



What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals			
	OIL	EGG	EGG				GATR			EGG												
Protien		39								48			36.5			6		44		Pro	174	10.50 38%
Carbs		25								67			22			27		56		Carb	203	2.00 45%
Fat		32								0			21.5			14.5		9		Fat	77	7.00 17%
Calories		552								25			446			250		482		Cal	2170	180.00
11/14/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		11am					1pm			2pm			4pm			7pm-10pm			11pm		Totals	
What	GATR			HB	HB	OIL	COTT	ALMD		CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP				
				EGG	EGG		ISOP	PROP						SPKB	BROC							
Protien		0					39			19			16			44		51		Pro	169	15.00 38%
Carbs		35					25			20			25			52		49		Carb	206	5.00 46%
Fat		0					32			15.5			1			10.5		9.5		Fat	69	15.50 15%
Calories		130					552			285			170			452		482		Cal	2071	279.00
11/15/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		3pm					5pm			7pm			9pm			11pm					Totals	
What	PROP	HB	HB	COTT	ALMD		JRKY	BROC		LCMB	ISOP	EGG	SPKB		COTT	ISOP						
		OIL	ISOP	CREM	RCKE		CREM	RCKE	EGG													
Protien		26					24			24.5			46.5			15		24		Pro	160	24.00 42%
Carbs		31					31			33			37			23		1		Carb	156	45.00 41%
Fat		22					15.5			9			10			4		0		Fat	61	23.50 16%
Calories		427					350			305			427			190		102		Cal	1801	549.00
11/16/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		12pm					3pm			4pm			5pm			8pm			11pm		Totals	
What	ISOP	HB	HB	PROP	COTT	ALMD				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP				
		OIL	EGG	EGG	RCKE	JRKY	ALMD						SCHZ	V100		COTT						
Protien		39					35			0			44			43.725		19		Pro	181	3.28 40%
Carbs		25					45			0			56			44.1		28		Carb	198	2.90 43%
Fat		32					16.5			0			9			18.4		2.5		Fat	78	5.60 17%
Calories		552					455			0			482			505		215		Cal	2209	141.00
11/17/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		12pm					3pm			4pm			6pm			8pm			11pm		Totals	
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM				
		OIL	EGG	EGG						CREM	RCKE					COTT						
Protien		39					25			44			24			17		19		Pro	168	16.00 40%
Carbs		25					25			56			31			15		28		Carb	180	21.00 43%
Fat		32					1.5			9			15.5			13.5		2.5		Fat	74	10.00 18%
Calories		552					217			482			350			250		215		Cal	2066	284.00
11/18/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		12pm					3pm			6pm			8pm			11pm			12am		Totals	
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM					
		OIL	EGG	EGG	CREM	RCKE	JRKY			CREM						COTT						
Protien		39					35			44			22.5			0		25.5		Pro	166	18.00 40%
Carbs		25					45			56			25			6		22		Carb	179	22.00 43%
Fat		32					16.5			9			6			0		7.5		Fat	71	13.00 17%
Calories		552					455			482			245			25		265		Cal	2024	326.00
11/19/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		12pm					4pm			7pm			8pm			11pm					Totals	
What	ISOP	HB	HB	PROP			ALMD	COTT	JRKY	GATR	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM					
		OIL	EGG	EGG			RCKE	CREM		DX30					SPKB							
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			
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						
Protien		39					30			44			29			27		19		Pro	188	4.00 42%
Carbs		31					22			56			25			27		28		Carb	189	12.00 42%
Fat		32					16.5			9			11			4.5		2.5		Fat	76	8.50 17%
Calories		577					340			482			320			252		215		Cal	2186	164.00
11/21/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		11am					2pm			4pm			6pm			8pm			11pm		Totals	
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP				
										CREM	RCKE		SCH1									
Protien		0					39			37			35			35		38		Pro	184	0.00 40%
Carbs		41					25			44			39			39.5		12		Carb	201	0.50 44%
Fat		0					32			7			16.5			14		2.5		Fat	72	12.00 16%
Calories		155					552			382			430			402		227		Cal	2148	202.00
11/22/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			
Time		11am					3pm			5pm			8pm			11pm					Totals	
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								
							RCKE	CREM														
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
<b>11/23/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	4pm	ThanksGiving Meal	10pm					
What	BRK1 PROP	COTT		SPKB ISOP					
Protien	15	14	0	25	0	0	Pro	54	130.00 38%
Carbs	30	5	0	19	0	0	Carb	54	147.00 38%
Fat	32	2.5	0	1.5	0	0	Fat	36	48.00 25%
Calories	475	100	1000	192	0	0	Cal	1767	583.00
<b>11/24/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	1pm	3pm	5pm	8pm	11pm			
What	PROP BRK1 ISOP	COTS ALMD RCKE	PBAR	LPP ISOP	LPP ISOP	COTS RCKE			
		CREM JRKY				CREM			
Protien	39	35	19	37	37	19	Pro	186	2.00 40%
Carbs	31	40	19	44	44	23	Carb	201	0.00 44%
Fat	32	18.5	5	7	7	4.5	Fat	74	10.00 16%
Calories	577	450	180	382	382	210	Cal	2181	169.00
<b>11/25/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	1pm	6pm	8pm	10pm	12am			
What	PROP BRK1 ISOP	COTS ALMD JRKY	LCPZ ISOP	ISOP POPC	EGG ISOP	SPKB	PROP COTS RCKE		
		RCKE CREM		BROC			CREM		
Protien	39	35	44	35.5	25	19	Pro	198	13.50 41%
Carbs	31	40	56	29	19	29	Carb	204	3.00 43%
Fat	32	18.5	9	11.5	1.5	4.5	Fat	77	7.00 16%
Calories	577	450	482	337	192	235	Cal	2273	77.00
<b>11/26/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	2pm	5pm	6pm	9pm	12am			
What	PROP BRK1 ISOP	COTS ALMD RCKE	LCPZ ISOP	MAND	ISOP ISOP	BROC SPKB	PROP COTS RCKE		
		CREM JRKY					CREM		
Protien	39	35	44	24	27	19	Pro	188	4.00 41%
Carbs	31	40	56	20	27	29	Carb	203	2.00 44%
Fat	32	18.5	9	0	4.5	4.5	Fat	69	15.50 15%
Calories	577	450	482	182	252	235	Cal	2178	172.00
<b>11/27/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	12pm	2pm	5pm	7pm	9pm	11pm			
What	PROP BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	ISOP POPC	BROC PBAR	PROP COTT RCKE			
		CREM JRKY				CREM			
Protien	39	35	44	27	21	19	Pro	185	1.00 40%
Carbs	31	39	56	21	27	28	Carb	202	1.00 44%
Fat	32	16.5	9	3.5	8	2.5	Fat	72	12.50 16%
Calories	577	430	482	202	240	215	Cal	2146	204.00
<b>11/28/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	4pm	6pm	8pm	10pm	12am			
What	PROP BRK1 ISOP	COTT ALMD	GATR DX30 ISOP	PBAR PIST	ISOP POPC	PROP COTT RCKE			
		JRKY	ISOP			CREM			
Protien	39	30	48	25	27	19	Pro	188	4.00 41%
Carbs	31	22	67	27	21	28	Carb	196	5.00 43%
Fat	32	16.5	0	19	3.5	2.5	Fat	74	10.50 16%
Calories	577	340	446	350	202	215	Cal	2130	220.00
<b>11/29/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	2pm	5pm	8pm	9pm	11pm			
What	PROP BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP POPC	PROP COTT RCKE			
		CREM JRKY				CREM			
Protien	39	35	44	25	27	19	Pro	189	5.00 40%
Carbs	31	39	56	27	21	28	Carb	202	1.00 43%
Fat	32	16.5	9	19	3.5	2.5	Fat	83	1.50 17%
Calories	577	430	482	350	202	215	Cal	2256	94.00
<b>11/30/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	11am	2pm	5pm	8pm	9pm	11pm			
What	PROP BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIST	ISOP 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
<b>12/01/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	1pm	3pm	6pm	8pm	9pm	12am			
What	PROP BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP 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
<b>12/02/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	1pm	3pm	5pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP POTA BUT2	PR24 COTT RCKE			
		CREM JRKY				CREM			

Protien	39		35		44		25		26		19		Pro	188	4.00	40%		
Carbs	33		39		56		27		19		30		Carb	204	3.00	43%		
Fat	32		16.5		9		19		4.6		2.5		Fat	84	0.40	18%		
Calories	582		430		482		350		224		220		Cal	2288	62.00			
12/03/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		25		26		19		Pro	188	4.00	40%		
Carbs	33		39		56		27		19		30		Carb	204	3.00	43%		
Fat	32		16.5		9		19		4.6		2.5		Fat	84	0.40	18%		
Calories	582		430		482		350		224		220		Cal	2288	62.00			
12/04/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/05/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR			POTA	BUTT	PR24	COTT	BROC	
				CREM	JRKY		ISOP											
Protien	39		35		48		19		2		16		Pro	159	25.00	37%		
Carbs	33		39		67		19		18		21		Carb	197	4.00	46%		
Fat	32		16.5		0		5		9.1		5.5		Fat	68	15.90	16%		
Calories	582		430		446		180		157		190		Cal	1985	365.00			
12/06/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/07/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		2pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE
				CREM	JRKY											CREM		
Protien	39		35		44		22		26		19		Pro	185	1.00	40%		
Carbs	33		39		56		23		19		30		Carb	200	1.00	43%		
Fat	32		16.5		9		12		4.6		2.5		Fat	77	7.40	17%		
Calories	582		430		482		265		224		220		Cal	2203	147.00			
12/08/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	BROC
				CREM	JRKY		ISOP											
Protien	39		35		48		22		26		16		Pro	186	2.00	40%		
Carbs	33		39		67		23		19		21		Carb	202	1.00	44%		
Fat	32		16.5		0		12		9.1		5.5		Fat	75	8.90	16%		
Calories	582		430		446		265		259		190		Cal	2172	178.00			
12/09/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	1pm		3pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	PBAR	PIS2		LCPZ	ISOP		COTT	ALMD	RCKE	ISOP	POTA	BUT2	PR24	COTT	RCKE
										CREM	JRKY					CREM		
Protien	39		22		44		35		26		19		Pro	185	1.00	40%		
Carbs	33		23		56		39		19		30		Carb	200	1.00	43%		
Fat	32		12		9		16.5		4.6		2.5		Fat	77	7.40	17%		
Calories	582		265		482		430		224		220		Cal	2203	147.00			
12/10/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	11am		2pm		5pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		GGCF	POPC	ISOP	COTT	POTA	BUT2	PR24	COTT	
				CREM	JRKY													
Protien	39		35		44		33		16		14		Pro	181	3.00	39%		
Carbs	33		39		56		39		23		13		Carb	203	2.00	44%		
Fat	32		16.5		9		11		7.1		2.5		Fat	78	5.90	17%		
Calories	582		430		482		352		222		130		Cal	2198	152.00			
12/11/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					
Time	12pm		3pm		5pm		8pm		9pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									PTOP		CREM		
Protien	39		35		44		19		28		19		Pro	184	0.00	40%		
Carbs	33		39		56		19		23		30		Carb	200	1.00	44%		
Fat	32		16.5		9		5		10.1		2.5		Fat	75	8.90	16%		
Calories	582		430		482		180		284		220		Cal	2178	172.00			
12/12/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals					

Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			48			22		27				14	185	1.00	
Carbs		33			39			67			23		22				13	197	4.00	
Fat		32			16.5			0			12		9.1				2.5	72	11.90	
Calories		582			430			446			265		279				130	2132	218.00	
12/13/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		22				30	199	2.00	
Fat		32			16.5			9			5		9.1				2.5	74	9.90	
Calories		582			430			482			180		279				220	2173	177.00	
12/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT		COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		22				22	191	10.00	
Fat		32			16.5			9			5		9.1				2.5	74	9.90	
Calories		582			430			482			180		279				190	2143	207.00	
12/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	BROC	COTT		Pro	Cal	
Protien		39			35			48			22		27				16	187	3.00	
Carbs		33			39			67			23		22				13	197	4.00	
Fat		32			16.5			0			12		9.1				5.5	75	8.90	
Calories		582			430			446			265		279				160	2162	188.00	
12/16/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		22				30	199	2.00	
Fat		32			16.5			9			5		9.1				2.5	74	9.90	
Calories		582			430			482			180		279				220	2173	177.00	
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	11am			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		22				30	199	2.00	
Fat		32			16.5			9			5		9.1				2.5	74	9.90	
Calories		582			430			482			180		279				220	2173	177.00	
12/18/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		22				30	199	2.00	
Fat		32			16.5			9			5		9.1				2.5	74	9.90	
Calories		582			430			482			180		279				220	2173	177.00	
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100 V50	COTT	RANC	Pro	Cal	
Protien		39			35			48			22		27				17.5875	189	4.59	
Carbs		33			39			67			23		22				16.15	200	0.85	
Fat		32			16.5			0			12		9.1				7.8	77	6.60	
Calories		582			430			446			265		279				204	2206	144.00	
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		22				30	199	2.00	
Fat		32			16.5			9			5		9.1				2.5	74	9.90	
Calories		582			430			482			180		279				220	2173	177.00	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			3pm			5pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39			35			44			19		27				19	183	1.00	
Carbs		33			39			56			19		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					

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





Carbs	33	31	67	23	22	30	Carb	206	5.00	45%
Fat	32	15.5	0	12	9.1	2.5	Fat	71	12.90	16%
Calories	582	350	446	265	279	220	Cal	2142	208.00	
01/20/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	2pm	4pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE 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				



Calories	582	430	482	180	279	220	Cal	2173	177.00
<b>02/08/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	2pm	4pm	6pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE			
		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
<b>02/09/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	1pm	3pm	6pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	V100 COTT BLUL			
		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
<b>02/10/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	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
<b>02/11/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	1pm	3pm	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
<b>02/12/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	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
<b>02/13/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	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
<b>02/14/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	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
<b>02/15/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	12pm	3pm	6pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	RICE PNUIT 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
<b>02/16/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	2pm	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
<b>02/17/07</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
Time	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				
02/25/07	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				
02/26/07	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				
02/27/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals						

Time	12am			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PPBG	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	Cal	
Protien		39		CREM	35			48				SOUR	27					202	17.59	
Carbs		33		CREM	39			74				SOUR	22					225	24.15	
Fat		32		CREM	16.5			0				SOUR	9.1					81	2.60	
Calories		582		CREM	430			476				SOUR	279					2396	46.00	
<b>02/28/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>	
Time	12am			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39		CREM	35			44				SOUR	27		CREM			183	1.00	
Carbs		33		CREM	39			56				SOUR	22		CREM			199	2.00	
Fat		32		CREM	16.5			9				SOUR	9.1		CREM			74	9.90	
Calories		582		CREM	430			482				SOUR	279		CREM			2173	177.00	
<b>03/01/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>	
Time	12pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Cal	
Protien		39		CREM	35			44				SOUR	27		CREM			183	1.00	
Carbs		33		CREM	39			56				SOUR	22		CREM			199	2.00	
Fat		32		CREM	16.5			9				SOUR	9.1		CREM			74	9.90	
Calories		582		CREM	430			482				SOUR	279		CREM			2173	177.00	
<b>03/02/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PPBG	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	Cal	
Protien		39		CREM	35			48				SOUR	27					202	17.59	
Carbs		33		CREM	39			44				SOUR	22					195	5.85	
Fat		32		CREM	16.5			0				SOUR	9.1					81	2.60	
Calories		582		CREM	430			364				SOUR	279					2284	66.00	
<b>03/03/07</b>	<b>Meal 1</b>			<b>Meal 2</b>			<b>Meal 3</b>			<b>Meal 4</b>			<b>Meal 5</b>			<b>Meal 6</b>			<b>Totals</b>	
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2	EBET	ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	Cal
Protien		39		CREM	35			48					SOUR	28				203	18.59	
Carbs		33		CREM	39			44					SOUR	28				196	4.85	
Fat		32		CREM	16.5			0					SOUR	13.6				92	7.90	
Calories		582		CREM	430			364					SOUR	354				2389	39.00	