

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									27		2.00	45%	
Fat		32				0				21.5									14.5		7.00	17%	
Calories		552				25				446									250		180.00		
11/14/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
Time	11am						1pm			2pm				4pm				7pm-10pm					
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		
Carbs		35					25			20				25				52			49		
Fat		0					32			15.5				1				10.5			9.5		
Calories		130					552			285				170				452			482		
11/15/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
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		
Carbs		31					31			33				37				23			1		
Fat		22					15.5			9				10				4			0		
Calories		427					350			305				427				190			102		
11/16/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
Time	12pm						3pm			4pm				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		
Carbs		25					45			0				56				44.1			28		
Fat		32					16.5			0				9				18.4			2.5		
Calories		552					455			0				482				505			215		
11/17/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
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		
Carbs		25					25			56				31				15			28		
Fat		32					1.5			9				15.5				13.5			2.5		
Calories		552					217			482				350				250			215		
11/18/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
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		
Carbs		25					45			56				25				6			22		
Fat		32					16.5			9				6				0			7.5		
Calories		552					455			482				245				25			265		
11/19/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
Time	12pm						4pm			7pm				8pm				11pm					
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		
Carbs		25					6			39				67				23			40		
Fat		32					0			16.5				0				19.5			4		
Calories		552					25			430				446				405			280		
11/20/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
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					
										RCKE	JRKY					CREM							
Protien		39					30			44				29				27			19		
Carbs		31					22			56				25				27			28		
Fat		32					16.5			9				11				4.5			2.5		
Calories		577					340			482				320				252			215		
11/21/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
Time	11am						2pm			4pm				6pm				8pm			11pm		
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		
Carbs		41					25			44				39				39.5			12		
Fat		0					32			7				16.5				14			2.5		
Calories		155					552			382				430				402			227		
11/22/06	Meal 1						Meal 2			Meal 3				Meal 4				Meal 5					
Time	11am						3pm			5pm				8pm				11pm					
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP			PBAR	PBAR								
				RCKE	CREM																		
Protien		39					35			44				40				38			0		
Carbs		25					39			56				37				38			0		
Fat		32					16.5			9				5				10			0		

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		
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	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	
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	
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	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	
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		
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	
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	

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 CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			48					27				14	185	218.00	
Carbs		33			39			67					22				13	197	4.00	
Fat		32			16.5			0					9.1				2.5	72	11.90	
Calories		582			430			446					279				130	2132	218.00	
12/13/06	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 CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44					27				19	183	1.00	
Carbs		33			39			56					22				30	199	2.00	
Fat		32			16.5			9					9.1				2.5	74	9.90	
Calories		582			430			482					279				220	2173	177.00	
12/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT		COTT	RCKE	Pro	Cal	
Protien		39			35			44					27				19	183	1.00	
Carbs		33			39			56					22				22	191	10.00	
Fat		32			16.5			9					9.1				2.5	74	9.90	
Calories		582			430			482					279				190	2143	207.00	
12/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	BROC	COTT		Pro	Cal	
Protien		39			35			48					27				16	187	3.00	
Carbs		33			39			67					22				13	197	4.00	
Fat		32			16.5			0					9.1				5.5	75	8.90	
Calories		582			430			446					279				160	2162	188.00	
12/16/06	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 CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44					27				19	183	1.00	
Carbs		33			39			56					22				30	199	2.00	
Fat		32			16.5			9					9.1				2.5	74	9.90	
Calories		582			430			482					279				220	2173	177.00	
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	11am			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44					27				19	183	1.00	
Carbs		33			39			56					22				30	199	2.00	
Fat		32			16.5			9					9.1				2.5	74	9.90	
Calories		582			430			482					279				220	2173	177.00	
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100 V50	COTT	RANC	Pro	Cal	
Protien		39			35			48					27				17.5875	189	4.59	
Carbs		33			39			67					22				16.15	200	0.85	
Fat		32			16.5			0					9.1				7.8	77	6.60	
Calories		582			430			446					279				204	2206	144.00	
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44					27				19	183	1.00	
Carbs		33			39			56					22				30	199	2.00	
Fat		32			16.5			9					9.1				2.5	74	9.90	
Calories		582			430			482					279				220	2173	177.00	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44					27				19	183	1.00	
Carbs		33			39			56					22				30	199	2.00	

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	
12/22/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	7pm	8pm	10pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GATR DX30 ISOP	PBAR	PIS2 SOUR	POTA BUTT V100 COTT BLUL				
Protien	39	35	48	22	27	16.725	Pro	188	3.72	41%
Carbs	33	39	67	23	22	13.1	Carb	197	3.90	43%
Fat	32	16.5	0	12	9.1	8.7	Fat	78	5.70	17%
Calories	582	430	446	265	279	199	Cal	2201	149.00	
12/23/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP SOUR	POTA BUTT PR24 COTT RCKE 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	