



<b>What</b>	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP			<b>Totals</b>					
	OIL	EGG	EGG				GATR			EGG											<b>Pro</b>	174	10.50 38%		
<b>Protien</b>		39								48															
<b>Carbs</b>		25								67											<b>Carb</b>	203	2.00 45%		
<b>Fat</b>		32								0											<b>Fat</b>	77	7.00 17%		
<b>Calories</b>		552								25											<b>Cal</b>	2170	180.00		
<b>11/14/06</b>	<b>Meal 1</b>						<b>Meal 2</b>			<b>Meal 3</b>				<b>Meal 4</b>						<b>Meal 5</b>					
<b>Time</b>		11am					1pm			2pm				4pm						7pm-10pm			<b>Meal 6</b>		
<b>What</b>	GATR						HB	HB	OIL	COTT	ALMD			CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP	<b>Totals</b>		
							EGG	EGG	ISOP	PROP							SPKB	BROC						<b>Pro</b>	169
<b>Protien</b>		0					39			19				16			44							15.00 38%	
<b>Carbs</b>		35					25			20				25			52							<b>Carb</b>	206
<b>Fat</b>		0					32			15.5				1			10.5							<b>Fat</b>	69
<b>Calories</b>		130					552			285				170			452							<b>Cal</b>	2071
<b>11/15/06</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>Time</b>		3pm					5pm			7pm				9pm										<b>Totals</b>	
<b>What</b>	PROP	HB	HB	COTT	ALMD		JRKY	BROC		LCMB	ISOP	EGG	SPKB			COTT	ISOP							<b>Totals</b>	
	OIL	ISOP		CREM	RCKE		CREM	RCKE	EGG															<b>Pro</b>	160
<b>Protien</b>		26					24			24.5				46.5			15							24.00 42%	
<b>Carbs</b>		31					31			33				37			23							<b>Carb</b>	156
<b>Fat</b>		22					15.5			9				10			4							<b>Fat</b>	61
<b>Calories</b>		427					350			305				427			190							<b>Cal</b>	1801
<b>11/16/06</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>Time</b>		12pm					3pm			4pm				5pm						8pm			11pm	<b>Totals</b>	
<b>What</b>	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP						<b>Totals</b>	
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT								<b>Pro</b>	181
<b>Protien</b>		39					35			0				44			43.725							3.28 40%	
<b>Carbs</b>		25					45			0				56			44.1							<b>Carb</b>	198
<b>Fat</b>		32					16.5			0				9			18.4							<b>Fat</b>	78
<b>Calories</b>		552					455			0				482			505							<b>Cal</b>	2209
<b>11/17/06</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>Time</b>		12pm					3pm			4pm				6pm						8pm			11pm	<b>Totals</b>	
<b>What</b>	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM						<b>Totals</b>	
	OIL	EGG	EGG							CREM	RCKE					COTT								<b>Pro</b>	168
<b>Protien</b>		39					25			44				24			17							16.00 40%	
<b>Carbs</b>		25					25			56				31			15							<b>Carb</b>	180
<b>Fat</b>		32					1.5			9				15.5			13.5							<b>Fat</b>	74
<b>Calories</b>		552					217			482				350			250							<b>Cal</b>	2066
<b>11/18/06</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>Time</b>		12pm					3pm			6pm				8pm						11pm			12am	<b>Totals</b>	
<b>What</b>	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM							<b>Totals</b>	
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG							<b>Pro</b>	166
<b>Protien</b>		39					35			44				22.5			0							18.00 40%	
<b>Carbs</b>		25					45			56				25			6							<b>Carb</b>	179
<b>Fat</b>		32					16.5			9				6			0							<b>Fat</b>	71
<b>Calories</b>		552					455			482				245			25							<b>Cal</b>	2024
<b>11/19/06</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>Time</b>		12pm					4pm			7pm				8pm						11pm				<b>Totals</b>	
<b>What</b>	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM							<b>Totals</b>	
	OIL	EGG	EGG				RCKE	CREM		DX30					SPKB									<b>Pro</b>	177
<b>Protien</b>		39					0			35				48			34.5							7.50 39%	
<b>Carbs</b>		25					6			39				67			23							<b>Carb</b>	200
<b>Fat</b>		32					0			16.5				0			19.5							<b>Fat</b>	72
<b>Calories</b>		552					25			430				446			405							<b>Cal</b>	2138
<b>11/20/06</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>Time</b>		1pm					4pm			6pm				8pm						10pm			12am	<b>Totals</b>	
<b>What</b>	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE						<b>Totals</b>	
										RCKE	JRKY					CREM								<b>Pro</b>	188
<b>Protien</b>		39					30			44				29			27							4.00 42%	
<b>Carbs</b>		31					22			56				25			27							<b>Carb</b>	189
<b>Fat</b>		32					16.5			9				11			4.5							<b>Fat</b>	76
<b>Calories</b>		577					340			482				320			252							<b>Cal</b>	2186
<b>11/21/06</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>Time</b>		11am					2pm			4pm				6pm						8pm			11pm	<b>Totals</b>	
<b>What</b>	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP						<b>Totals</b>	
										CREM	RCKE		SCH1											<b>Pro</b>	184
<b>Protien</b>		0					39			37				35			35							0.00 40%	
<b>Carbs</b>		41					25			44				39			39.5							<b>Carb</b>	201
<b>Fat</b>		0					32			7				16.5			14							<b>Fat</b>	72
<b>Calories</b>		155					552			382				430			402							<b>Cal</b>	2148
<b>11/22/06</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>Time</b>		11am					3pm			5pm				8pm						11pm				<b>Totals</b>	

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 POT	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 POT	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 POT	BUT2 PR24 COTT RCKE			
		CREM JRKY				CREM			

Protein	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		
Protein	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		
Protein	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											
Protein	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		
Protein	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		
Protein	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			
12/08/06	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											
Protein	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			
12/09/06	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		
Protein	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			
12/10/06	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													
Protein	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			
12/11/06	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		
Protein	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	1.00	
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	
<b>12/13/06</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			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	
<b>12/14/06</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			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	
<b>12/15/06</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			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	
<b>12/16/06</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			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	
<b>12/17/06</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			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	
<b>12/19/06</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			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	
<b>12/20/06</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			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	
<b>12/21/06</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			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		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					





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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/21/07	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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/22/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	2pm	5pm	7pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/23/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	3pm	6pm	8pm	10pm	2am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	V100 COTT BLUL 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	
01/24/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	3pm	7pm	9pm	10pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/25/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	5pm	10pm	11pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/26/07	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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/27/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	4pm	8pm	9pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	V100 COTT BLUL 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	
01/28/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	2pm	5pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	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	
01/29/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	3pm	5pm	8pm	10pm	2am				

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44					SOUR		27		19		Pro 183	1.00 40%
Carbs		33						56						22			30		Carb 199	2.00 44%
Fat		32						9						9.1			2.5		Fat 74	9.90 16%
Calories		582						482						279			220		Cal 2173	177.00
<b>01/30/07</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>	
Time		1pm			3pm			6pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals	
Protien		39		CREM	JRKY			48					SOUR		27		16.725		Pro 188	3.72 39%
Carbs		33						74						22			21.1		Carb 212	11.10 44%
Fat		32						0						9.1			8.7		Fat 78	5.70 16%
Calories		582						476						279			229		Cal 2261	89.00
<b>01/31/07</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>	
Time		2pm			4pm			6pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44					SOUR		27		19		Pro 183	1.00 40%
Carbs		33						56						22			30		Carb 199	2.00 44%
Fat		32						9						9.1			2.5		Fat 74	9.90 16%
Calories		582						482						279			220		Cal 2173	177.00
<b>02/01/07</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>	
Time		2pm			4pm			6pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44					SOUR		27		19		Pro 183	1.00 40%
Carbs		33						56						22			30		Carb 199	2.00 44%
Fat		32						9						9.1			2.5		Fat 74	9.90 16%
Calories		582						482						279			220		Cal 2173	177.00
<b>02/02/07</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>	
Time		2pm			4pm			6pm			8pm			10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44					SOUR		27		19		Pro 183	1.00 40%
Carbs		33						56						22			30		Carb 199	2.00 44%
Fat		32						9						9.1			2.5		Fat 74	9.90 16%
Calories		582						482						279			220		Cal 2173	177.00
<b>02/03/07</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>	
Time		3pm			4pm			6pm			8pm			10pm			3am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44					SOUR		27		19		Pro 183	1.00 40%
Carbs		33						56						22			30		Carb 199	2.00 44%
Fat		32						9						9.1			2.5		Fat 74	9.90 16%
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