

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				0				48											44	
Carbs		25				6				67											56	2.00 45%
Fat		32				0				0											9	7.00 17%
Calories		552				25				446											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	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		15.00 38%
Carbs		35				25				20			25			52				49		5.00 46%
Fat		0				32				15.5			1			10.5				9.5		15.50 15%
Calories		130				552				285			170			452				482		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		24.00 42%
Carbs		31				31				33			37			23				1		45.00 41%
Fat		22				15.5				9			10			4				0		23.50 16%
Calories		427				350				305			427			190				102		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		3.28 40%
Carbs		25				45				0			56			44.1				28		2.90 43%
Fat		32				16.5				0			9			18.4				2.5		5.60 17%
Calories		552				455				0			482			505				215		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		16.00 40%
Carbs		25				25				56			31			15				28		21.00 43%
Fat		32				1.5				9			15.5			13.5				2.5		10.00 18%
Calories		552				217				482			350			250				215		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		18.00 40%
Carbs		25				45				56			25			6				22		22.00 43%
Fat		32				16.5				9			6			0				7.5		13.00 17%
Calories		552				455				482			245			25				265		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		7.50 39%
Carbs		25				6				39			67			23				40		1.00 45%
Fat		32				0				16.5			0			19.5				4		12.00 16%
Calories		552				25				430			446			405				280		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		4.00 42%
Carbs		31				22				56			25			27				28		12.00 42%
Fat		32				16.5				9			11			4.5				2.5		8.50 17%
Calories		577				340				482			320			252				215		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		0.00 40%
Carbs		41				25				44			39			39.5				12		0.50 44%
Fat		0				32				7			16.5			14				2.5		12.00 16%
Calories		155				552				382			430			402				227		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	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								
				RCKE	CREM																	
Protien		39				35				44			40			38				0		12.00 42%
Carbs		25				39				56			37			38				0		6.00 42%
Fat		32				16.5				9			5			10				0		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	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	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		
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	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			
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	Totals		
Time	11am	4pm	6pm	8pm	10pm	12am			
What	PROP BRK1 ISOP	COTT ALMD	GATR DX30 ISOP	PBAR PIST	ISOP POPC	PROP COTT RCKE			
		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	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			
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	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			CREM			
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	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			
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	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			

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	
12/03/06	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 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	
12/04/06	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 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	
12/05/06	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	GATR DX30 ISOP	PBAR	POTA BUTT	PR24 COTT BROC										
		CREM JRKY	ISOP													
Protien	39		35		48		19		2		16		Pro	159	25.00	37%
Carbs	33		39		67		19		18		21		Carb	197	4.00	46%
Fat	32		16.5		0		5		9.1		5.5		Fat	68	15.90	16%
Calories	582		430		446		180		157		190		Cal	1985	365.00	
12/06/06	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 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	
12/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6										
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										
Time	11am	3pm	5pm	8pm	10pm	12am										
What	PR24 BRK1 ISOP	COTS 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		40		67		23		19		21		Carb	203	2.00	44%
Fat	32		18.5		0		12		9.1		5.5		Fat	77	6.90	17%
Calories	582		450		446		265		259		190		Cal	2192	158.00	
12/09/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6										
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	