

Time	1pm			5pm			6pm			8PM			9pm			Totals						
What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP					
	OIL	EGG	EGG				GATR			EGG												
Protein	39			0			48			36.5			6			44			Pro	174	10.50	38%
Carbs	25			6			67			22			27			56			Carb	203	2.00	45%
Fat	32			0			0			21.5			14.5			9			Fat	77	7.00	17%
Calories	552			25			446			415			250			482			Cal	2170	180.00	
11/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
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								
Protein	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			Totals			
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													
Protein	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			Totals			
Time	12pm			3pm			5pm			8pm			11pm			Totals						
What	ISOP	HB	HB	PROP	COTT	CREM				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP				
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT						
Protein	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			Totals			
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						
Protein	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			Totals			
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					
Protein	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			Totals			
Time	12pm			4pm			7pm			8pm			11pm			Totals						
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM				
	OIL	EGG	EGG				RCKE	CREM		DX30						SPKB						
Protein	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			Totals			
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						
Protein	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			Totals			
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									
Protein	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			Totals			
Time	11am			3pm			5pm			8pm			11pm			Totals						
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								
				RCKE	CREM																	
Protein	39			35			44			40			38			0			Pro	196	12.00	42%
Carbs	25			39			56			37			38			0			Carb	195	6.00	42%

What			CREM	JRKY											CREM								
Protien	39			35				44				25			26		19						
Carbs	33			39				56				27			19		30						
Fat	32			16.5				9				19			4.6		2.5						
Calories	582			430				482				350			224		220						
12/03/06	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	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		
Totals																							
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		
12/04/06	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												CREM						
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	BUT2	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		

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					
12/22/06	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	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		Totals							
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		Totals							
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		Totals							
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		Totals							
Time	12pm		3pm		6pm		8pm		10pm		12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		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		Totals							
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		Totals							
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		Totals							
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		Totals							
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		Totals							
Time	12pm		3pm		5pm		7pm		9pm		11pm									

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183	
Carbs		33						56									30	Carb 199	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 179	
Carbs		33						56									30	Carb 202	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY		ISOP					SOUR			PR24			Pro 188	
Carbs		33						48									16.725	Carb 212	
Fat		32						74									21.1	Fat 78	
Calories		582						0									8.7	Cal 2261	
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	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183	
Carbs		33						56									30	Carb 199	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183	
Carbs		33						56									30	Carb 199	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY		ISOP					SOUR			PR24			Pro 188	
Carbs		33						48									16.725	Carb 212	
Fat		32						74									21.1	Fat 78	
Calories		582						0									8.7	Cal 2261	
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	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183	
Carbs		33						56									30	Carb 199	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183	
Carbs		33						56									30	Carb 199	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183	
Carbs		33						56									30	Carb 199	
Fat		32						9									2.5	Fat 74	
Calories		582						482									220	Cal 2173	
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	
Protien		39		CREM	JRKY		ISOP					SOUR			PR24			Pro 188	
Carbs		33						48									16.725	Carb 212	
Fat		32						74									21.1	Fat 78	
Calories		582						0									8.7	Cal 2261	

Calories	582	430	476	265	279	229	Cal	2261	89.00
01/10/07	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	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
01/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	7pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	PR24 LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE			
		CREM JRKY			SOUR	CREM			
Protien	39	35	44	19	27	19	Pro	183	1.00 39%
Carbs	33	39	64	19	22	30	Carb	207	6.00 45%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90 16%
Calories	582	430	512	180	279	220	Cal	2203	147.00
01/12/07	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	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
01/13/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	7pm	8pm	11pm	1am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL			
		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
01/14/07	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	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
01/15/07	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	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
01/16/07	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	GTR2 ISOP ISOP	PBAR PIS2 SHRT	ISOP POTA BUTT	V100 COTT BLUL			
		CREM JRKY			SOUR	PR24			
Protien	39	35	48	23	27	16.725	Pro	189	4.72 40%
Carbs	33	39	44	39	22	21.1	Carb	198	2.90 42%
Fat	32	16.5	0	15	9.1	8.7	Fat	81	2.70 17%
Calories	582	430	364	365	279	229	Cal	2249	101.00
01/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	12pm	3pm	5pm	8pm	10pm	1am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP PR24	PBAR	ISOP POTA BUTT	PR24 COTT RCKE			
		CREM JRKY			SOUR	CREM			
Protien	39	35	44	19	27	19	Pro	183	1.00 39%
Carbs	33	39	64	19	22	30	Carb	207	6.00 45%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90 16%
Calories	582	430	512	180	279	220	Cal	2203	147.00
01/18/07	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 PR24	PBAR	ISOP POTA BUTT	PR24 COTT RCKE			
		CREM JRKY			SOUR	CREM			
Protien	39	35	44	19	27	19	Pro	183	1.00 39%
Carbs	33	39	64	19	22	30	Carb	207	6.00 45%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90 16%
Calories	582	430	512	180	279	220	Cal	2203	147.00
01/19/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	5pm	8pm	10pm				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	COTT RCKE CREM			
		CREM	ISOP		SOUR	PR24			

Protien	39		24		48		22		27		19	Pro	179	5.00	39%
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	
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	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	
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	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	
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	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL									
		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	
01/24/07	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	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	
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	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	
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	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	
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	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL									
		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	
01/28/07	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	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	
01/29/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals								

Time	1pm			3pm			5pm			8pm			10pm			2am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
01/30/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	V100 PR24	COTT	BLUL	Pro	Cal
Protien		39			35			48						27			16.725		188	89.00
Carbs		33			39			74						22			21.1		212	89.00
Fat		32			16.5			0						9.1			8.7		78	89.00
Calories		582			430			476						279			229		2261	89.00
01/31/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
02/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
02/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
02/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	3pm			4pm			6pm			8pm			10pm			3am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
02/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	3pm			4pm			6pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
02/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	2pm			4pm			6pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00
Fat		32			16.5			9						9.1			2.5		74	177.00
Calories		582			430			482						279			220		2173	177.00
02/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	V100 PR24	COTT	BLUL	Pro	Cal
Protien		39			35			48						27			17.725		189	4.72
Carbs		33			39			74						22			39.1		230	29.10
Fat		32			16.5			0						9.1			10.2		80	4.20
Calories		582			430			476						279			319		2351	1.00
02/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal
Protien		39			35			44						27			19		183	177.00
Carbs		33			39			56						22			30		199	177.00

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											
02/08/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	2pm	4pm	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	
02/09/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	1pm	3pm	6pm	8pm	10pm	12am	Totals													
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL		
				CREM	JRKY		ISOP					SHRT	SOUR			PR24	V50			
Protien	39	35	48	23	27	17.5875											Pro	190	5.59	38%
Carbs	33	39	74	39	22	24.15											Carb	231	30.15	46%
Fat	32	16.5	0	15	9.1	8.8											Fat	81	2.60	16%
Calories	582	430	476	365	279	244											Cal	2376	26.00	
02/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														
Time	12pm						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	