206	144.00			
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			1am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	183	1.00	40%		
Carbs					39			56					19		22			30	199	2.00	44%		
Fat					16.5			9					5		9.1			2.5	74	9.90	16%		
Calories					582			430					482		180			279	2173	177.00			
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			7pm			8pm			10pm			1am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR		PIS2	ISOP SOUR	POTA	BUTT	V100	COTT	BLUL	Pro	Carb	Fat	Cal	
Protien					35			48					22		27			16.725	188	3.72	41%		
Carbs					39			67					23		22			13.1	197	3.90	43%		
Fat					16.5			0					12		9.1			8.7	78	5.70	17%		
Calories					582			446					265		279			199	2201	149.00			
12/22/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	183	1.00	40%		
Carbs					39			56					19		22			30	199	2.00	44%		
Fat					16.5			9					5		9.1			2.5	74	9.90	16%		
Calories					582			430					482		180			279	2173	177.00			
12/23/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	183	1.00	40%		
Carbs					39			56					19		22			30	199	2.00	44%		
Fat					16.5			9					5		9.1			2.5	74	9.90	16%		
Calories					582			430					482		180			279	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			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	193	9.00	41%		
Carbs					39			56					19		22			30	202	1.00	43%		
Fat					16.5			9					5		9.1			2.5	77	6.90	16%		
Calories					682			430					482		180			279	2253	97.00			
12/25/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	V100	COTT	BLUL	Pro	Carb	Fat	Cal	
Protien					35			48					22		27			16.725	188	3.72	41%		
Carbs					39			67					23		22			13.1	197	3.90	43%		
Fat					16.5			0					12		9.1			8.7	78	5.70	17%		
Calories					582			446					265		279			199	2201	149.00			
12/26/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	PROP	LCPZ	ISOP	PBAR	ISOP	DX20	PIS2				COTT	POTA	BUTT	Pro	Carb	Fat	Cal
Protien					35			44					43		3			17	181	3.00	39%		
Carbs					39			62					40		4			26	204	3.00	44%		
Fat					16.5			9					5		7			11.6	81	2.90	17%		
Calories					582			430					507		357			277	2238	112.00			
12/27/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			4pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	183	1.00	40%		
Carbs					39			56					19		22			30	199	2.00	44%		
Fat					16.5			9					5		9.1			2.5	74	9.90	16%		
Calories					582			430					482		180			279	2173	177.00			
12/28/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien					35			44					19		27			19	183	1.00	40%		
Carbs					39			56					19		22			30	199	2.00	44%		
Fat					16.5			9					5		9.1			2.5	74	9.90	16%		
Calories					582			430					482		180			279	2173	177.00			
12/29/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
12/30/06		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		1pm		3pm		6pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
12/31/06		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		12pm		3pm		5pm		7pm		9pm		11pm						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/01/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		12pm		4pm		6pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		JAM	JRKY			44				SOUR	27		CREM		19	Pro 179
Carbs		33						56					22				30	Carb 202
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/02/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		12pm		3pm		7pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
Protien		39		CREM	JRKY			48				SOUR	27		PR24		16.725	Pro 188
Carbs		33						74					22				21.1	Carb 212
Fat		32						0					9.1				8.7	Fat 78
Calories		582						476					279				229	Cal 2261
01/03/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						89.00
Time		12pm		3pm		5pm		8pm		10pm		1am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/04/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		1pm		3pm		5pm		8pm		10pm		1am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/05/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		1pm		4pm		8pm		9pm		11pm		1am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
Protien		39		CREM	JRKY			48				SOUR	27		PR24		16.725	Pro 188
Carbs		33						74					22				21.1	Carb 212
Fat		32						0					9.1				8.7	Fat 78
Calories		582						476					279				229	Cal 2261
01/06/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						89.00
Time		1pm		3pm		5pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/07/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		1pm		3pm		5pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/08/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		12pm		4pm		6pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27		CREM		19	Pro 183
Carbs		33						56					22				30	Carb 199
Fat		32						9					9.1				2.5	Fat 74
Calories		582						482					279				220	Cal 2173
01/09/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						177.00
Time		1pm		4pm		8pm		8pm		10pm		12am						Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Totals

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			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
01/27/07	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		
				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
01/30/07	Meal 1			Meal 2				Meal 3				Meal 4			Meal 5		Meal 6	Totals			
Time	1pm			3pm				6pm				8pm			10pm		12am				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL	
				CREM	JRKY		ISOP								SOUR			PR24			
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
01/31/07	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%

Fat	32	16.5	9	5	9.1	2.5	Cal	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 CREM JRKY	LCPZ ISOP	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	
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 CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL 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 CREM JRKY	LCPZ ISOP	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	
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 CREM JRKY	RICE PNUT CHKN ISOP	PBAR V100 V50	ISOP POTA BUTT	PR24 COTT RCKE 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 CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL 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 CREM JRKY	LCPZ ISOP	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	
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 CREM JRKY	LPP ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE 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 CREM JRKY	LCPZ ISOP	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	
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 CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL 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 CREM JRKY	LCPZ ISOP	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	
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 CREM JRKY	LCPZ ISOP	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
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					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PPBG	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL		
				CREM	JRKY		ISOP						SOUR			PR24	V50			
Protien	39		35			48			35			27			17.5875			Pro	202	17.59 40%
Carbs	33		39			74			33			22			24.15			Carb	225	24.15 44%
Fat	32		16.5			0			15			9.1			8.8			Fat	81	2.60 16%
Calories	582		430			476			385			279			244			Cal	2396	46.00
02/28/07	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	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
03/01/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	12pm		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
03/02/07	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	ISOP	ISOP	PPBG	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL		
				CREM	JRKY		DX30						SOUR			PR24	V50			
Protien	39		35			48			35			27			17.5875			Pro	202	17.59 40%
Carbs	33		39			74			33			22			24.15			Carb	225	24.15 44%
Fat	32		16.5			0			15			9.1			8.8			Fat	81	2.60 16%
Calories	582		430			476			385			279			244			Cal	2396	46.00
03/03/07	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	ISOP	ISOP	PBAR	PIS2	EBET	ISOP	POTA	BUTT	V100	COTT	BLUL		
				CREM	JRKY								SOUR	SALD	ITAL	PR24	V50			
Protien	39		35			48			35			28			17.5875			Pro	203	18.59 41%
Carbs	33		39			44			28			28			24.15			Carb	196	4.85 40%
Fat	32		16.5			0			21			13.6			8.8			Fat	92	7.90 19%
Calories	582		430			364			415			354			244			Cal	2389	39.00
03/04/07	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		EBET		
Protien	39		35			44			19			27			32			Pro	196	12.00 41%
Carbs	33		39			56			19			22			35			Carb	204	3.00 42%
Fat	32		16.5			9			5			9.1			11.5			Fat	83	0.90 17%
Calories	582		430			482			180			279			370			Cal	2323	27.00
03/05/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	12pm		4pm			7pm			8pm			10pm			12am					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE		
				CREM	JRKY		DX30						SOUR			CREM				
Protien	39		35			48			22			27			19			Pro	190	6.00 39%
Carbs	33		39			74			23			22			30			Carb	221	20.00 46%
Fat	32		16.5			0			12			9.1			2.5			Fat	72	11.90 15%
Calories	582		430			476			265			279			220			Cal	2252	98.00

03/06/07	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		
03/07/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				Totals				
Time	1pm			3pm			6pm			8pm			10pm			12am							
What	GTR2	HB	HB	PR24	COTT	ALMD	DX30	ISOP	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE					
	ISOP	EBET	OIL	RCKE	CREM	JRKY							SOUR	SALD	ITAL	CREM							
Protien	39			35			48			22			28			19				Pro	191	7.00	38%
Carbs	72			47			32			23			28			30				Carb	232	31.00	47%
Fat	31			16.5			0			12			13.6			2.5				Fat	76	8.40	15%
Calories	712			460			316			265			354			220				Cal	2327	23.00	
03/08/07	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	ISOP	SALD	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT		RCKE				
				CREM	JRKY	EBET	ITAL						SOUR			CREM							
Protien	39			48			25			22			27			19			Pro	180	4.00	39%	
Carbs	33			44			49			23			22			30			Carb	201	0.00	43%	
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		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			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		
03/11/07	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	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			Totals					
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				Totals				
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			Totals					
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				Totals				
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			Totals					
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				Totals				
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							
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	

Time	1pm			3pm			5pm			8pm			11pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PC	SOYM	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY								SOUR			CREM				
Protien					35			44						27				19	Pro	213
Carbs					39			56						22				30	Carb	207
Fat					16.5			9						9.1				2.5	Fat	79
Calories					582			430						279				220	Cal	2363
03/18/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	BRCE	PNUT	ISOP	PIS2	PC	SOYM	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY		SALD	ITAL	STRA	STRA	STRA		SOUR			CREM				
Protien					35			29.7						27				19	Pro	184
Carbs					39			50.7						22				30	Carb	202
Fat					16.5			8.3						9.1				2.5	Fat	81
Calories					582			404						279				220	Cal	2254
03/19/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			12:00 AM			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PC2	SOYM	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY				EBET	STRA	STRA		SOUR			CREM	STRA			
Protien					39			61						27				19.7	Pro	212
Carbs					39			49						22				37.7	Carb	217
Fat					16.5			9						9.1				2.8	Fat	90
Calories					582			514						279				252	Cal	2481
03/20/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY								SOUR			CREM				
Protien					35			44						27				19	Pro	196
Carbs					39			56						22				30	Carb	204
Fat					16.5			9						9.1				2.5	Fat	83
Calories					582			482						279				220	Cal	2323
03/21/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12am			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	ORCT	Pro	Cal
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM				
Protien					35			44						27				19	Pro	202
Carbs					39			56						22				34	Carb	213
Fat					16.5			9						9.1				2.5	Fat	84
Calories					582			482						279				240	Cal	2395
03/22/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM				
Protien					35			44						27				19	Pro	202
Carbs					39			56						22				30	Carb	209
Fat					16.5			9						9.1				2.5	Fat	84
Calories					582			482						279				220	Cal	2375
03/23/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK2	PC	GTR2	ISOP	ISOP	COTT	ALMD	RCKE	PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
		SOYS	RAZB			EBET	CREM	JRKY		BLUB	BLKB	STRA	SOUR			CREM				
Protien					35.6			61						27				19	Pro	215
Carbs					45			49						22				30	Carb	216
Fat					29.3			9						9.1				2.5	Fat	81
Calories					576			514						279				220	Cal	2407
03/24/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY								SOUR			CREM				
Protien					39			44						27				19	Pro	196
Carbs					39			56						22				30	Carb	204
Fat					16.5			9						9.1				2.5	Fat	83
Calories					582			482						279				220	Cal	2323
03/25/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	GRAP	PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM				
Protien					39			44.7						27				19	Pro	202
Carbs					39			74						22				30	Carb	227
Fat					16.5			9.2						9.1				2.5	Fat	84
Calories					582			552						279				220	Cal	2445
03/26/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PC	SOYS	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY	EBET				BLUB	BLKB	RAZB	SOUR			CREM	STRA			
Protien					39			48						27				19.7	Pro	221
Carbs					33			44						22				37.7	Carb	215
Fat					32			0						9.1				2.8	Fat	90
Calories					582			580						279				252	Cal	2514
03/27/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PC	SOYS	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY	EBET				BLUB	BLKB	RAZB	SOUR			CREM				
Protien					39			48						27				19.7	Pro	221
Carbs					33			44						22				37.7	Carb	215
Fat					32			0						9.1				2.8	Fat	90
Calories					582			580						279				252	Cal	2514
03/28/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				

