

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 12pm	Meal 2 3pm	Meal 3 6pm	Meal 4 10pm	Meal 5 12am	Meal 6																
What	PROP ISOM	PROP SPK	OATS	LCPZ	COTT	COTT	GOLD	PROP	BROC		PROP	LCCF										
Protien	56.25			20				32			2			21		0						
Carbs	80.88			55				30			14			39		0						
Fat	3.6			9				10			3			7		0						
Calories	575			380				340			85			305		0						
Totals																	Pro 131 Carb 219 Fat 33 Cal 1685	52.75 34% 17.88 57% 51.40 9% 665.00				
11/05/06	Meal 1 12pm	Meal 2 2pm	Meal 3 4pm	Meal 4 5pm	Meal 5 7pm	Meal 6 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		
Totals																					Pro 119 Carb 226 Fat 36 Cal 1655	64.75 31% 24.88 59% 47.90 9% 695.00
11/06/06	Meal 1 10am	Meal 2 1pm	Meal 3 3pm	Meal 4 5pm	Meal 5 6pm-9pm	Meal 6 11pm																
What	PROP SPK	OATS	ISOM	LCPZ	BROC			POPC				LPP			POPC	BROC	CREM	LCPZ	PROP	LPP		
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		
Totals																					Pro 120 Carb 288 Fat 38 Cal 1895	63.75 27% 86.88 65% 46.40 8% 455.00
11/07/06	Meal 1 11am	Meal 2 2pm	Meal 3 4pm	Meal 4 6pm	Meal 5 11pm	Meal 6																
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		
Totals																					Pro 136 Carb 303 Fat 33 Cal 1997	47.75 29% 101.88 64% 50.90 7% 353.00
11/08/06	Meal 1 12pm	Meal 2 3pm	Meal 3 4pm	Meal 4 5pm	Meal 5 7pm	Meal 6																
What	EGG HB	EGG OIL	HB PROP	LCPZ				BROC	POPC			PROP	LCPZ		LCCF	COTT	COTT					
Protien	15							20			5			11			53			0		
Carbs	30							55			28			42			63			0		
Fat	32							9			6.5			6			17			0		
Calories	475							380			160			265			620			0		
Totals																					Pro 104 Carb 218 Fat 71 Cal 1900	80.00 26% 17.00 56% 13.50 18% 450.00
11/09/06	Meal 1 10am-1pm	Meal 2 2pm	Meal 3 4pm	Meal 4 6pm	Meal 5 8pm	Meal 6 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		
Totals																					Pro 178 Carb 308 Fat 50 Cal 2336	6.44 33% 107.13 58% 34.30 9% 14.00
11/10/06	Meal 1 10am	Meal 2 2pm	Meal 3 5pm	Meal 4 7pm	Meal 5 10pm	Meal 6 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		
Totals																					Pro 180 Carb 196 Fat 84 Cal 2227	4.16 39% 5.47 43% 0.00 18% 123.00
11/11/06	Meal 1 11am	Meal 2 3pm	Meal 3 5pm	Meal 4 7pm	Meal 5 9pm	Meal 6 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		
Totals																					Pro 204 Carb 212 Fat 69 Cal 2208	19.84 42% 11.03 44% 15.10 14% 142.00
11/12/06	Meal 1 12pm	Meal 2 3pm	Meal 3 5pm	Meal 4 6pm	Meal 5 8pm	Meal 6 10pm																
What	ISOP OIL	HB EGG	HB EGG	PROP ALMD	COTT JRKY	COTT JRKY	CREM CREM	RCKE RCKE	ISOP	JRKY			LCPZ	JRKY			COTT JRKY	CREM RCKE				
Protien	39							44			34			11			31			30		
Carbs	25							33			35			8			63			30		
Fat	32							19			0			1			10			3.5		
Calories	552							465			282			80			460			270		
Totals																					Pro 189 Carb 194 Fat 66 Cal 2109	5.00 42% 7.00 43% 18.50 15% 241.00
11/13/06	Meal 1 1pm	Meal 2	Meal 3 5pm	Meal 4 6pm	Meal 5 8pm	Meal 6 9pm																
What	ISOP OIL	HB EGG	HB EGG	PROP			ISOP GATR	ISOP	DX30	ALMD EGG	COTT	JRKY	ALMD	SPKB			LCPZ	ISOP				
Protien	39							0			48			6			44			44		
Carbs	25							6			67			22			27			56		
Fat	32							0			0			21.5			14.5			9		
Calories	552							25			446			415			250			482		
Totals																					Pro 174 Carb 203 Fat 77 Cal 2170	10.50 38% 2.00 45% 7.00 17% 180.00
11/14/06	Meal 1 11am	Meal 2 1pm	Meal 3 2pm	Meal 4 4pm	Meal 5 7pm-10pm	Meal 6 11pm																
What	GATR			HB EGG	HB EGG	OIL ISOP	COTT PROP	ALMD		CREM	RCKE	JRKY	ISOP SPKB	POP BROC	COTT	COTT	ISOP	LPP				
Protien	0							39			19			16			44			51		
Carbs	35							25			20			25			52			49		
Totals																					Pro 169 Carb 206	15.00 38% 5.00 46%

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 CREM JRKY	LCPZ ISOP	PBAR PIS2	ISOP POTA BUT2	PR24 COTT RCKE 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 CREM JRKY	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	PR24 COTT BROCC CREM				
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 CREM JRKY	ISOP POTA BUT2	PR24 COTT RCKE 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 CREM JRKY	LCPZ ISOP	GGCF POPC ISOP	COTT POTA BUT2	PR24 COTT 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	
12/11/06	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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT PTOP	PR24 COTT RCKE 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 CREM JRKY	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	PR24 COTT CREM				
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE 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 CREM JRKY	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	BROCC COTT CREM				
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
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	199	74	2173	
Carbs					39			56					19		22			30	199	199	74	2173	
Fat					16.5			9					5		9.1			2.5	74	199	74	2173	
Calories					582			430					180		279			220	177.00	199	74	2173	
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	200	77	2206	
Carbs					39			67					23		22			16.15	199	199	77	2206	
Fat					16.5			0					12		9.1			7.8	77	199	77	2206	
Calories					582			446					265		279			204	144.00	199	77	2206	
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	199	74	2173	
Carbs					39			56					19		22			30	199	199	74	2173	
Fat					16.5			9					5		9.1			2.5	74	199	74	2173	
Calories					582			430					180		279			220	177.00	199	74	2173	
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	197	78	2201	
Carbs					39			67					23		22			13.1	197	197	78	2201	
Fat					16.5			0					12		9.1			8.7	78	197	78	2201	
Calories					582			446					265		279			199	149.00	197	78	2201	
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	199	74	2173	
Carbs					39			56					19		22			30	199	199	74	2173	
Fat					16.5			9					5		9.1			2.5	74	199	74	2173	
Calories					582			430					180		279			220	177.00	199	74	2173	
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	199	74	2173	
Carbs					39			56					19		22			30	199	199	74	2173	
Fat					16.5			9					5		9.1			2.5	74	199	74	2173	
Calories					582			430					180		279			220	177.00	199	74	2173	
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	202	77	2253	
Carbs					39			56					19		22			30	202	202	77	2253	
Fat					16.5			9					5		9.1			2.5	77	202	77	2253	
Calories					662			430					180		279			220	97.00	202	77	2253	
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	197	78	2201	
Carbs					39			67					23		22			13.1	197	197	78	2201	
Fat					16.5			0					12		9.1			8.7	78	197	78	2201	
Calories					582			446					265		279			199	149.00	197	78	2201	
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	204	81	2238	
Carbs					39			62					40		4			26	204	204	81	2238	
Fat					16.5			9					5		7			11.6	81	204	81	2238	
Calories					582			507					357		85			277	112.00	204	81	2238	
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	199	74	2173	
Carbs					39			56					19		22			30	199	199	74	2173	
Fat					16.5			9					5		9.1			2.5	74	199	74	2173	
Calories					582			430					180		279			220	177.00	199	74	2173	
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	199	74	2173	
Carbs					39			56					19		22			30	199	199	74	2173	
Fat					16.5			9					5		9.1			2.5	74	199	74	2173	
Calories					582			430					180		279			220	177.00	199	74	2173	
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		CREM	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				5pm				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%

Carbs	33																		Carb	199	2.00	44%	
Fat	32																		Fat	74	9.90	16%	
Calories	582																		Cal	2173	177.00		
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				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
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				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
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				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
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				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
02/05/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																	
Time	2pm	4pm	6pm	8pm	10pm	1am																	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
02/06/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																	
Time	1pm	3pm	6pm	8pm	10pm	12am																	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals				
				CREM	JRKY		ISOP						SOUR			PR24	SPKB		Pro	189	4.72	38%	
Protien	39			35				48					22			17.725			39.1	Carb	230	29.10	46%
Carbs	33			39				74					23			22			10.2	Fat	80	4.20	16%
Fat	32			16.5				0					12			9.1			319	Cal	2351	1.00	
Calories	582			430				476					265			279							
02/07/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																	
Time	1pm	4pm	6pm	8pm	10pm	12am																	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
02/08/07	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				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
02/09/07	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	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals				
				CREM	JRKY		ISOP					SHRT	SOUR			PR24	V50		Pro	190	5.59	38%	
Protien	39			35				48					23			17.5875			24.15	Carb	231	30.15	46%
Carbs	33			39				74					39			22			8.8	Fat	81	2.60	16%
Fat	32			16.5				0					15			9.1			244	Cal	2376	26.00	
Calories	582			430				476					365			279							
02/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																	
Time	12pm																						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
02/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																	
Time	1pm	3pm	5pm	6pm	7pm	8pm																	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00	40%	
Protien	39			35				44					19			27			19	Carb	199	2.00	44%
Carbs	33			39				56					19			22			30	Fat	74	9.90	16%
Fat	32			16.5				9					5			9.1			2.5	Cal	2173	177.00	
Calories	582			430				482					180			279			220				
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							
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								
Time	12pm			3pm				6pm						8pm				10pm				12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP				PBAR				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								
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								
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								
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								
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								
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								
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								
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								
Time	1pm			3pm				6pm						8pm				10pm				12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCP																						

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	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			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					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
03/21/07	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					39			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					39			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			25.5						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			25.5						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				

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		BLUB	BLKB	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protein		39		CREM	EBET			44			34.7			27			CREM		19	Pro 201 16.70 41%
Carbs		33						56			25			22					30	Carb 202 1.00 41%
Fat		32			24.5			9			7.7			9.1					2.5	Fat 85 0.80 17%
Calories		582			500			482			297			279					220	Cal 2360 10.00
03/29/07		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			ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		39		CREM	EBET			44			19			27					19	Pro 185 1.00 40%
Carbs		33						56			19			22					30	Carb 196 5.00 42%
Fat		32			24.5			9			5			9.1					2.5	Fat 82 1.90 18%
Calories		582			500			482			180			279					220	Cal 2243 107.00
03/30/07		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		PBAR	SHRT		ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		39		CREM	EBET			44			20			27					19	Pro 186 2.00 39%
Carbs		33						56			35			22					30	Carb 212 11.00 44%
Fat		32			24.5			9			8			9.1					2.5	Fat 85 1.10 18%
Calories		582			500			482			280			279					220	Cal 2343 7.00
03/31/07		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	ALMD	RCKE	DX30	ISOP		BEEF	ZONE	BLKB	ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		39		CREM	EBET		PR24			SOYM	RAZB	BLUB	SOUR	PCAKE	BCAKE	CREM			19	Pro 215 30.70 41%
Carbs		33						48			42.7			29					30	Carb 213 12.00 41%
Fat		32			24.5			0			16.7			17.6					2.5	Fat 93 9.30 18%
Calories		582			500			346			457			419					220	Cal 2524 174.00
04/01/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		12pm		3pm		5pm		8pm		10pm		12am								Totals
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		PC	RAZB	RAZB	CREM	JRKY	SOYM	RAZB	BLUB				SOUR			CREM			19	Pro 181 3.10 39%
Carbs		38.2						42.7			19			27					30	Carb 204 3.00 44%
Fat		55			39			39			19			22					30	Fat 76 8.10 16%
Calories		26.1			16.5			16.7			5			9.1					2.5	Cal 2168 182.00
04/02/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		12pm		3pm		5pm		8pm		10pm		12am								Totals
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		PC	RAZB	RAZB	CREM	JRKY	SOYM	RAZB	BLUB				SOUR			CREM			19	Pro 184 0.10 39%
Carbs		38.2						42.7			22			27					30	Carb 208 7.00 44%
Fat		55			39			39			23			22					30	Fat 83 1.10 17%
Calories		26.1			16.5			16.7			12			9.1					2.5	Cal 2253 97.00
04/03/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		12pm		3pm		5pm		9pm		10pm		12am								Totals
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	ALMD	BCAKE	SOYS	PC	RAZB	PR24	COTT	RCKE		
Protein		PC	RAZB	RAZB	CREM	JRKY				PR24						CREM			19	Pro 195 10.80 38%
Carbs		38.2						44			25			33.6					30	Carb 235 34.00 46%
Fat		55			39			56			42			13					30	Fat 83 1.10 16%
Calories		26.1			16.5			9			21.5			7.3					2.5	Cal 2410 60.00
04/04/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		9am		12pm		3pm		5pm		7pm		10pm								Totals
What	PR24	BRK1	ISOP	DX30	ISOP	ISOP	COTT	ALMD	RCKE	PBAR	ALMD	BCAKE	ISOP	PCAKE	PCAKE	PR24	COTT	RCKE		
Protein		PR24		PR24			CREM	JRKY		ROKE			PCAKE	BCAKE	PCAKE	CREM			19	Pro 195 11.00 39%
Carbs		39						48			26			28					30	Carb 215 14.00 43%
Fat		33						40			45			28					30	Fat 91 7.00 18%
Calories		32						16.5			21.5			18.5					2.5	Cal 2430 80.00
04/05/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		9am		12pm		3pm		5pm		8pm		11pm								Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	ZONE	BLKB	PBAR	BCAKE		ISOP	PCAKE	PCAKE	PR24	COTT	RCKE		
Protein		PR24		CREM	JRKY		SOYM	RAZB	BLUB	PNUT	JCHZ		PCAKE	BCAKE		CREM			19	Pro 188 3.70 39%
Carbs		39						40.7			26			28					30	Carb 198 3.00 41%
Fat		33						39			29			28					30	Fat 96 11.70 20%
Calories		32						16.5			17			18.5					2.5	Cal 2376 26.00
04/06/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		10am		1pm		3pm		5pm		8pm		11pm								Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PC	ZONE	BLKB	PBAR	PCAKE	PCAKE	ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		PR24		CREM	JRKY		SOYM	STRA	BLUB	BCAKE	DX20	ISOP	SOUR			CREM			19	Pro 212 27.80 40%
Carbs		39						45.8			46			27					30	Carb 228 26.70 43%
Fat		33						39			60			22					30	Fat 91 7.30 17%
Calories		32						16.5			18.5			9.1					2.5	Cal 2521 171.00
04/07/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		9am		12pm		3pm		5pm		8pm		10pm								Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protein		PR24		CREM	JRKY								SOUR			CREM			19	Pro 196 12.00 41%
Carbs		39						44			32			27					30	Carb 204 3.00 42%
Fat		33						56			24			22					30	Fat 83 0.90 17%
Calories		32						16.5			14			9.1					2.5	Cal 2323 27.00
04/08/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								
Time		10am		12pm		3pm		5pm		8pm		11pm								Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PC	ZONE	BLKB	PBAR	EBET		ISOP	POTA	BUTT					

Protien	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Pro	0	184.00	
Carbs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Carb	0	201.00	
Fat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Fat	0	84.00	
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Cal	0	2350.00	
04/20/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time																					
What																					
Protien	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Pro	0	184.00	
Carbs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Carb	0	201.00	
Fat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Fat	0	84.00	
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Cal	0	2350.00	
04/21/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
Time	12pm			3pm			5pm														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	BEEF	PNUT	PBAR			ISOP	PCAKE	PCAKE	PR24	COTT	RCKE			
				CREM	EBET		ZONE	SOYM	GRAP				PCAKE	BCAKE		CREM					
Protien	39			37			64.7			19			28			19			Pro	207	22.70 42%
Carbs	33			36			43			19			28			30			Carb	189	12.00 38%
Fat	32			24.5			19.2			5			18.5			2.5			Fat	102	17.70 20%
Calories	582			500			595			180			402			220			Cal	2479	129.00