

Daily Target	Pro	Carb	Fat	Cal
	184	201	84	2350

Date	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
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 SPK	OATS	LCPZ	COTT COTT	GOLD	PROP BROC	PROP LCCF		
Protien	56.25	20	32	2	21	0	Pro	131	34%	
Carbs	80.88	55	30	14	39	0	Carb	219	57%	
Fat	3.6	9	10	3	7	0	Fat	33	9%	
Calories	575	380	340	85	305	0	Cal	1685		
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	31%	
Carbs	74.88	36	8	30	28	49	Carb	226	59%	
Fat	3.6	6	3	10	6.5	7	Fat	36	9%	
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 BROC CREM RCKE	LCMB PROP			
Protien	56.25	22	3	13	10	16	Pro	120	27%	
Carbs	74.88	63	20	43	45	42	Carb	288	65%	
Fat	3.6	12	3.5	7	6.5	5	Fat	38	8%	
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	29%	
Carbs	74.88	55	38	78	57	0	Carb	303	64%	
Fat	3.6	9	3.5	7	10	0	Fat	33	7%	
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	26%	
Carbs	30	55	28	42	63	0	Carb	218	56%	
Fat	32	9	6.5	6	17	0	Fat	71	18%	
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 ISOP	DX30 ISOP	V100 SCHZ	V100 V50 POTA	PROP COTT	
Protien	19	56.25	20	48	20.3125	14	Pro	178	33%	
Carbs	72	68.88	55	67	34.25	11	Carb	308	58%	
Fat	16	3.6	9	0	18.6	2.5	Fat	50	9%	
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	SCH1 POTA	V50 ISOP	V100 BROC	RCKE CREM	ALMD JRKY	HB ISOP
Protien	56.25	15	35.5875	7	16	50	Pro	180	39%	
Carbs	74.88	24	28.65	25	17	26	Carb	196	43%	
Fat	3.6	32	9.4	3	14	22	Fat	84	18%	
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	ALMD	HB ISOP	HB JRKY	OIL BROC	POPC	V100	V50 JRKY
Protien	56.25	44	37	5	13.5875	48	Pro	204	42%	
Carbs	74.88	27	33	28	17.15	32	Carb	212	44%	
Fat	3.6	19	23	6.5	1.3	15.5	Fat	69	14%	
Calories	550	440	482	160	124	452	Cal	2208		

