

Daily Target	Pro	Carb	Fat	Cal
	184	201	84	2350

Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		Pro	Carb	Fat	Cal	%			
11/04/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	12pm	3pm	6pm	10pm	12am		Totals									
What	PROP ISOM	PROP OATS SPK		COTT COTT GOLD	PROP BROC	PROP LCCF										
Protien	56.25	20	32	2	21	0	Pro	131	52.75	34%						
Carbs	80.88	55	30	14	39	0	Carb	219	17.88	57%						
Fat	3.6	9	10	3	7	0	Fat	33	51.40	9%						
Calories	575	380	340	85	305	0	Cal	1685	665.00							
11/05/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	12pm	2pm	4pm	5pm	7pm	12am	Totals									
What	PROP SPK	OATS ISOM	LCPZ		BROC		COTT COTT GOLD	BROC	POPC		PROP LPP					
Protien	56.25	11		2			32		5		13	Pro	119			
Carbs	74.88		36		8		30		28		49	Carb	226			
Fat	3.6		6		3		10		6.5		7	Fat	36			
Calories	550		240		60		340		160		305	Cal	1655			
11/06/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	10am	1pm	3pm	5pm	6pm-9pm	11pm	Totals									
What	PROP SPK	OATS ISOM	LCPZ	BROC		POPC		LPP		POPC RCKE	BROC CREM	LCMB PROP				
Protien	56.25		22		3		13		10		16	Pro	120			
Carbs	74.88		63		20		43		45		42	Carb	288			
Fat	3.6		12		3.5		7		6.5		5	Fat	38			
Calories	550		440		100		280		250		275	Cal	1895			
11/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	11am	2pm	4pm	6pm	11pm		Totals									
What	PROP SPK	OATS ISOM	LCPZ		POPC RCKE	ISOP CREM	GATR	LPP		PROP	LPP BROC					
Protien	56.25	20		32		13			15		0	Pro	136			
Carbs	74.88	55		38		78			57		0	Carb	303			
Fat	3.6	9		3.5		7			10		0	Fat	33			
Calories	550	380		292		410			365		0	Cal	1997			
11/08/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	12pm	3pm	4pm	5pm	7pm		Totals									
What	EGG HB	EGG OIL	HB PROP	LCPZ		BROC	POPC		PROP	LCPZ	LCCF GOLD	COTT COTT				
Protien	15		20		5		11		53		0	Pro	104			
Carbs	30		55		28		42		63		0	Carb	218			
Fat	32		9		6.5		6		17		0	Fat	71			
Calories	475		380		160		265		620		0	Cal	1900			
11/09/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	10am-1pm	2pm	4pm	6pm	8pm	11pm	Totals									
What	TSND		GATR	OATS ISOM	SPK	LCPZ		GATR	DX30	ISOP	V100 SCHZ	V100 POTA	V50	PROP COTT		
Protien	19		56.25		20		48		20.3125		14		Pro	178		
Carbs	72		68.88		55		67		34.25		11		Carb	308		
Fat	16		3.6		9		0		18.6		2.5		Fat	50		
Calories	490		525		380		446		370		125		Cal	2336		
11/10/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	10am	2pm	5pm	7pm	10pm	11pm	Totals									
What	PROP SPK	OATS ISOM	HB OIL	HB EGG	EGG POTA	SCH1 ISOP	V50 ISOP	V100	BROC RCKE	CREM	ALMD	JRKY	HB ISOP	HB OIL		
Protien	56.25	15			35.5875		7		16		50	Pro	180			
Carbs	74.88	24			28.65		25		17		26	Carb	196			
Fat	3.6	32			9.4		3		14		22	Fat	84			
Calories	550	450			333		150		240		504	Cal	2227			
11/11/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	11am	3pm	5pm	7pm	9pm	Next	Totals									
What	PROP SPK	OATS ISOM	COTT JRKY	COTT ALMD	HB ISOP	HB JRKY	OIL	BROC	POPC		V100	V50	JRKY	COTT CREM	ISOP RCKE	ALMD
Protien	56.25	44			37		5		13.5875		48	Pro	204			
Carbs	74.88	27			33		28		17.15		32	Carb	212			
Fat	3.6	19			23		6.5		1.3		15.5	Fat	69			
Calories	550	440			482		160		124		452	Cal	2208			
11/12/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	12pm	3pm	5pm	6pm	8pm	10pm	Totals									
What	ISOP OIL	HB EGG	HB EGG	PROP ALMD	COTT JRKY	COTT CREM	CREM RCKE	ISOP	JRKY		LCPZ	JRKY		COTT JRKY	CREM RCKE	
Protien	39		44		34		11		31		30	Pro	189			
Carbs	25		33		35		8		63		30	Carb	194			
Fat	32		19		0		1		10		3.5	Fat	66			
Calories	552		465		282		80		460		270	Cal	2109			
11/13/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals									
Time	1pm		5pm	6pm	8PM	9pm	Totals									

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals			
	OIL	EGG	EGG				GATR			EGG									Pro	174		
Protien	39			0			48			36.5			6			44				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						
What	GATR			HB	HB	OIL	COTT	ALMD		CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP	Totals			
				EGG	EGG	ISOP	PROP	ALMD					SPKB	BROC					Pro	169		
Protien	0			39			19			16			44			51				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									
What	PROP	HB	HB	COTT	ALMD		JRKY	BROC		LCMB	ISOP	EGG	SPKB		COTT	ISOP		Totals				
	OIL	ISOP		CREM	RCKE		CREM	RCKE	EGG									Pro	160			
Protien	26			24			24.5			46.5			15			24				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									
What	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP	Totals			
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT			Pro	181		
Protien	39			35			0			44			43.725			19				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						
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM	Totals			
	OIL	EGG	EGG							CREM	RCKE					COTT			Pro	168		
Protien	39			25			44			24			17			19				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						
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM	Totals				
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG	Pro	166			
Protien	39			35			44			22.5			0			25.5				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									
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM	Totals				
	OIL	EGG	EGG				RCKE	CREM		DX30					SPKB			Pro	177			
Protien	39			0			35			48			34.5			20				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						
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE	Totals			
										RCKE	JRKY					CREM			Pro	188		
Protien	39			30			44			29			27			19				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						
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP	Totals			
										CREM	RCKE		SCH1						Pro	184		
Protien	0			39			37			35			35			38				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									
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR				Totals				
				RCKE	CREM													Pro	196			
Protien	39			35			44			40			38			0				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			

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	218.00	
Carbs		33			39			67					22				13	197	4.00	
Fat		32			16.5			0					9.1				2.5	72	11.90	
Calories		582			430			446					279				130	2132	218.00	
12/13/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					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 SOUR	POTA	BUTT		COTT CREM	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 SOUR	POTA	BUTT	BROC	COTT		Pro	Cal
Protien		39			35			48					27				16	187	3.00	
Carbs		33			39			67					22				13	197	4.00	
Fat		32			16.5			0					9.1				5.5	75	8.90	
Calories		582			430			446					279				160	2162	188.00	
12/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					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 SOUR	POTA	BUTT	PR24	COTT CREM	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 SOUR	POTA	BUTT	V100 V50	COTT	RANC	Pro	Cal
Protien		39			35			48					27					17.5875	189	4.59
Carbs		33			39			67					22					16.15	200	0.85
Fat		32			16.5			0					9.1					7.8	77	6.60
Calories		582			430			446					279					204	2206	144.00
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24	COTT CREM	RCKE	Pro	Cal
Protien		39			35			44					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 SOUR	POTA	BUTT	PR24	COTT CREM	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	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		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						

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
				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
				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	Totals		
Time	12pm																		
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
02/11/07	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
				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
				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
				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
				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	PNUT	CHKN		PBAR	V100	V50	ISOP	POTA	BUTT	PR24	COTT	RCKE
				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
				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
				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					
02/18/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals							
Time	12pm		3pm		5pm		8pm		10m		12am								
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LPP	ISOP	PBAR	ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY					SOUR			CREM						
Protien	39		35		37		19		27		19	Pro	176	8.00	40%				
Carbs	33		39		44		19		22		30	Carb	187	14.00	43%				
Fat	32		16.5		7		5		9.1		2.5	Fat	72	11.90	17%				
Calories	582		430		382		180		279		220	Cal	2073	277.00					
02/19/07	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				
				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					
02/20/07	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		
				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					
02/21/07	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	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					
02/22/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals							
Time	12am		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					
02/23/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals							
Time	12am		3pm		6pm		8pm		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	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					
02/24/07	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				
				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					