

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	Totals													
What	PROP ISOM	PROP SPK	OATS	LCPZ	COTT	COTT	GOLD	PROP	BROC		PROP	LCCF								
Protien	56.25	20			32			2			21		0	Pro	131					
Carbs	80.88	55			30			14			39		0	Carb	219					
Fat	3.6	9			10			3			7		0	Fat	33					
Calories	575	380			340			85			305		0	Cal	1685					
															665.00					
11/05/06	Meal 1 12pm	Meal 2 2pm	Meal 3 4pm	Meal 4 5pm	Meal 5 7pm	Meal 6 12am	Totals													
What	PROP SPK	OATS	ISOM	LCPZ			BROC			COTT	COTT	GOLD	BROC	POPC		PROP	LPP			
Protien	56.25			11				2			32		5		13	Pro	119		64.75	
Carbs	74.88			36				8			30		28		49	Carb	226		24.88	
Fat	3.6			6				3			10		6.5		7	Fat	36		47.90	
Calories	550			240				60			340		160		305	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	Totals													
What	PROP SPK	OATS	ISOM	LCPZ	BROC		POPC			LPP			POPC	BROC	CREM	LCMB	PROP			
Protien	56.25			22				3			13		10			16	Pro	120		63.75
Carbs	74.88			63				20			43		45			42	Carb	288		86.88
Fat	3.6			12				3.5			7		6.5			5	Fat	38		46.40
Calories	550			440				100			280		250			275	Cal	1895		455.00
11/07/06	Meal 1 11am	Meal 2 2pm	Meal 3 4pm	Meal 4 6pm	Meal 5 11pm	Meal 6	Totals													
What	PROP SPK	OATS	ISOM	LCPZ			POPC	ISOP	CREM	GATR	LPP		PROP	LPP	BROC					
Protien	56.25			20				32			13		15		0	Pro	136		47.75	
Carbs	74.88			55				38			78		57		0	Carb	303		101.88	
Fat	3.6			9				3.5			7		10		0	Fat	33		50.90	
Calories	550			380				292			410		365		0	Cal	1997		353.00	
11/08/06	Meal 1 12pm	Meal 2 3pm	Meal 3 4pm	Meal 4 5pm	Meal 5 7pm	Meal 6	Totals													
What	EGG HB	EGG OIL	HB PROP	LCPZ			BROC	POPC		PROP	LCPZ		LCCF	COTT	COTT					
Protien	15			20				5			11		53		0	Pro	104		80.00	
Carbs	30			55				28			42		63		0	Carb	218		17.00	
Fat	32			9				6.5			6		17		0	Fat	71		13.50	
Calories	475			380				160			265		620		0	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	Totals													
What	TSND		GATR	OATS	ISOM	SPK	LCPZ			GATR	DX30	ISOP	V100	V100	V50	PROP	COTT			
Protien	19			56.25			20				48		20.3125		14	Pro	178		6.44	
Carbs	72			68.88			55				67		34.25		11	Carb	308		107.13	
Fat	16			3.6			9				0		18.6		2.5	Fat	50		34.30	
Calories	490			525			380				446		370		125	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	Totals													
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	Pro	180		4.16	
Carbs	74.88			24			28.65			25			17		26	Carb	196		5.47	
Fat	3.6			32			9.4			3			14		22	Fat	84		0.00	
Calories	550			450			333			150			240		504	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	Totals													
What	PROP SPK	OATS	ISOM	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	Pro	204		19.84	
Carbs	74.88			27			33			28		17.15			32	Carb	212		11.03	
Fat	3.6			19			23			6.5		1.3			15.5	Fat	69		15.10	
Calories	550			440			482			160		124			452	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	Totals													
What	ISOP OIL	HB EGG	HB EGG	PROP ALMD	COTT JRKY	COTT	CREM CREM	RCKE RCKE	ISOP	JRKY			LCPZ	JRKY		COTT JRKY	CREM RCKE			
Protien	39			44				34			11		31		30	Pro	189		5.00	
Carbs	25			33				35			8		63		30	Carb	194		7.00	
Fat	32			19				0			1		10		3.5	Fat	66		18.50	
Calories	552			465				282			80		460		270	Cal	2109		241.00	
11/13/06	Meal 1 1pm	Meal 2	Meal 3 5pm	Meal 4 6pm	Meal 5 8pm	Meal 6 9pm	Totals													
What	ISOP OIL	HB EGG	HB EGG	PROP			ISOP GATR	ISOP	DX30	ALMD EGG	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP			
Protien	39			0				48			36.5		6		44	Pro	174		10.50	
Carbs	25			6				67			22		27		56	Carb	203		2.00	
Fat	32			0				0			21.5		14.5		9	Fat	77		7.00	
Calories	552			25				446			415		250		482	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	Totals													
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	Pro	169		15.00
Carbs	35			25				20			25		52			49	Carb	206		5.00

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		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		
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	203	1.00	44%
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						

12/07/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am		2pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE			
				CREM	JRKY											CREM					
Protien	39		35			44			22			26			19			Pro	185	1.00	40%
Carbs	33		39			56			23			19			30			Carb	200	1.00	43%
Fat	32		16.5			9			12			4.6			2.5			Fat	77	7.40	17%
Calories	582		430			482			265			224			220			Cal	2203	147.00	
12/08/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am		3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	BROC			
				CREM	JRKY		ISOP														
Protien	39		35			48			22			26			16			Pro	186	2.00	40%
Carbs	33		39			67			23			19			21			Carb	202	1.00	43%
Fat	32		16.5			0			12			9.1			5.5			Fat	75	8.90	16%
Calories	582		430			446			265			259			190			Cal	2172	178.00	
12/09/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm		3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	PBAR	PIS2		LCPZ	ISOP		COTT	ALMD	RCKE	ISOP	POTA	BUT2	PR24	COTT	RCKE			
										CREM	JRKY					CREM					
Protien	39		22			44			35			26			19			Pro	185	1.00	40%
Carbs	33		23			56			39			19			30			Carb	200	1.00	43%
Fat	32		12			9			16.5			4.6			2.5			Fat	77	7.40	17%
Calories	582		265			482			430			224			220			Cal	2203	147.00	
12/10/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am		2pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		GGCF	POPC	ISOP	COTT	POTA	BUT2	PR24	COTT				
				CREM	JRKY																
Protien	39		35			44			33			16			14			Pro	181	3.00	39%
Carbs	33		39			56			39			23			13			Carb	203	2.00	44%
Fat	32		16.5			9			11			7.1			2.5			Fat	78	5.90	17%
Calories	582		430			482			352			222			130			Cal	2198	152.00	
12/11/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm		3pm			5pm			8pm			9pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY								PTOP			CREM					
Protien	39		35			44			19			28			19			Pro	184	0.00	40%
Carbs	33		39			56			19			23			30			Carb	200	1.00	44%
Fat	32		16.5			9			5			10.1			2.5			Fat	75	8.90	16%
Calories	582		430			482			180			284			220			Cal	2178	172.00	
12/12/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm		3pm			6pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT				
				CREM	JRKY		ISOP						SOUR								
Protien	39		35			48			22			27			14			Pro	185	1.00	41%
Carbs	33		39			67			23			22			13			Carb	197	4.00	43%
Fat	32		16.5			0			12			9.1			2.5			Fat	72	11.90	16%
Calories	582		430			446			265			279			130			Cal	2132	218.00	
12/13/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm		3pm			6pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY								SOUR			CREM					
Protien	39		35			44			19			27			19			Pro	183	1.00	40%
Carbs	33		39			56			19			22			30			Carb	199	2.00	44%
Fat	32		16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582		430			482			180			279			220			Cal	2173	177.00	
12/14/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm		3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT		COTT	RCKE			
				CREM	JRKY								SOUR			CREM					
Protien	39		35			44			19			27			19			Pro	183	1.00	41%
Carbs	33		39			56			19			22			22			Carb	191	10.00	43%
Fat	32		16.5			9			5			9.1			2.5			Fat	74	9.90	17%
Calories	582		430			482			180			279			190			Cal	2143	207.00	
12/15/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm		3pm			7pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	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	
12/16/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm		3pm			6pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY								SOUR			CREM					
Protien	39		35			44			19			27			19			Pro	183	1.00	40%
Carbs	33		39			56			19			22			30			Carb	199	2.00	44%
Fat	32		16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582		430			482			180			279			220			Cal	2173	177.00	
12/17/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am		3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY								SOUR			CREM					
Protien	39		35			44			19			27			19			Pro	183	1.00	40%
Carbs	33		39			56			19			22			30			Carb	199	2.00	44%
Fat	32		16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582		430			482			180			279			220			Cal	2173	177.00	
12/18/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	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	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal		
				CREM	JRKY							SOUR			CREM								
Protein					35			44				19			19			183	1.00	40%			
Carbs					39			56				19			22			199	2.00	44%			
Fat					16.5			9				5			9.1			74	9.90	16%			
Calories					430			482				180			279			2173	177.00				
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	RANC	Pro	Carb	Fat	Cal		
				CREM	JRKY		ISOP					SOUR			V50			189	4.59	40%			
Protein					35			48				22			27			189	4.59	40%			
Carbs					39			67				23			22			200	0.85	43%			
Fat					16.5			0				12			9.1			77	6.60	17%			
Calories					430			446				265			279			2206	144.00				
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			1am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal		
				CREM	JRKY							SOUR			CREM			183	1.00	40%			
Protein					35			44				19			19			183	1.00	40%			
Carbs					39			56				19			22			199	2.00	44%			
Fat					16.5			9				5			9.1			74	9.90	16%			
Calories					430			482				180			279			2173	177.00				
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			7pm			8pm			10pm			1am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR		ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	Carb	Fat	Cal		
				CREM	JRKY		ISOP					SOUR						188	3.72	41%			
Protein					35			48				22			27			188	3.72	41%			
Carbs					39			67				23			22			197	3.90	43%			
Fat					16.5			0				12			9.1			78	5.70	17%			
Calories					430			446				265			279			2201	149.00				
12/22/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal		
				CREM	JRKY							SOUR			CREM			183	1.00	40%			
Protein					35			44				19			19			183	1.00	40%			
Carbs					39			56				19			22			199	2.00	44%			
Fat					16.5			9				5			9.1			74	9.90	16%			
Calories					430			482				180			279			2173	177.00				
12/23/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal		
				CREM	JRKY							SOUR			CREM			183	1.00	40%			
Protein					35			44				19			19			183	1.00	40%			
Carbs					39			56				19			22			199	2.00	44%			
Fat					16.5			9				5			9.1			74	9.90	16%			
Calories					430			482				180			279			2173	177.00				
12/24/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal		
	SAUS			CREM	JRKY							SOUR			CREM			193	9.00	41%			
Protein					35			44				19			19			193	9.00	41%			
Carbs					39			56				19			22			202	1.00	43%			
Fat					16.5			9				5			9.1			77	6.90	16%			
Calories					430			482				180			279			2253	97.00				
12/25/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	Carb	Fat	Cal		
				CREM	JRKY		ISOP					SOUR						188	3.72	41%			
Protein					35			48				22			27			188	3.72	41%			
Carbs					39			67				23			22			197	3.90	43%			
Fat					16.5			0				12			9.1			78	5.70	17%			
Calories					430			446				265			279			2201	149.00				
12/26/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PROP	LCPZ	ISOP	PBAR	ISOP	DX20	PIS2		COTT	POTA	BUTT	Pro	Carb	Fat	Cal		
				CREM	JRKY										SOUR			181	3.00	39%			
Protein					35			44				43			17			181	3.00	39%			
Carbs					39			62				40			26			204	3.00	44%			
Fat					16.5			9				5			7			81	2.90	17%			
Calories					430			507				357			85			2238	112.00				
12/27/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			4pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal		
				CREM	JRKY							SOUR			CREM			183	1.00	40%			
Protein					35			44				19			19			183	1.00	40%			
Carbs					39			56				19			22			199	2.00	44%			
Fat					16.5			9				5			9.1			74	9.90	16%			
Calories					430			482				180			279			2173	177.00				
12/29/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protein		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
Protein		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
Protein		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
Protein		39		COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 179
Carbs		33		JAM	JRKY							SOUR			CREM			Carb 202
Fat		32						44					27				19	Fat 74
Calories		582						56					22				30	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
Protein		39		CREM	JRKY		GTR2	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL
Carbs		33					ISOP						SOUR			PR24		Pro 188
Fat		32						48						27			16.725	Carb 212
Calories		582						74						22			21.1	Fat 78
01/03/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						Cal 2261
Time		12pm		3pm		5pm		8pm		10pm		1am						89.00
Protein		39		CREM	JRKY			44				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183
Carbs		33						56				SOUR			CREM			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
Protein		39		CREM	JRKY			44				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183
Carbs		33						56				SOUR			CREM			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
Protein		39		CREM	JRKY		GTR2	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL
Carbs		33					ISOP						SOUR			PR24		Pro 188
Fat		32						48						27			16.725	Carb 212
Calories		582						74						22			21.1	Fat 78
01/06/07		Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6						Cal 2261
Time		1pm		3pm		5pm		8pm		10pm		12am						89.00
Protein		39		CREM	JRKY			44				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183
Carbs		33						56				SOUR			CREM			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
Protein		39		CREM	JRKY			44				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183
Carbs		33						56				SOUR			CREM			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
Protein		39		CREM	JRKY			44				ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro 183
Carbs		33						56				SOUR			CREM			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

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				
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				
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				
Time	2pm			5pm				7pm				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	
01/23/07	Meal 1			Meal 2				Meal 3				Meal 4			Meal 5		Meal 6				
Time	1pm			3pm				6pm				8pm			10pm		2am				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
				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				
Time	1pm			3pm				7pm				9pm			10pm		1am				
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	
01/25/07	Meal 1			Meal 2				Meal 3				Meal 4			Meal 5		Meal 6				
Time	12pm			3pm				5pm				10pm			11pm		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	
01/26/07	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				
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				
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	Totals
				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				
Time	2pm			5pm				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	
01/29/07	Meal 1			Meal 2				Meal 3				Meal 4			Meal 5		Meal 6				
Time	1pm			3pm				5pm				8pm			10pm		2am				
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	
01/30/07	Meal 1			Meal 2				Meal 3				Meal 4			Meal 5		Meal 6				
Time	1pm			3pm				6pm				8pm			10pm		12am				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
				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				
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	
02/01/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					2pm					4pm					6pm						8pm				10pm				
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	
02/02/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					2pm					4pm					6pm						8pm				10pm				
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	
02/03/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					3pm					4pm					6pm						8pm				10pm				
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	
02/04/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					3pm					4pm					6pm						8pm				10pm				
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	
02/05/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					2pm					4pm					6pm						8pm				10pm				
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	
02/06/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					1pm					3pm					6pm						8pm				10pm				
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					
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	
02/07/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					1pm					4pm					6pm						8pm				10pm				
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	
02/08/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					2pm					4pm					6pm						8pm				10pm				
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	
02/09/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					1pm					3pm					6pm						8pm				10pm				
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					23						27				17.5875	Pro	190	5.59	38%
Carbs	33				39					74					39						22				24.15	Carb	231	30.15	46%
Fat	32				16.5					0					15						9.1				8.8	Fat	81	2.60	16%
Calories	582				430					476					365						279				244	Cal	2376	26.00	
02/10/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6				
Time					12pm																								
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR		</													

Fat	32			16.5				9					5				9.1		2.5	74	9.90	16%
Calories	582			430				482					180				279		220	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	Totals
				CREM	JRKY											SOUR			CREM			
Protien	39			35				44					19				27		19	183	1.00	40%
Carbs	33			39				56					19				22		30	199	2.00	44%
Fat	32			16.5				9					5				9.1		2.5	74	9.90	16%
Calories	582			430				482					180				279		220	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	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
				CREM	JRKY		ISOP									SOUR			PR24	V50	SHRT	
Protien	39			35				48					22				27		18.5875	190	5.59	38%
Carbs	33			39				74					23				22		40.15	231	30.15	46%
Fat	32			16.5				0					12				9.1		11.8	81	2.60	16%
Calories	582			430				476					265				279		344	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	Totals
				CREM	JRKY											SOUR			CREM			
Protien	39			35				44					19				27		19	183	1.00	40%
Carbs	33			39				56					19				22		30	199	2.00	44%
Fat	32			16.5				9					5				9.1		2.5	74	9.90	16%
Calories	582			430				482					180				279		220	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	Totals
				CREM	JRKY		ISOP					BLUL				SOUR			CREM			
Protien	39			35				51					22.6				27		19	194	9.59	42%
Carbs	33			39				43					30.2				22		30	197	3.85	42%
Fat	32			16.5				3					11.3				9.1		2.5	74	9.60	16%
Calories	582			430				417					294				279		220	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	Totals
				CREM	JRKY		ISOP									SOUR			PR24	V50		
Protien	39			35				48					22				27		17.5875	189	4.59	39%
Carbs	33			39				74					23				22		24.15	215	14.15	45%
Fat	32			16.5				0					12				9.1		8.8	78	5.60	16%
Calories	582			430				476					265				279		244	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	Totals
				CREM	JRKY											SOUR			CREM			
Protien	39			35				44					19				27		19	183	1.00	40%
Carbs	33			39				56					19				22		30	199	2.00	44%
Fat	32			16.5				9					5				9.1		2.5	74	9.90	16%
Calories	582			430				482					180				279		220	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	Totals
				CREM	JRKY											SOUR			CREM			
Protien	39			35				37					19				27		19	176	8.00	40%
Carbs	33			39				44					19				22		30	187	14.00	43%
Fat	32			16.5				7					5				9.1		2.5	72	11.90	17%
Calories	582			430				382					180				279		220	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	Totals
				CREM	JRKY											SOUR			CREM			
Protien	39			35				44					19				27		19	183	1.00	40%
Carbs	33			39				56					19				22		30	199	2.00	44%
Fat	32			16.5				9					5				9.1		2.5	74	9.90	16%
Calories	582			430				482					180				279		220	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	Totals
				CREM	JRKY		ISOP									SOUR			PR24	V50		
Protien	39			35				48					22				27		17.5875	189	4.59	39%
Carbs	33			39				74					23				22		24.15	215	14.15	45%
Fat	32			16.5				0					12				9.1		8.8	78	5.60	16%
Calories	582			430				476					265				279		244	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	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
				CREM	JRKY											SOUR			CREM			
Protien	39			35				44					19				27		19	183	1.00	40%
Carbs	33			39				56					19				22		30	199	2.00	44%
Fat	32			16.5				9					5				9.1		2.5	74	9.90	16%
Calories	582			430				482					180				279		220	2173	177.00	
02/22/07	Meal 1			Meal 2				Meal 3					Meal 4				Meal 5		Meal 6			
Time	12am			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	183	1.00	40%
Carbs	33			39				56					19				22		30	199	2.00	44%
Fat	32			16.5				9					5				9.1		2.5	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	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL				
Protein	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				
Protein	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				
Protein	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				
Protein	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				
Protein	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				
Protein	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				
Protein	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				
Protein	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			
Protein	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				
Protein	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				
Protein	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
03/18/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
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			Totals	
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
03/20/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	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
03/21/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
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
03/22/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	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
03/23/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
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			Totals	
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
03/25/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	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
03/26/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	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
03/27/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	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
03/28/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		BLUB	BLKB	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals				
Protein		39			37			44			34.7			27				19	Pro	201	16.70	41%	
Carbs		33			36			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			37			44			19			27				19	Pro	185	1.00	40%	
Carbs		33			36			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			37			44			20			27				19	Pro	186	2.00	39%	
Carbs		33			36			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			37			48			42.7			29				19	Pro	215	30.70	41%	
Carbs		33			36			40			39			35				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		38.2			35			42.7			19			27				19	Pro	181	3.10	39%	
Carbs		55			39			39			19			22				30	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		
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		38.2			35			42.7			22			27				19	Pro	184	0.10	39%	
Carbs		55			39			39			23			22				30	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		
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		39			48			35			26			33.6				19	Pro	195	10.80	38%	
Carbs		33			40			39			45			13				30	Carb	235	34.00	46%	
Fat		32			16.5			9			21.5			7.3				2.5	Fat	83	1.10	16%	
Calories		582			346			430			430			246				220	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	POTAKE	POTAKE	PR24	COTT	RCKE					
Protein		39			48			35			26			28				19	Pro	195	11.00	39%	
Carbs		33			40			39			45			28				30	Carb	215	14.00	43%	
Fat		32			16.5			16.5			21.5			18.5				2.5	Fat	91	7.00	18%	
Calories		582			346			430			450			402				220	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	PC	ZONE	BLKB	PBAR	BCAKE	POTAKE	ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protein		39			35			45.8			46			27				19	Pro	212	27.80	40%	
Carbs		33			39			43.7			60			22				30	Carb	228	26.70	43%	
Fat		32			16.5			12.7			18.5			9.1				2.5	Fat	91	7.30	17%	
Calories		582			430			433			577			279				220	Cal	2521	171.00		
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	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protein		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		
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	PC	ZONE	BLKB	PBAR	EBET	PC	ISOP	POTA	BUTT								
Protein		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		
04/08/07		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5				Meal 6					
Time		10am			12pm			3pm			5pm			8pm									

