

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						
								Pro	131	52.75	34%	
								Carb	219	17.88	57%	
								Fat	33	51.40	9%	
								Cal	1685	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						
								Pro	119	64.75	31%	
								Carb	226	24.88	59%	
								Fat	36	47.90	9%	
								Cal	1655	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	LCMB	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						
								Pro	120	63.75	27%	
								Carb	288	86.88	65%	
								Fat	38	46.40	8%	
								Cal	1895	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						
								Pro	136	47.75	29%	
								Carb	303	101.88	64%	
								Fat	33	50.90	7%	
								Cal	1997	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	3.2	9	6.5	6	17	0						
Calories	475	380	160	265	620	0						
								Pro	104	80.00	26%	
								Carb	218	17.00	56%	
								Fat	71	13.50	18%	
								Cal	1900	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
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						
								Pro	178	6.44	33%	
								Carb	308	107.13	58%	
								Fat	50	34.30	9%	
								Cal	2336	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
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						
								Pro	180	4.16	39%	
								Carb	196	5.47	43%	
								Fat	84	0.00	18%	
								Cal	2227	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	ALMD	HB ISOP	HB JRKY	OIL	BROC	POPC	V100	V50
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						
								Pro	204	19.84	42%	
								Carb	212	11.03	44%	
								Fat	69	15.10	14%	
								Cal	2208	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	CREM CREM	RCKE RCKE	ISOP	JRKY	LCPZ	JRKY
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						
								Pro	189	5.00	42%	
								Carb	194	7.00	43%	
								Fat	66	18.50	15%	
								Cal	2109	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	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB
Protien	39	0	48	36.5	6	44						
Carbs	25	6	67	22	27	56						
Fat	32	0	0	21.5	14.5	9						
Calories	552	25	446	415	250	482						
								Pro	174	10.50	38%	
								Carb	203	2.00	45%	
								Fat	77	7.00	17%	
								Cal	2170	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	COTT PROP	ALMD	CREM	RCKE	JRKY	ISOP	SPKB	POP
Protien	0	39	19	16	44	51						
Carbs	35	25	20	25	52	49						
								Pro	169	15.00	38%	
								Carb	206	5.00	46%	

Fat	0		32		15.5		1		10.5		9.5		Cal	69	15.50	15%	
Calories	130		552		285		170		452		482		Cal	2071	279.00		
<b>11/15/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	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		
<b>11/16/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	12pm		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		
<b>11/17/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	12pm		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		
<b>11/18/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	12pm		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		6		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		
<b>11/19/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	12pm		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		
<b>11/20/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	1pm		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		
<b>11/21/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	11am		2pm		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		
<b>11/22/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	11am		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		
<b>11/23/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	11am		4pm		ThanksGiving Meal		10pm										
What	BRK1	PROP		COTT				SPKB	ISOP								
Protien	15		14		0		25		0		0		Pro	54	130.00	38%	
Carbs	30		5		0		19		0		0		Carb	54	147.00	38%	
Fat	32		2.5		0		1.5		0		0		Fat	36	48.00	25%	
Calories	475		100		1000		192		0		0		Cal	1767	583.00		
<b>11/24/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	11am		1pm		3pm		5pm		8pm		11pm						
What	PROP	BRK1	ISOP	COTS	ALMD	RCKE	PBAR		LPP	ISOP		LPP	ISOP		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		
<b>11/25/06</b>	<b>Meal 1</b>		<b>Meal 2</b>		<b>Meal 3</b>		<b>Meal 4</b>		<b>Meal 5</b>		<b>Meal 6</b>		<b>Totals</b>				
Time	11am		1pm		6pm		8pm		10pm		12am						
What	PROP	BRK1	ISOP	COTS	ALMD	JRKY	LCPZ	ISOP	ISOP	POPC	EGG	ISOP	SPKB		PROP	COTS	RCKE
				RCKE	CREM				BROC						CREM		
Protien	39		35		44		35.5		25		19		Pro	198	13.50	41%	
Carbs	31		40		56		29		19		29		Carb	204	3.00	43%	
Fat	32		18.5		9		11.5		1.5		4.5		Fat	77	7.00	16%	

Calories	577			450			482			337			192			235			Cal	2273	77.00	
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				
				CREM	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						

<b>12/07/06</b>	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	
<b>12/08/06</b>	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am		3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	BROC			
				CREM	JRKY		ISOP														
Protien	39		35			48			22			26			16			Pro	186	2.00	40%
Carbs	33		39			67			23			19			21			Carb	202	1.00	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	
<b>12/09/06</b>	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm		3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	PBAR	PIS2		LCPZ	ISOP		COTT	ALMD	RCKE	ISOP	POTA	BUT2	PR24	COTT	RCKE			
										CREM	JRKY					CREM					
Protien	39		22			44			35			26			19			Pro	185	1.00	40%
Carbs	33		23			56			39			19			30			Carb	200	1.00	43%
Fat	32		12			9			16.5			4.6			2.5			Fat	77	7.40	17%
Calories	582		265			482			430			224			220			Cal	2203	147.00	
<b>12/10/06</b>	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	
<b>12/11/06</b>	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	
<b>12/12/06</b>	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	
<b>12/13/06</b>	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	
<b>12/14/06</b>	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	
<b>12/15/06</b>	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	BROC	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	
<b>12/16/06</b>	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	
<b>12/17/06</b>	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	
<b>12/18/06</b>	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	

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					19	183	1.00	40%			
Carbs					39			56				19					30	199	2.00	44%			
Fat					16.5			9				5					2.5	74	9.90	16%			
Calories					582			430				482					220	2173	177.00				
<b>12/19/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					17.5875	189	4.59	40%			
Carbs					39			67				23					16.15	200	0.85	43%			
Fat					16.5			0				12					7.8	77	6.60	17%			
Calories					582			446				265					204	2206	144.00				
<b>12/20/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					19	183	1.00	40%			
Carbs					39			56				19					30	199	2.00	44%			
Fat					16.5			9				5					2.5	74	9.90	16%			
Calories					582			430				482					220	2173	177.00				
<b>12/21/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					16.725	188	3.72	41%			
Carbs					39			67				23					13.1	197	3.90	43%			
Fat					16.5			0				12					8.7	78	5.70	17%			
Calories					582			430				446					199	2201	149.00				
<b>12/22/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					19	183	1.00	40%			
Carbs					39			56				19					30	199	2.00	44%			
Fat					16.5			9				5					2.5	74	9.90	16%			
Calories					582			430				482					220	2173	177.00				
<b>12/23/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					19	183	1.00	40%			
Carbs					39			56				19					30	199	2.00	44%			
Fat					16.5			9				5					2.5	74	9.90	16%			
Calories					582			430				482					220	2173	177.00				
<b>12/24/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					19	193	9.00	41%			
Carbs					39			56				19					30	202	1.00	43%			
Fat					16.5			9				5					2.5	77	6.90	16%			
Calories					662			430				482					220	2253	97.00				
<b>12/25/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					16.725	188	3.72	41%			
Carbs					39			67				23					13.1	197	3.90	43%			
Fat					16.5			0				12					8.7	78	5.70	17%			
Calories					582			430				446					199	2201	149.00				
<b>12/26/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					17	181	3.00	39%			
Carbs					39			62				40					26	204	3.00	44%			
Fat					16.5			9				5					11.6	81	2.90	17%			
Calories					582			430				507					277	2238	112.00				
<b>12/27/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					19	183	1.00	40%			
Carbs					39			56				19					30	199	2.00	44%			
Fat					16.5			9				5					2.5	74	9.90	16%			
Calories					582			430				482					220	2173	177.00				
<b>12/28/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							
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					19	183	1.00	40%			
Carbs					39			56				19					30	199	2.00	44%			
Fat					16.5			9				5					2.5	74	9.90	16%			
Calories					582			430				482					220	2173	177.00				
<b>12/29/06</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>							

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR	27			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			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			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			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
Protien		39		CREM	JRKY		ISOP						SOUR	27		PR24	16.725	Pro 188
Carbs		33						48						22			21.1	Carb 212
Fat		32						74						23			2.1	Fat 78
Calories		582						0						12			8.7	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			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			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
Protien		39		CREM	JRKY		ISOP						SOUR	27		PR24	16.725	Pro 188
Carbs		33						48						22			21.1	Carb 212
Fat		32						74						23			2.1	Fat 78
Calories		582						0						12			8.7	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			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			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			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				CREM	JRKY			ISOP						SOUR			PR24			
Protien		39			35			48						27				16.725		Pro 188 3.72 39%
Carbs		33			39			74						22				21.1		Carb 212 11.10 44%
Fat		32			16.5			0						9.1				8.7		Fat 78 5.70 16%
Calories		582			430			476						279				229		Cal 2261 89.00
01/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	5pm	8pm	10pm	12am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	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		
01/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	7pm	8pm	10pm	12am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PR24	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
				CREM	JRKY								SOUR			CREM			Pro 183 1.00 39%	
Protien		39			35			44					19		27			19		Carb 207 6.00 45%
Carbs		33			39			64					19		22			30		Fat 74 9.90 16%
Fat		32			16.5			9					5		9.1			2.5		Cal 2203 147.00
Calories		582			430			512					180		279			220		
01/12/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	5pm	8pm	10pm	12am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	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		
01/13/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	7pm	8pm	11pm	1am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals	
				CREM	JRKY		ISOP						SOUR			PR24			Pro 188 3.72 39%	
Protien		39			35			48					27					16.725		Carb 212 11.10 44%
Carbs		33			39			74					22					21.1		Fat 78 5.70 16%
Fat		32			16.5			0					9.1					8.7		Cal 2261 89.00
Calories		582			430			476					279					229		
01/14/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	5pm	8pm	10pm	12am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	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		
01/15/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	5pm	8pm	10pm	12am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			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		
01/16/07	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	ISOP	ISOP	PBAR	PIS2	SHRT	ISOP	POTA	BUTT	V100	COTT	BLUL	Totals	
				CREM	JRKY								SOUR			PR24			Pro 189 4.72 40%	
Protien		39			35			48					23		27			16.725		Carb 198 2.90 42%
Carbs		33			39			44					39		22			21.1		Fat 81 2.70 17%
Fat		32			16.5			0					15		9.1			8.7		Cal 2249 101.00
Calories		582			430			364					365		279			229		
01/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	12pm	3pm	5pm	8pm	10pm	1am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PR24	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
				CREM	JRKY								SOUR			CREM			Pro 183 1.00 39%	
Protien		39			35			44					19		27			19		Carb 207 6.00 45%
Carbs		33			39			64					19		22			30		Fat 74 9.90 16%
Fat		32			16.5			9					5		9.1			2.5		Cal 2203 147.00
Calories		582			430			512					180		279			220		
01/18/07	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	PR24	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
				CREM	JRKY								SOUR			CREM			Pro 183 1.00 39%	
Protien		39			35			44					19		27			19		Carb 206 6.00 45%
Carbs		33			39			64					19		22			30		Fat 74 9.90 16%
Fat		32			16.5			9					5		9.1			2.5		Cal 2203 147.00
Calories		582			430			512					180		279			220		
01/19/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	5pm	8pm	10pm	12am														
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	COTT	RCKE	CREM	Totals	
				CREM	JRKY		ISOP						SOUR			PR24			Pro 179 5.00 39%	
Protien		39			24			48					27					19		Carb 206 5.00 45%
Carbs		33			31			67					23		22			30		Fat 71 12.90 16%
Fat		32			15.5			0					12		9.1			2.5		Cal 2142 208.00
Calories		582			350			446					265		279			220		
01/20/07	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				

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		44		48		22		27	16.725	Pro	188	3.72	39%		
Carbs	33		39		56		74		23		22	21.1	Carb	212	11.10	44%		
Fat	32		16.5		9		0		12		9.1	8.7	Fat	78	5.70	16%		
Calories	582		430		476		265		279		229	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		44		48		22		27	16.725	Pro	188	3.72	39%		
Carbs	33		39		56		74		23		22	21.1	Carb	212	11.10	44%		
Fat	32		16.5		9		0		12		9.1	8.7	Fat	78	5.70	16%		
Calories	582		430		476		265		279		229	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		44		48		22		27	16.725	Pro	188	3.72	39%		
Carbs	33		39		56		74		23		22	21.1	Carb	212	11.10	44%		
Fat	32		16.5		9		0		12		9.1	8.7	Fat	78	5.70	16%		
Calories	582		430		476		265		279		229	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				39					56					19					22				30	Carb	199	2.00	44%				
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/01/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	2pm				4pm					6pm					8pm						10pm				12am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/02/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	2pm				4pm					6pm					8pm						10pm				12am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/03/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	3pm				4pm					6pm					8pm						10pm				3am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/04/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	3pm				4pm					6pm					8pm						10pm				1am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/05/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	2pm				4pm					6pm					8pm						10pm				1am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/06/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	1pm				3pm					6pm					8pm						10pm				12am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	DX30	ISOP				PBAR	PIS2					ISOP	POTA	BUTT		V100	COTT	BLUL						
					CREM	JRKY		ISOP												SOUR				PR24	SPKB							
Protien	39				35					48					22						27				17.725	Pro	189	4.72	38%			
Carbs	33				39					74					23						22				39.1	Carb	230	29.10	46%			
Fat	32				16.5					0					12						9.1				10.2	Fat	80	4.20	16%			
Calories	582				430					476					265						279				319	Cal	2351	1.00				
<b>02/07/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	1pm				4pm					6pm					8pm						10pm				12am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/08/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	2pm				4pm					6pm					8pm						10pm				12am							
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR						ISOP	POTA	BUTT		PR24	COTT	RCKE						
					CREM	JRKY														SOUR				CREM								
Protien	39				35					44					19						27				19	Pro	183	1.00	40%			
Carbs	33				39					56					19						22				30	Carb	199	2.00	44%			
Fat	32				16.5					9					5						9.1				2.5	Fat	74	9.90	16%			
Calories	582				430					482					180						279				220	Cal	2173	177.00				
<b>02/09/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	1pm				3pm					6pm					8pm						10pm				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					23						27				17.5875	Pro	190	5.59	38%			
Carbs	33				39					74					39						22				24.15	Carb	231	30.15	46%			
Fat	32				16.5					0					15						9.1				8.8	Fat	81	2.60	16%			
Calories	582				430					476					365						279				244	Cal	2376	26.00				
<b>02/10/07</b>	<b>Meal 1</b>	<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>															
Time	12pm																															

Fat	32			16.5				9					5				9.1		2.5		Fat	74	9.90	16%	
Calories	582			430				482					180				279		220		Cal	2173	177.00		
<b>02/12/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	12pm			3pm				5pm					8pm				10pm		12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals	
				CREM	JRKY											SOUR			CREM						
Protien	39			35				44					19			27			19			Pro	183	1.00	40%
Carbs	33			39				56					19			22			30			Carb	199	2.00	44%
Fat	32			16.5				9					5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430				482					180			279			220			Cal	2173	177.00	
<b>02/13/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
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			Totals	
				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	
<b>02/14/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	12pm			3pm				5pm					8pm				10pm		12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals	
				CREM	JRKY											SOUR			CREM						
Protien	39			35				44					19			27			19			Pro	183	1.00	40%
Carbs	33			39				56					19			22			30			Carb	199	2.00	44%
Fat	32			16.5				9					5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430				482					180			279			220			Cal	2173	177.00	
<b>02/15/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
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			Totals	
				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	
<b>02/16/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
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			Totals	
				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	
<b>02/17/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	12pm			4pm				7pm																	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals	
				CREM	JRKY											SOUR			CREM						
Protien	39			35				44					19			27			19			Pro	183	1.00	40%
Carbs	33			39				56					19			22			30			Carb	199	2.00	44%
Fat	32			16.5				9					5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430				482					180			279			220			Cal	2173	177.00	
<b>02/18/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	12pm			3pm				5pm					8pm				10m		12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LPP	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals	
				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	
<b>02/19/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	12pm			3pm				5pm					8pm				10pm		12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals	
				CREM	JRKY											SOUR			CREM						
Protien	39			35				44					19			27			19			Pro	183	1.00	40%
Carbs	33			39				56					19			22			30			Carb	199	2.00	44%
Fat	32			16.5				9					5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430				482					180			279			220			Cal	2173	177.00	
<b>02/20/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
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			Totals	
				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	
<b>02/21/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	1pm			3pm				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						
Protien	39			35				44					19			27			19			Pro	183	1.00	40%
Carbs	33			39				56					19			22			30			Carb	199	2.00	44%
Fat	32			16.5				9					5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430				482					180			279			220			Cal	2173	177.00	
<b>02/22/07</b>	<b>Meal 1</b>			<b>Meal 2</b>				<b>Meal 3</b>					<b>Meal 4</b>				<b>Meal 5</b>		<b>Meal 6</b>						
Time	12am			3pm				5pm					8pm				10pm		12						

Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL				
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
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE						
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE						
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE						
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PPBG	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL				
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
Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE						
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			4pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE						
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PPBG	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL				
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
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2	EBET	ISOP	POTA	BUTT	V100	COTT	BLUL			
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
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE						
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
Time	12pm			4pm			7pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	PR24	COTT	RCKE				
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



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
<b>03/18/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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					33			50.7						22				30	Carb	202
Fat					32			8.3						9.1				2.5	Fat	81
Calories					582			404						279				220	Cal	2254
<b>03/19/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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					33			49						22				37.7	Carb	217
Fat					32			9						9.1				2.8	Fat	90
Calories					582			514						279				252	Cal	2481
<b>03/20/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	ISOP	PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal
				CREM	JRKY								SOUR			CREM				
Protien					39			44						27				19	Pro	196
Carbs					33			56						22				30	Carb	204
Fat					32			9						9.1				2.5	Fat	83
Calories					582			482						279				220	Cal	2323
<b>03/21/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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					33			56						22				34	Carb	213
Fat					32			9						9.1				2.5	Fat	84
Calories					582			482						279				240	Cal	2395
<b>03/22/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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					33			56						22				30	Carb	209
Fat					32			9						9.1				2.5	Fat	84
Calories					582			482						279				220	Cal	2375
<b>03/23/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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
<b>03/24/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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					33			56						22				30	Carb	204
Fat					32			9						9.1				2.5	Fat	83
Calories					582			482						279				220	Cal	2323
<b>03/25/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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					33			74						22				30	Carb	227
Fat					32			9.2						9.1				2.5	Fat	84
Calories					582			552						279				220	Cal	2445
<b>03/26/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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			364						279				252	Cal	2514
<b>03/27/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				
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			364						279				252	Cal	2514
<b>03/28/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>				

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			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	
Time		1pm			3pm			5pm			8pm			10pm			12am		Totals			
Protein		39		CREM	EBET			44		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	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	
Time		12pm			3pm			5pm			8pm			10pm			12am		Totals			
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	
Time		1pm			3pm			6pm			8pm			10pm			12am		Totals			
Protein		39		CREM	EBET		DX30	ISOP		BEEF	ZONE	BLKB	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	215	30.70	41%
Carbs		33					PR24			SOYM	RAZB	BLUB	ISOP	PCAKE	BCAKE	CREM			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	
Time		12pm			3pm			5pm			8pm			10pm			12am		Totals			
Protein		38.2		CREM	JRKY		BEEF	ZONE	BLKB	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	181	3.10	39%
Carbs		55					SOYM	RAZB	BLUB				ISOP			CREM			Carb	204	3.00	44%
Fat		26.1			16.5			16.7			5			9.1			2.5		Fat	76	8.10	16%
Calories		602			430			457			180			279			220		Cal	2168	182.00	
Time		12pm			3pm			5pm			8pm			10pm			12am		Totals			
Protein		38.2		CREM	JRKY		BEEF	ZONE	BLKB	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	184	0.10	39%
Carbs		55					SOYM	RAZB	BLUB				ISOP			CREM			Carb	208	7.00	44%
Fat		26.1			16.5			16.7			12			9.1			2.5		Fat	83	1.10	17%
Calories		602			430			457			265			279			220		Cal	2253	97.00	
Time		9am			12pm			3pm			5pm			7pm			10pm		Totals			
Protein		39		CREM	JRKY		COTT	ALMD	RCKE	PBAR	ALMD	BCAKE	ISOP	PCAKE	PCAKE	PR24	COTT	RCKE	Pro	195	10.80	38%
Carbs		33					PR24			ROKE			ISOP	PCAKE	PCAKE	CREM			Carb	235	34.00	46%
Fat		32			0			16.5			21.5			7.3			2.5		Fat	83	1.10	16%
Calories		582			346			430			430			246			220		Cal	2410	60.00	
Time		9am			12pm			3pm			5pm			7pm			10pm		Totals			
Protein		39		CREM	JRKY		CHKN	ZONE	BLKB	PBAR	BCAKE		ISOP	PCAKE	PCAKE	PR24	COTT	RCKE	Pro	188	3.70	39%
Carbs		33					SOYM	RAZB	BLUB	PNUT	JCHZ		ISOP	PCAKE	PCAKE	CREM			Carb	198	3.00	41%
Fat		32			16.5			9.2			17			18.5			2.5		Fat	96	11.70	20%
Calories		582			430			377			365			402			220		Cal	2376	26.00	
Time		10am			1pm			3pm			5pm			8pm			11pm		Totals			
Protein		39		CREM	JRKY		PC	ZONE	BLKB	PBAR	PCAKE	PCAKE	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	212	27.80	40%
Carbs		33					SOYM	STRA	BLUB	BCAKE	DX20	ISOP	ISOP			CREM			Carb	228	26.70	43%
Fat		32			16.5			12.7			60			9.1			2.5		Fat	91	7.30	17%
Calories		582			430			433			577			279			220		Cal	2521	171.00	
Time		9am			12pm			3pm			5pm			8pm			10pm		Totals			
Protein		39		CREM	JRKY		LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	196	12.00	41%
Carbs		33						44			32			27			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	
Time		10am			12pm			3pm			5pm			8pm			11pm		Totals			
Protein		39		CREM	JRKY		PC	ZONE	BLKB	PBAR	EBET	PC	ISOP	POTA	BUTT				Pro	196	12.00	41%
Carbs		33						45.8			46			27			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	
Time		10am			12pm			3pm			5pm			8pm			11pm		Totals			



