

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals			
	OIL	EGG	EGG				GATR			EGG									Pro	174	10.50	38%
Protien		39				0		48			36.5			6			44		Carb	203	2.00	45%
Carbs		25				6		67			22			27			56		Fat	77	7.00	17%
Fat		32				0		0			21.5			14.5			9		Cal	2170	180.00	
Calories		552				25		446			415			250			482					
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	Pro	169	15.00	38%
				EGG	EGG	ISOP	PROP						SPKB	BROC					Carb	206	5.00	46%
Protien		0		39				19			16			44			51		Fat	69	15.50	15%
Carbs		35		25				20			25			52			49		Cal	2071	279.00	
Fat		0		32				15.5			1			10.5			9.5					
Calories		130		552				285			170			452			482					
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			Pro	160	24.00	42%
	OIL	ISOP		CREM	RCKE		CREM	RCKE	EGG										Carb	156	45.00	41%
Protien		26		24				24.5			46.5			15		24			Fat	61	23.50	16%
Carbs		31		31				33			37			23		1			Cal	1801	549.00	
Fat		22		15.5				9			10			4		0						
Calories		427		350				305			427			190		102						
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	Pro	181	3.28	40%
	OIL	EGG	EGG	RCKE	JRKY	ALMD							SCHZ	V100		COTT			Carb	198	2.90	43%
Protien		39				35		0			44			43.725		19			Fat	78	5.60	17%
Carbs		25				45		0			56			44.1		28			Cal	2209	141.00	
Fat		32				16.5		0			9			18.4		2.5						
Calories		552				455		0			482			505		215						
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	Pro	168	16.00	40%
	OIL	EGG	EGG							CREM	RCKE					COTT			Carb	180	21.00	43%
Protien		39				25		44			24			17		19			Fat	74	10.00	18%
Carbs		25				25		56			31			15		28			Cal	2066	284.00	
Fat		32				1.5		9			15.5			13.5		2.5						
Calories		552				217		482			350			250		215						
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		Pro	166	18.00	40%
	OIL	EGG	EGG	CREM	RCKE	JRKY				CREM						COTT	EGG		Carb	179	22.00	43%
Protien		39				35		44			22.5			0		25.5			Fat	71	13.00	17%
Carbs		25				45		56			25			6		7.5			Cal	2024	326.00	
Fat		32				16.5		9			6			0								
Calories		552				455		482			245			25		265						
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		Pro	177	7.50	39%
	OIL	EGG	EGG				RCKE	CREM		DX30					SPKB				Carb	200	1.00	45%
Protien		39				0		35			48			34.5		20			Fat	72	12.00	16%
Carbs		25				6		39			67			23		40			Cal	2138	212.00	
Fat		32				0		16.5			0			19.5		4						
Calories		552				25		430			446			405		280						
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	Pro	188	4.00	42%
										RCKE	JRKY					CREM			Carb	189	12.00	42%
Protien		39				30		44			29			27		19			Fat	76	8.50	17%
Carbs		31				22		56			25			27		28			Cal	2186	164.00	
Fat		32				16.5		9			11			4.5		2.5						
Calories		577				340		482			320			252		215						
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	Pro	184	0.00	40%
										CREM	RCKE		SCH1						Carb	201	0.50	44%
Protien		0				39		37			35			35		38			Fat	72	12.00	16%
Carbs		41				25		44			39			39.5		12			Cal	2148	202.00	
Fat		0				32		7			16.5			14		2.5						
Calories		155				552		382			430			402		227						
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					Pro	196	12.00	42%
				RCKE	CREM														Carb	195	6.00	42%
Protien		39				35		44			40			38		0			Fat	73	11.50	16%
Carbs		25				39		56			37			38		0						
Fat		32				16.5		9			5			10		0						

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		
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	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
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
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	RCKE	GATR	DX30	ISOP	PBAR	PIST		ISOP	POPC		PROP	COTT	RCKE	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
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
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
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

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					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	
12/18/06	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	
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			144.00	
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100 V50	COTT	RANC	Pro	Cal	
Protien		39			35			48					27				17.5875	Pro	189	
Carbs		33			39			67					22				16.15	Carb	200	
Fat		32			16.5			0					9.1				7.8	Fat	77	
Calories		582			430			446					279				204	Cal	2206	
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			144.00	
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	
12/21/06	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	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
01/01/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm				4pm				6pm			8pm			10pm			12am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
					JAM	JRKY									SOUR			CREM		
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
01/02/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm				3pm				7pm			8pm			10pm			12am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL
					CREM	JRKY		ISOP							SOUR			PR24		
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
01/03/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm				3pm				5pm			8pm			10pm			1am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
					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
01/04/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	1pm				3pm				5pm			8pm			10pm			1am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
					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
01/05/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	1pm				4pm				8pm			9pm			11pm			1am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL
					CREM	JRKY		ISOP							SOUR			PR24		
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
01/06/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	1pm				3pm				5pm			8pm			10pm			12am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
					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
01/07/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	1pm				3pm				5pm			8pm			10pm			12am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
					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
01/08/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	12pm				4pm				6pm			8pm			10pm			12am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP			PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE
					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
01/09/07	Meal 1				Meal 2				Meal 3			Meal 4			Meal 5			Meal 6		
Time	1pm				4pm				8pm			8pm			10pm			12am		
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	DX30	ISOP		PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL
					CREM	JRKY		ISOP							SOUR			PR24		
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

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						

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
01/30/07	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	GTR2	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
Protien		39		CREM	JRKY		ISOP					SOUR			PR24	CREM		Pro 188
Carbs		33						74										Carb 212
Fat		32						0										Fat 78
Calories		582						476										Cal 2261
01/31/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	2pm		4pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/01/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	2pm		4pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/02/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	2pm		4pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/03/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	3pm		4pm		6pm		8pm		10pm		3am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/04/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	3pm		4pm		6pm		8pm		10pm		1am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/05/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	2pm		4pm		6pm		8pm		10pm		1am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74
Calories		582						482									220	Cal 2173
02/06/07	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	GTR2	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Totals
Protien		39		CREM	JRKY		ISOP					SOUR			PR24	SPKB		Pro 189
Carbs		33						74										Carb 230
Fat		32						0										Fat 80
Calories		582						476										Cal 2351
02/07/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6							
Time	1pm		4pm		6pm		8pm		10pm		12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien		39		CREM	JRKY			44				SOUR			CREM		19	Pro 183
Carbs		33						56									30	Carb 199
Fat		32						9									2.5	Fat 74

Calories	582			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			
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	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			

Time	12am			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PPBG	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL	Pro	Cal	
Protiem	39				35			48					27				17.5875	202	17.59	
Carbs	33				39			74					22				24.15	225	24.15	
Fat	32				16.5			0					9.1				8.8	81	2.60	
Calories	582				430			476					279				244	2396	46.00	
02/28/07	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 CREM	ALMD JRKY	RCKE	LCPZ	ISOP	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal	
Protiem	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	
03/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			4pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal	
Protiem	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	
03/02/07	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	GTR2 DX30	ISOP	ISOP	PPBG	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL	Pro	Cal	
Protiem	39				35			48					27				17.5875	202	17.59	
Carbs	33				39			74					22				24.15	225	24.15	
Fat	32				16.5			0					9.1				8.8	81	2.60	
Calories	582				430			476					279				244	2396	46.00	
03/03/07	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	GTR2 DX30	ISOP	ISOP	PPBG	PIS2	ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL	Pro	Cal	
Protiem	39				35			48					28				17.5875	203	18.59	
Carbs	33				39			44					28				24.15	196	4.85	
Fat	32				16.5			0					13.6				8.8	92	7.90	
Calories	582				430			364					354				244	2389	39.00	
03/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE EBET	Pro	Cal	
Protiem	39				35			44					27				32	196	12.00	
Carbs	33				39			56					22				35	204	3.00	
Fat	32				16.5			9					9.1				11.5	83	0.90	
Calories	582				430			482					279				370	2323	27.00	
03/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	12pm			4pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	ISOP	PBAR	PIS2	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal	
Protiem	39				35			48					27				19	190	6.00	
Carbs	33				39			74					22				30	221	20.00	
Fat	32				16.5			0					9.1				2.5	72	11.90	
Calories	582				430			476					279				220	2252	98.00	
03/06/07	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	ISOP	PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal	
Protiem	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	
03/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals	
What	GTR2 ISOP	HB EBET	HB OIL	PR24 RCKE	COTT CREM	ALMD JRKY	DX30	ISOP	ISOP	PBAR	PIS2	ISOP SOUR	POTA SALD	BUTT ITAL	PR24 CREM	COTT	RCKE	Pro	Cal	
Protiem	39				35			48					28				19	191	7.00	
Carbs	72				47			32					28				30	232	31.00	
Fat	31				16.5			0					13.6				2.5	76	8.40	
Calories	712				460			316					354				220	2327	23.00	
03/08/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ITAL	ISOP	SALD	PBAR	PIS2	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Cal	
Protiem	39				48			25					27				19	180	4.00	
Carbs	33				44			49					22				30	201	0.00	

Fat	32	25.5	4.5	12	9.1	2.5	Fat	86	1.60	18%
Calories	582	580	337	265	279	220	Cal	2263	87.00	
03/09/07	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 EBET	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	32	27	19	Pro	196	12.00	41%
Carbs	33	39	56	24	22	30	Carb	204	3.00	42%
Fat	32	16.5	9	14	9.1	2.5	Fat	83	0.90	17%
Calories	582	430	482	330	279	220	Cal	2323	27.00	
03/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		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	
03/11/07	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 SALD ITAL	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY		STRA STRA	SOUR	CREM				
Protien	39	35	44	21.4	27	19	Pro	185	1.40	38%
Carbs	33	39	56	40.4	22	30	Carb	220	19.40	45%
Fat	32	16.5	9	10.1	9.1	2.5	Fat	79	4.80	16%
Calories	582	430	482	319	279	220	Cal	2312	38.00	
03/12/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	RICE PNUIT EBET	PBAR SALD ITAL	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY	ISOP	STRA	SOUR	CREM				
Protien	39	35	42	20.7	27	19	Pro	183	1.30	39%
Carbs	33	39	48	32.7	22	30	Carb	205	3.70	44%
Fat	32	16.5	11.5	9.8	9.1	2.5	Fat	81	2.60	17%
Calories	582	430	467	287	279	220	Cal	2265	85.00	
03/13/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR SALD ITAL	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY		STRA	SOUR	CREM				
Protien	39	35	44	20.7	27	19	Pro	185	0.70	39%
Carbs	33	39	56	32.7	22	30	Carb	213	11.70	45%
Fat	32	16.5	9	9.8	9.1	2.5	Fat	79	5.10	17%
Calories	582	430	482	287	279	220	Cal	2280	70.00	
03/14/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	4pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	GTR2 ISOP ISOP	COTT ALMD RCKE	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
			CREM JRKY		SOUR	CREM				
Protien	39	48	35	32	27	19	Pro	200	16.00	43%
Carbs	33	44	39	24	22	30	Carb	192	9.00	41%
Fat	32	0	16.5	14	9.1	2.5	Fat	74	9.90	16%
Calories	582	364	430	330	279	220	Cal	2205	145.00	
03/15/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	32	27	19	Pro	196	12.00	41%
Carbs	33	39	56	24	22	30	Carb	204	3.00	42%
Fat	32	16.5	9	14	9.1	2.5	Fat	83	0.90	17%
Calories	582	430	482	330	279	220	Cal	2323	27.00	
03/16/07	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	GTR2 ISOP ISOP	PBAR EBET	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM STRA				
Protien	39	35	48	32	27	19.7	Pro	201	16.70	42%
Carbs	33	39	44	24	22	37.7	Carb	200	1.30	42%
Fat	32	16.5	0	14	9.1	2.8	Fat	74	9.60	16%
Calories	582	430	364	330	279	252	Cal	2237	113.00	
03/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	11pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PC ISOYM	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			SOUR	CREM				
Protien	39	35	44	49	27	19	Pro	213	29.00	43%
Carbs	33	39	56	27	22	30	Carb	207	6.00	41%
Fat	32	16.5	9	10	9.1	2.5	Fat	79	4.90	16%
Calories	582	430	482	370	279	220	Cal	2363	13.00	