



What	ISOP OIL	HB EGG	HB EGG	PROP		ISOP GATR	ISOP	DX30	ALMD EGG	COTT	JRKY	ALMD	SPKB	LCPZ	ISOP	Totals		
Protien		39							48				6		44	Pro 174		
Carbs		25							67				27		56	Carb 203		
Fat		32							0				14.5		9	Fat 77		
Calories		552							25				446		482	Cal 2170		
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 EGG	HB EGG	OIL	ISOP PROP	ALMD		CREM RCKE	JRKY	ISOP SPKB	POPC BROC	COTT	COTT	ISOP	LPP	Totals	
Protien		0					39			19			44		51		Pro 169	
Carbs		35					25			20			52		49		Carb 206	
Fat		0					32			15.5			10.5		9.5		Fat 69	
Calories		130					552			285			452		482		Cal 2071	
11/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	3pm			5pm			7pm			9pm			11pm			Totals		
What	PROP OIL	HB ISOP	HB	COTT CREM	ALMD RCKE		JRKY CREM	BROC RCKE	EGG	LCMB	ISOP	EGG	SPKB	COTT	ISOP		Totals	
Protien		26								24.5			46.5		15		Pro 160	
Carbs		31								33			37		23		Carb 156	
Fat		22								15.5			9		10		Fat 61	
Calories		427								305			427		190		Cal 1801	
11/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm			3pm			5pm			8pm			11pm			Totals		
What	ISOP OIL	HB EGG	HB EGG	PROP RCKE	COTT JRKY	ALMD			ISOP	LCPZ	POTA SCHZ	POTA V100	ISOP	CREM	RCKE	PROP	Totals	
Protien		39											43.725		19		Pro 181	
Carbs		25											44.1		28		Carb 198	
Fat		32											18.4		2.5		Fat 78	
Calories		552											505		215		Cal 2209	
11/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm			3pm			4pm			6pm			8pm			11pm		
What	ISOP OIL	HB EGG	HB EGG	PROP	SPKB	ISOP	LCPZ	ISOP	COTT CREM	ALMD RCKE		SAN1	PROP	RCKE	CREM		Totals	
Protien		39								25			44		17		Pro 168	
Carbs		25								25			56		15		Carb 180	
Fat		32								1.5			9		13.5		Fat 74	
Calories		552								217			482		250		Cal 2066	
11/18/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm			3pm			6pm			8pm			11pm			12am		
What	ISOP OIL	HB EGG	HB EGG	PROP CREM	COTT RCKE	ALMD JRKY	LCPZ	ISOP	EGG CREM	JRKY	RCKE	PROP		RCKE	CREM		Totals	
Protien		39											44		0		Pro 166	
Carbs		25											56		6		Carb 179	
Fat		32											9		7.5		Fat 71	
Calories		552											482		245		Cal 2024	
11/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm			4pm			7pm			8pm			11pm			Totals		
What	ISOP OIL	HB EGG	HB EGG	PROP		ALMD RCKE	COTT CREM	JRKY	GATR DX30	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM	Totals	
Protien		39													48		Pro 177	
Carbs		25													34.5		Carb 200	
Fat		32													23		Fat 72	
Calories		552													405		Cal 2138	
11/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	1pm			4pm			6pm			8pm			10pm			12am		
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP	EGG RCKE	EGG JRKY	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE	Totals
Protien		39															19	Pro 188
Carbs		31															28	Carb 189
Fat		32															4.5	Fat 76
Calories		577															215	Cal 2186
11/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6		
Time	11am			2pm			4pm			6pm			8pm			11pm		
What	GATR	PROP		BRK1	ISOP		ISOP	LPP	COTT CREM	ALMD RCKE	JRKY	POPC SCH1	ISOP	SPKB	PROP	COTT	ISOP	Totals
Protien		0															38	Pro 184
Carbs		41															12	Carb 201
Fat		0															2.5	Fat 72
Calories		155															227	Cal 2148
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 RCKE	ALMD CREM	JRKY	ISOP	LCPZ	LCMB	ISOP		PBAR	PBAR					Totals
Protien		39															0	Pro 196
Carbs		25															0	Carb 195
Fat		32															0	Fat 73

10.50 38%  
2.00 45%  
7.00 17%  
180.00

15.00 38%  
5.00 46%  
15.50 15%  
279.00

24.00 42%  
45.00 41%  
23.50 16%  
549.00

3.28 40%  
2.90 43%  
5.60 17%  
141.00

16.00 40%  
21.00 43%  
10.00 18%  
284.00

18.00 40%  
22.00 43%  
13.00 17%  
326.00

7.50 39%  
1.00 45%  
12.00 16%  
212.00

4.00 42%  
12.00 42%  
8.50 17%  
164.00

0.00 40%  
0.50 44%  
12.00 16%  
202.00

12.00 42%  
6.00 42%  
11.50 16%

Calories	552	430	482	352	360	0	Cal	2176	174.00
<b>11/23/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/24/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/25/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/26/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/27/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/28/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/29/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/30/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>12/01/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>12/02/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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 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 SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					19				19	183	177.00	
Carbs		33			39			56					19				30	199	2.00	
Fat		32			16.5			9					5				2.5	74	9.90	
Calories		582			430			482					180				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 SOUR	POTA	BUTT		COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					19				19	183	1.00	
Carbs		33			39			56					19				22	191	10.00	
Fat		32			16.5			9					5				2.5	74	9.90	
Calories		582			430			482					180				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 SOUR	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 SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					19				19	183	1.00	
Carbs		33			39			56					19				30	199	2.00	
Fat		32			16.5			9					5				2.5	74	9.90	
Calories		582			430			482					180				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 SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					19				19	183	1.00	
Carbs		33			39			56					19				30	199	2.00	
Fat		32			16.5			9					5				2.5	74	9.90	
Calories		582			430			482					180				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 SOUR	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 SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					19				19	183	1.00	
Carbs		33			39			56					19				30	199	2.00	
Fat		32			16.5			9					5				2.5	74	9.90	
Calories		582			430			482					180				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 SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					19				19	183	1.00	
Carbs		33			39			56					19				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				
Time	12pm	3pm	7pm	8pm	10pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR	ISOP POTA BUTT	V100 COTT BLUL				
		CREM JRKY	ISOP		PIS2 SOUR					
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				
Time	1pm	3pm	6pm	8pm	10pm	12am				
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	
12/24/06	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	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	
12/25/06	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	ISOP POTA BUTT	PR24 COTT RCKE				
	SAUS	CREM JRKY			SOUR	CREM				
Protien	49	35	44	19	27	19	Pro	193	9.00	41%
Carbs	36	39	56	19	22	30	Carb	202	1.00	43%
Fat	35	16.5	9	5	9.1	2.5	Fat	77	6.90	16%
Calories	662	430	482	180	279	220	Cal	2253	97.00	
12/26/06	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	ISOP POTA BUTT	V100 COTT BLUL				
		CREM JRKY	ISOP		SOUR					
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	
12/27/06	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	PROP LCPZ ISOP	PBAR ISOP	DX20 PIS2	COTT POTA BUTT				
		CREM JRKY				SOUR				
Protien	39	35	44	43	3	17	Pro	181	3.00	39%
Carbs	33	39	62	40	4	26	Carb	204	3.00	44%
Fat	32	16.5	9	5	7	11.6	Fat	81	2.90	17%
Calories	582	430	507	357	85	277	Cal	2238	112.00	
12/28/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	4pm	5pm	8pm	10pm	12am				
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	
12/29/06	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	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	
12/30/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	6pm	8pm	10pm	12am				
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	
12/31/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	5pm	7pm	9pm	11pm				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR					





<b>01/10/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>			
<b>Time</b>	1pm			3pm			5pm			8pm			10pm			12am						
<b>What</b>	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM						
<b>Protien</b>	39			35			44			19			27			19			<b>Pro</b>	<b>183</b>	1.00	40%
<b>Carbs</b>	33			39			56			19			22			30			<b>Carb</b>	<b>199</b>	2.00	44%
<b>Fat</b>	32			16.5			9			5			9.1			2.5			<b>Fat</b>	<b>74</b>	9.90	16%
<b>Calories</b>	582			430			482			180			279			220			<b>Cal</b>	<b>2173</b>	177.00	
<b>01/11/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>			
<b>Time</b>	1pm			3pm			7pm			8pm			10pm			12am						
<b>What</b>	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PR24	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM						
<b>Protien</b>	39			35			44			19			27			19			<b>Pro</b>	<b>183</b>	1.00	39%
<b>Carbs</b>	33			39			64			19			22			30			<b>Carb</b>	<b>207</b>	6.00	45%
<b>Fat</b>	32			16.5			9			5			9.1			2.5			<b>Fat</b>	<b>74</b>	9.90	16%
<b>Calories</b>	582			430			512			180			279			220			<b>Cal</b>	<b>2203</b>	147.00	
<b>01/12/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>			
<b>Time</b>	1pm			3pm			5pm			8pm			10pm			12am						
<b>What</b>	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM						
<b>Protien</b>	39			35			44			19			27			19			<b>Pro</b>	<b>183</b>	1.00	40%
<b>Carbs</b>	33			39			56			19			22			30			<b>Carb</b>	<b>199</b>	2.00	44%
<b>Fat</b>	32			16.5			9			5			9.1			2.5			<b>Fat</b>	<b>74</b>	9.90	16%
<b>Calories</b>	582			430			482			180			279			220			<b>Cal</b>	<b>2173</b>	177.00	
<b>01/13/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>			
<b>Time</b>	1pm			3pm			7pm			8pm			11pm			1am						
<b>What</b>	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				
				CREM	JRKY		ISOP						SOUR			PR24						
<b>Protien</b>	39			35			48			22			27			16.725			<b>Pro</b>	<b>188</b>	3.72	39%
<b>Carbs</b>	33			39			74			23			22			21.1			<b>Carb</b>	<b>212</b>	11.10	44%
<b>Fat</b>	32			16.5			0			12			9.1			8.7			<b>Fat</b>	<b>78</b>	5.70	16%
<b>Calories</b>	582			430			476			265			279			229			<b>Cal</b>	<b>2261</b>	89.00	