

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									44			
Carbs		25								67									27		2.00	45%
Fat		32								0									14.5		7.00	17%
Calories		552								25									250		482	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	
What	GATR						HB	HB	OIL	COTT	ALMD		CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP	Totals
							EGG	EGG	ISOP	PROP						SPKB	BROC					
Protien		0					39			19			16			44			51			Pro
Carbs		35					25			20			25			52			49			Carb
Fat		0					32			15.5			1			10.5			9.5			Fat
Calories		130					552			285			170			452			482			Cal
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						Totals
	OIL	ISOP		CREM	RCKE		CREM	RCKE	EGG													
Protien		26					24			24.5			46.5			15			24			Pro
Carbs		31					31			33			37			23			1			Carb
Fat		22					15.5			9			10			4			0			Fat
Calories		427					350			305			427			190			102			Cal
11/16/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time		12pm					3pm			4pm			5pm			8pm			11pm			
What	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP				Totals
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT						
Protien		39					35			0			44			43.725			19			Pro
Carbs		25					45			0			56			44.1			28			Carb
Fat		32					16.5			0			9			18.4			2.5			Fat
Calories		552					455			0			482			505			215			Cal
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				Totals
	OIL	EGG	EGG							CREM	RCKE					COTT						
Protien		39					25			44			24			17			19			Pro
Carbs		25					25			56			31			15			28			Carb
Fat		32					1.5			9			15.5			13.5			2.5			Fat
Calories		552					217			482			350			250			215			Cal
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					Totals
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG					
Protien		39					35			44			22.5			0			25.5			Pro
Carbs		25					45			56			25			6			22			Carb
Fat		32					16.5			9			6			0			7.5			Fat
Calories		552					455			482			245			25			265			Cal
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	SAN1	EGG	JRKY	COTT	RCKE	CREM					Totals
	OIL	EGG	EGG				RCKE	CREM		DX30					SPKB							
Protien		39					0			35			48			34.5			20			Pro
Carbs		25					6			39			67			23			40			Carb
Fat		32					0			16.5			0			19.5			4			Fat
Calories		552					25			430			446			405			280			Cal
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				Totals
										RCKE	JRKY					CREM						
Protien		39					30			44			29			27			19			Pro
Carbs		31					22			56			25			27			28			Carb
Fat		32					16.5			9			11			4.5			2.5			Fat
Calories		577					340			482			320			252			215			Cal
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				Totals
										CREM	RCKE		SCH1									
Protien		0					39			37			35			35			38			Pro
Carbs		41					25			44			39			39.5			12			Carb
Fat		0					32			7			16.5			14			2.5			Fat
Calories		155					552			382			430			402			227			Cal
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								Totals
				RCKE	CREM																	
Protien		39					35			44			40			38			0			Pro
Carbs		25					39			56			37			38			0			Carb
Fat		32					16.5			9			5			10			0			Fat

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									
Time	11am		4pm		ThanksGiving Meal		10pm						Totals							
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									
Time	11am		1pm		3pm		5pm		8pm		11pm		Totals							
What	PROP	BRK1	ISOP	COTS	ALMD	RCKE	PBAR		LPP	ISOP		LPP	ISOP		COTS	RCKE				
				CREM	JRKY										CREM					
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				9			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									
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									
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				
Protien	39				35				44			24			27		19	Pro	188	4.00 41%
Carbs	31				40				56			20			27		29	Carb	203	2.00 44%
Fat	32				18.5				9			0			4.5		4.5	Fat	69	15.50 15%
Calories	577				450				482			182			252		235	Cal	2178	172.00
11/27/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6									
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				
Protien	39				35				44			27			21		19	Pro	185	1.00 40%
Carbs	31				39				56			21			27		28	Carb	202	1.00 44%
Fat	32				16.5				9			3.5			8		2.5	Fat	72	12.50 16%
Calories	577				430				482			202			240		215	Cal	2146	204.00
11/28/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6									
Time	11am		4pm		6pm		8pm		10pm		12am									
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIST		ISOP	POPC		PROP	COTT	RCKE		
				CREM	JRKY		ISOP									CREM				
Protien	39				30				48			25			27		19	Pro	188	4.00 41%
Carbs	31				22				67			27			21		28	Carb	196	5.00 43%
Fat	32				16.5				0			19			3.5		2.5	Fat	74	10.50 16%
Calories	577				340				446			350			202		215	Cal	2130	220.00
11/29/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6									
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				
Protien	39				35				44			25			27		19	Pro	189	5.00 40%
Carbs	31				39				56			27			21		28	Carb	202	1.00 43%
Fat	32				16.5				9			19			3.5		2.5	Fat	83	1.50 17%
Calories	577				430				482			350			202		215	Cal	2256	94.00
11/30/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6									
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													
Protien	39				35				48			25			26		16	Pro	189	5.00 41%
Carbs	31				39				67			27			19		21	Carb	204	3.00 44%
Fat	32				16.5				0			19			0.1		5.5	Fat	73	10.90 16%
Calories	577				430				446			350			179		190	Cal	2172	178.00
12/01/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6									
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				
Protien	39				35				44			25			26		19	Pro	188	4.00 39%
Carbs	31				39				56			27			19		30	Carb	202	1.00 42%
Fat	32				16.5				9			19			9.1		2.5	Fat	88	4.10 18%
Calories	577				430				482			350			259		220	Cal	2318	32.00
12/02/06	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	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE		
				CREM	JRKY											CREM				

Protien	39	35	44	25	26	19	Pro	188	4.00	40%
Carbs	33	39	56	27	19	30	Carb	204	3.00	43%
Fat	32	16.5	9	19	4.6	2.5	Fat	84	0.40	18%
Calories	582	430	482	350	224	220	Cal	2288	62.00	