

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	ISOP		COTT	ALMD	JRKY	ISOP	LCP																

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		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		
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		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		
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		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											
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		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		
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		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	44%		
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			Totals			
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						
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals			
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						
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals			
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						
Time	1pm			3pm			7pm			8pm			10pm			12am			Totals			
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						
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals			
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	