

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals			
	OIL	EGG	EGG				GATR			EGG										Pro	174	10.50 38%
Protien		39								48												
Carbs		25								67										Carb	203	2.00 45%
Fat		32								0										Fat	77	7.00 17%
Calories		552								25										Cal	2170	180.00
11/14/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		11am					1pm			2pm			4pm			7pm-10pm			11pm	Totals		
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						
Time		3pm			5pm		7pm			9pm			11pm							Totals		
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						
Time		12pm			3pm		5pm			8pm			11pm							Totals		
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						
Time		12pm			3pm		4pm			6pm			8pm			11pm				Totals		
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						
Time		12pm			3pm		6pm			8pm			11pm			12am				Totals		
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM					
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG					
Protien		39			35					44			22.5		0				25.5	Pro	166	18.00 40%
Carbs		25			45					56			25		6				22	Carb	179	22.00 43%
Fat		32			16.5					9			6		0				7.5	Fat	71	13.00 17%
Calories		552			455					482			245		25				265	Cal	2024	326.00
11/19/06	Meal 1				Meal 2		Meal 3			Meal 4			Meal 5			Meal 6						
Time		12pm			4pm		7pm			8pm			11pm							Totals		
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	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						
Time		1pm			4pm		6pm			8pm			10pm			12am				Totals		
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						
Time		11am			2pm		4pm			6pm			8pm			11pm				Totals		
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						
Time		11am			3pm		5pm			8pm			11pm							Totals		
What	BRK1			COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								
				RCKE	CREM																	
Protien		15			35					44			40		38				0	Pro	172	12.00 39%
Carbs		24			39					56			37		38				0	Carb	194	7.00 44%
Fat		32			16.5																	

Calories	450	430	482	352	360	0	Cal	2074	276.00
11/23/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	11am	4pm	ThanksGiving Meal		10pm				
	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	COTS ALMD RCKE CREM JRKY	PBAR	LPP ISOP	LPP ISOP	COTS RCKE CREM			
Protien	15	35	19	37	37	19	Pro	162	22.00 37%
Carbs	30	40	19	44	44	23	Carb	200	1.00 46%
Fat	32	18.5	5	7	7	4.5	Fat	74	10.00 17%
Calories	475	450	180	382	382	210	Cal	2079	271.00
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	COTS ALMD JRKY RCKE CREM	LCPZ ISOP	ISOP POPC EGG BROC	ISOP SPKB	PROP COTT RCKE CREM			
Protien	15	35	44	35.5	25	19	Pro	174	10.50 39%
Carbs	30	40	56	29	19	28	Carb	202	1.00 45%
Fat	32	18.5	9	11.5	1.5	2.5	Fat	75	9.00 17%
Calories	475	450	482	337	192	215	Cal	2151	199.00