

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals			
Protien		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	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	Totals		
Time		3pm				5pm			7pm			9pm				11pm				Totals		
What	PROP	HB	HB	COTT	ALMD		JRKY	BROC		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	Totals		
Time		12pm				3pm			4pm			5pm				8pm			11pm	Totals		
What	ISOP	HB	HB	PROP	COTT	CREM				ISOP	LCPZ		POTA	POTA	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	Totals		
Time		12pm				3pm			4pm			6pm				8pm			11pm	Totals		
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	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	Totals		
Time		12pm				3pm			6pm			8pm				11pm			12am	Totals		
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM	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	Totals		
Time		12pm				4pm			7pm			8pm				11pm				Totals		
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM	Totals				
Protien		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	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	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	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	Totals		
Time		11am				3pm			5pm			8pm				11pm				Totals		
What	BRK1	ISOP		COTT	ALMD	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							
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							
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							
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							
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							
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							
Time	11am		4pm		6pm		8pm		10pm		12am							
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIST		ISOP	POPC		PROP	COTT	RCKE
				CREM	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							
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							
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											
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							
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							
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		

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		44		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	Pro	185	
Carbs		33			39			67					22				13	Carb	197	
Fat		32			16.5			0					9.1				2.5	Fat	72	
Calories		582			430			446					279				130	Cal	2132	
12/13/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			218.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				220	Cal	2173	
12/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				22	Carb	191	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				190	Cal	2143	
12/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			207.00	
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	Pro	187	
Carbs		33			39			67					22				13	Carb	197	
Fat		32			16.5			0					9.1				5.5	Fat	75	
Calories		582			430			446					279				160	Cal	2162	
12/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			188.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				220	Cal	2173	
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				220	Cal	2173	
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				220	Cal	2173	
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	74	
Calories		582			430			482					279				220	Cal	2173	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			177.00	
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	Pro	183	
Carbs		33			39			56					22				30	Carb	199	
Fat		32			16.5			9					9.1				2.5	Fat	77	
Calories		582			430			446					279				204	Cal	2206	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			144.00	

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	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			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
01/30/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		1pm			3pm			6pm						10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL		
Protien		39			35			48						27			16.725		Pro 188	3.72 39%
Carbs		33			39			74						22			21.1		Carb 212	11.10 44%
Fat		32			16.5			0						9.1			8.7		Fat 78	5.70 16%
Calories		582			430			476						279			229		Cal 2261	89.00
01/31/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		2pm			4pm			6pm						10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
02/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		2pm			4pm			6pm						10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
02/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		2pm			4pm			6pm						10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
02/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		3pm			4pm			6pm						10pm			3am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
02/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		3pm			4pm			6pm						10pm			1am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
02/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		2pm			4pm			6pm						10pm			1am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						9.1			2.5		Fat 74	9.90 16%
Calories		582			430			482						279			220		Cal 2173	177.00
02/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		1pm			3pm			6pm						10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL		
Protien		39			35			48						27			17.725		Pro 189	4.72 38%
Carbs		33			39			74						22			39.1		Carb 230	29.10 46%
Fat		32			16.5			0						9.1			10.2		Fat 80	4.20 16%
Calories		582			430			476						279			319		Cal 2351	1.00
02/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time		1pm			4pm			6pm						10pm			12am			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE		
Protien		39			35			44						27			19		Pro 183	1.00 40%
Carbs		33			39			56						22			30		Carb 199	2.00 44%
Fat		32			16.5			9						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	Totals		
Time	2pm	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
02/09/07	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	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL	Totals		
		CREM JRKY	ISOP		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	Totals		
Time	12pm								
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
02/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	5pm	6pm	7pm	8pm			
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
02/12/07	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	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
02/13/07	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 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL	Totals		
		CREM JRKY	ISOP		SOUR	PR24 V50 SHRT			
Protien	39	35	48	22	27	18.5875	Pro	190	5.59 38%
Carbs	33	39	74	23	22	40.15	Carb	231	30.15 46%
Fat	32	16.5	0	12	9.1	11.8	Fat	81	2.60 16%
Calories	582	430	476	265	279	344	Cal	2376	26.00
02/14/07	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	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
02/15/07	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	RICE PNUK CHKN	PBAR V100 V50	ISOP POTA BUTT	PR24 COTT RCKE	Totals		
		CREM JRKY	ISOP	BLUL	SOUR	CREM			
Protien	39	35	51	22.6	27	19	Pro	194	9.59 42%
Carbs	33	39	43	30.2	22	30	Carb	197	3.85 42%
Fat	32	16.5	3	11.3	9.1	2.5	Fat	74	9.60 16%
Calories	582	430	417	294	279	220	Cal	2222	128.00
02/16/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	2pm	3pm	6pm	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 V50			
Protien	39	35	48	22	27	17.5875	Pro	189	4.59 39%
Carbs	33	39	74	23	22	24.15	Carb	215	14.15 45%
Fat	32	16.5	0	12	9.1	8.8	Fat	78	5.60 16%
Calories	582	430	476	265	279	244	Cal	2276	74.00
02/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	12pm	4pm	7pm						
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	