

What	ISOP OIL	HB EGG	HB EGG	PROP			ISOP GATR	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals				
Protien		39				0						48						6		44	Pro 174	10.50 38%	
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		Meal 6													
Time	11am	1pm		2pm		4pm		7pm-10pm		11pm													
What	GATR			HB EGG	HB EGG	OIL	COTT PROP	ALMD		CREM	RCKE	JRKY		ISOP SPKB	POPC BROC	COTT	COTT	ISOP	LPP			Totals	
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															
What	PROP OIL	HB ISOP	HB	COTT CREM	ALMD RCKE		JRKY CREM	BROC RCKE		LCMB	ISOP	EGG	SPKB		COTT	ISOP						Totals	
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															
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			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													
What	ISOP OIL	HB EGG	HB EGG	PROP	SPKB	ISOP	LCPZ	ISOP		COTT CREM	ALMD RCKE			SAN1			PROP COTT	RCKE	CREM			Totals	
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													
What	ISOP OIL	HB EGG	HB EGG	PROP CREM	COTT RCKE	ALMD JRKY	LCPZ	ISOP		EGG CREM	JRKY	RCKE	PROP				RCKE COTT	CREM	EGG			Totals	
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															
What	ISOP OIL	HB EGG	HB EGG	PROP			ALMD RCKE	COTT CREM	JRKY	GATR DX30	ISOP			SAN1	EGG	JRKY	COTT SPKB	RCKE	CREM			Totals	
Protien		39			0		35				48										20	Pro 177	7.50 39%
Carbs		25			6		39				67										40	Carb 200	1.00 45%
Fat		32			0		16.5				0										4	Fat 72	12.00 16%
Calories		552			25		430				446										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													
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG RCKE	EGG JRKY	CREM	BROC	ISOP	SPKB	PROP CREM	COTT	RCKE				Totals	
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													
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT CREM	ALMD RCKE	JRKY	POPC SCH1	ISOP	SPKB	PROP	COTT	ISOP				Totals	
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															
What	BRK1	ISOP		COTT RCKE	ALMD CREM	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								Totals	
Protien		39			35		44				40			38							0	Pro 196	12.00 42%
Carbs		25			39		56				37			38							0	Carb 195	6.00 42%
Fat		32			16.5		9				5			10							0	Fat 73	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		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				
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		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					

What				CREM	JRKY										SOUR			CREM						
Protien	39				35										19				19		Pro	183	1.00 40%	
Carbs	33				39										19				30		Carb	199	2.00 44%	
Fat	32				16.5										5				2.5		Fat	74	9.90 16%	
Calories	582				430										482				220		Cal	2173	177.00	
01/01/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	12pm				4pm					6pm				8pm				10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				Totals		
				JAM	JRKY								SOUR			CREM								
Protien	39				31					44				19					27		19	Pro	179	5.00 39%
Carbs	33				42					56				19					22		30	Carb	202	11.00 44%
Fat	32				16.5					9				5					9.1		2.5	Fat	74	5.70 16%
Calories	582				430					482				180					279		220	Cal	2173	177.00
01/02/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	12pm				3pm					7pm				8pm				10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				Totals		
				CREM	JRKY		ISOP						SOUR			PR24								
Protien	39				35					48				22					27		16.725	Pro	188	3.72 39%
Carbs	33				39					74				23					22		21.1	Carb	212	11.10 44%
Fat	32				16.5					0				12					9.1		8.7	Fat	78	5.70 16%
Calories	582				430					476				265					279		229	Cal	2261	89.00
01/03/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	12pm				3pm					5pm				8pm				10pm			1am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				Totals		
				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
01/04/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	1pm				3pm					5pm				8pm				10pm			1am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				Totals		
				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
01/05/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	1pm				4pm					8pm				9pm				11pm			1am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				Totals		
				CREM	JRKY		ISOP						SOUR			PR24								
Protien	39				35					48				22					27		16.725	Pro	188	3.72 39%
Carbs	33				39					74				23					22		21.1	Carb	212	11.10 44%
Fat	32				16.5					0				12					9.1		8.7	Fat	78	5.70 16%
Calories	582				430					476				265					279		229	Cal	2261	89.00
01/06/07	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			ISOP	POTA	BUTT	PR24	COTT	RCKE				Totals		
				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
01/07/07	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			ISOP	POTA	BUTT	PR24	COTT	RCKE				Totals		
				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
01/08/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	12pm				4pm					6pm				8pm				10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				Totals		
				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
01/09/07	Meal 1				Meal 2					Meal 3				Meal 4				Meal 5			Meal 6			
Time	1pm				4pm					8pm				8pm				10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				Totals		
				CREM	JRKY		ISOP						SOUR			PR24								
Protien	39				35					48				22					27		16.725	Pro	188	3.72 39%
Carbs	33				39					74				23					22		21.1	Carb	212	11.10 44%
Fat	32				16.5					0				12					9.1		8.7	Fat	78	5.70 16%
Calories	582				430					476				265					279		229	Cal	2261	89.00

Carbs	33	31	67	23	22	30	Carb	206	5.00	45%												
Fat	32	15.5	0	12	9.1	2.5	Fat	71	12.90	16%												
Calories	582	350	446	265	279	220	Cal	2142	208.00													
01/20/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	2pm			4pm			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	