

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals			
	OIL	EGG	EGG				GATR			EGG												
Protien	39			0			48			36.5			6			44			Pro	174	10.50	38%
Carbs	25			6			67			22			27			56			Carb	203	2.00	45%
Fat	32			0			0			21.5			14.5			9			Fat	77	7.00	17%
Calories	552			25			446			415			250			482			Cal	2170	180.00	
11/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am			1pm			2pm			4pm			7pm-10pm			11pm						
What	GATR			HB	HB	OIL	COTT	ALMD		CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP				
				EGG	EGG	ISOP	PROP						SPKB	BROC								
Protien	0			39			19			16			44			51			Pro	169	15.00	38%
Carbs	35			25			20			25			52			49			Carb	206	5.00	46%
Fat	0			32			15.5			1			10.5			9.5			Fat	69	15.50	15%
Calories	130			552			285			170			452			482			Cal	2071	279.00	
11/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	3pm			5pm			7pm			9pm			11pm									
What	PROP	HB	HB	COTT	ALMD		JRKY	BROC		LCMB	ISOP	EGG	SPKB		COTT	ISOP						
	OIL	ISOP		CREM	RCKE		CREM	RCKE	EGG													
Protien	26			24			24.5			46.5			15			24			Pro	160	24.00	42%
Carbs	31			31			33			37			23			1			Carb	156	45.00	41%
Fat	22			15.5			9			10			4			0			Fat	61	23.50	16%
Calories	427			350			305			427			190			102			Cal	1801	549.00	
11/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			11pm									
What	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP				
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT						
Protien	39			35			0			44			43.725			19			Pro	181	3.28	40%
Carbs	25			45			0			56			44.1			28			Carb	198	2.90	43%
Fat	32			16.5			0			9			18.4			2.5			Fat	78	5.60	17%
Calories	552			455			0			482			505			215			Cal	2209	141.00	
11/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			4pm			6pm			8pm			11pm						
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM				
	OIL	EGG	EGG							CREM	RCKE					COTT						
Protien	39			25			44			24			17			19			Pro	168	16.00	40%
Carbs	25			25			56			31			15			28			Carb	180	21.00	43%
Fat	32			1.5			9			15.5			13.5			2.5			Fat	74	10.00	18%
Calories	552			217			482			350			250			215			Cal	2066	284.00	
11/18/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			6pm			8pm			11pm			12am						
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM					
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG					
Protien	39			35			44			22.5			0			25.5			Pro	166	18.00	40%
Carbs	25			45			56			25			6			22			Carb	179	22.00	43%
Fat	32			16.5			9			6			0			7.5			Fat	71	13.00	17%
Calories	552			455			482			245			25			265			Cal	2024	326.00	