

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						
Time	12pm	3pm	6pm	10pm	12am							
What	PROP ISOM	PROP SPK	OATS	LCPZ	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						
Time	12pm	2pm	4pm	5pm	7pm	12am						
What	PROP SPK	OATS	ISOM	LCPZ	BROC	COTT	COTT	GOLD	BROC	POPC	PROP	LPP
Protien	56.25	11	2	32	5	13	Pro	119	64.75	31%		
Carbs	74.88	36	8	30	28	49	Carb	226	24.88	59%		
Fat	3.6	6	3	10	6.5	7	Fat	36	47.90	9%		
Calories	550	240	60	340	160	305	Cal	1655	695.00			
11/06/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	10am	1pm	3pm	5pm	6pm-9pm	11pm						
What	PROP SPK	OATS	ISOM	LCPZ	BROC	POPC	LPP	POPC	BROC	CREM	LCMB	PROP
Protien	56.25	22	3	13	10	16	Pro	120	63.75	27%		
Carbs	74.88	63	20	43	45	42	Carb	288	86.88	65%		
Fat	3.6	12	3.5	7	6.5	5	Fat	38	46.40	8%		
Calories	550	440	100	280	250	275	Cal	1895	455.00			
11/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	11am	2pm	4pm	6pm	11pm							
What	PROP SPK	OATS	ISOM	LCPZ	POPC	ISOP	CREM	GATR	LPP	PROP	LPP	BROC
Protien	56.25	20	32	13	15	0	Pro	136	47.75	29%		
Carbs	74.88	55	38	78	57	0	Carb	303	101.88	64%		
Fat	3.6	9	3.5	7	10	0	Fat	33	50.90	7%		
Calories	550	380	292	410	365	0	Cal	1997	353.00			
11/08/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	12pm	3pm	4pm	5pm	7pm							
What	EGG HB	EGG OIL	HB PROP	LCPZ	BROC	POPC	PROP	LCPZ	LCCF	COTT	COTT	
Protien	15	20	5	11	53	0	Pro	104	80.00	26%		
Carbs	30	55	28	42	63	0	Carb	218	17.00	56%		
Fat	32	9	6.5	6	17	0	Fat	71	13.50	18%		
Calories	475	380	160	265	620	0	Cal	1900	450.00			
11/09/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	10am-1pm	2pm	4pm	6pm	8pm	11pm						
What	TSND	GATR	OATS	ISOM	SPK	LCPZ	GATR	DX30	ISOP	V100	V100	V50
Protien	19	56.25	20	48	20.3125	14	Pro	178	6.44	33%		
Carbs	72	68.88	55	67	34.25	11	Carb	308	107.13	58%		
Fat	16	3.6	9	0	18.6	2.5	Fat	50	34.30	9%		
Calories	490	525	380	446	370	125	Cal	2336	14.00			
11/10/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	10am	2pm	5pm	7pm	10pm	11pm						
What	PROP SPK	OATS	ISOM	HB OIL	EGG	SCH1 POTA	V50	V100	BROC	RCKE	CREM	ALMD
Protien	56.25	15	35.5875	7	16	50	Pro	180	4.16	39%		
Carbs	74.88	24	28.65	25	17	26	Carb	196	5.47	43%		
Fat	3.6	32	9.4	3	14	22	Fat	84	0.00	18%		
Calories	550	450	333	150	240	504	Cal	2227	123.00			
11/11/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	11am	3pm	5pm	7pm	9pm	Next						
What	PROP SPK	OATS	ISOM	COTT	COTT	ALMD	HB ISOP	HB JRKY	OIL	BROC	POPC	V100
Protien	56.25	44	37	5	13.5875	48	Pro	204	19.84	42%		
Carbs	74.88	27	33	28	17.15	32	Carb	212	11.03	44%		
Fat	3.6	19	23	6.5	1.3	15.5	Fat	69	15.10	14%		
Calories	550	440	482	160	124	452	Cal	2208	142.00			
11/12/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	12pm	3pm	5pm	6pm	8pm	10pm						
What	ISOP OIL	HB EGG	HB EGG	PROP ALMD	COTT JRKY	COTT JRKY	CREM CREM	RCKE RCKE	ISOP	JRKY	LCPZ	JRKY
Protien	39	44	34	11	31	30	Pro	189	5.00	42%		
Carbs	25	33	35	8	63	30	Carb	194	7.00	43%		
Fat	32	19	0	1	10	3.5	Fat	66	18.50	15%		
Calories	552	465	282	80	460	270	Cal	2109	241.00			
11/13/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
Time	1pm		5pm	6pm	8PM	9pm						
What	ISOP OIL	HB EGG	HB EGG	PROP	ISOP	DX30	ALMD	EGG	COTT	JRKY	ALMD	SPKB
Protien	39	0	48	36.5	6	44	Pro	174	10.50	38%		
Carbs	25	6	67	22	27	56	Carb	203	2.00	45%		
Fat	32	0	0	21.5	14.5	9	Fat	77	7.00	17%		
Calories	552	25	446	415	250	482	Cal	2170	180.00			
11/14/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6						
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			
Protein	0			39	EGG	ISOP	PROP	19			16			44			51		Pro	169	15.00	38%
Carbs	35			25				20			25			52			49		Carb	206	5.00	46%
Fat	0			32				15.5			1			10.5			9.5		Fat	69	15.50	15%
Calories	130			552				285			170			452			482		Cal	2071	279.00	
11/15/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	3pm			5pm			7pm			9pm			11pm									
What	PROP	HB	HB	COTT	ALMD	JRKY	BROC		LCMB	ISOP	EGG	SPKB		COTT	ISOP							
Protein	26			24				24.5						15			24		Pro	160	24.00	42%
Carbs	31			31				33						23			1		Carb	156	45.00	41%
Fat	22			15.5				9						4			0		Fat	61	23.50	16%
Calories	427			350				305						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	CREM			ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP					
Protein	39			35				0				43.725		19					Pro	181	3.28	40%
Carbs	25			45				0				56		44.1			28		Carb	198	2.90	43%
Fat	32			16.5				0				9		18.4			2.5		Fat	78	5.60	17%
Calories	552			455				0				482		505			215		Cal	2209	141.00	
11/17/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	12pm			3pm			4pm			6pm			8pm			11pm						
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM				
Protein	39			25				44				24		17			19		Pro	168	16.00	40%
Carbs	25			25				56				31		15			28		Carb	180	21.00	43%
Fat	32			1.5				9				15.5		13.5			2.5		Fat	74	10.00	18%
Calories	552			217				482				350		250			215		Cal	2066	284.00	
11/18/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	12pm			3pm			6pm			8pm			11pm			12am						
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM					
Protein	39			35				44				22.5		0			25.5		Pro	166	18.00	40%
Carbs	25			25				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	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM					
Protein	39			0				35				48		34.5			20		Pro	177	7.50	39%
Carbs	25			6				39				67		23			40		Carb	200	1.00	45%
Fat	32			0				16.5				0		19.5			4		Fat	72	12.00	16%
Calories	552			25				430				446		405			280		Cal	2138	212.00	
11/20/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	1pm			4pm			6pm			8pm			10pm			12am						
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE				
Protein	39			30				44				29		27			19		Pro	188	4.00	42%
Carbs	31			22				56				25		27			28		Carb	189	12.00	42%
Fat	32			16.5				9				11		4.5			2.5		Fat	76	8.50	17%
Calories	577			340				482				320		252			215		Cal	2186	164.00	
11/21/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	11am			2pm			4pm			6pm			8pm			11pm						
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP				
Protein	0			39				37				35		35			38		Pro	184	0.00	40%
Carbs	41			25				44				39		39.5			12		Carb	201	0.50	44%
Fat	0			32				7				16.5		14			2.5		Fat	72	12.00	16%
Calories	155			552				382				430		402			227		Cal	2148	202.00	
11/22/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	11am			3pm			5pm			8pm			11pm									
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR								
Protein	39			35				44				40		38			0		Pro	196	12.00	42%
Carbs	25			39				56				37		38			0		Carb	195	6.00	42%
Fat	32			16.5				9				5		10			0		Fat	73	11.50	16%
Calories	552			430				482				352		360			0		Cal	2176	174.00	
11/23/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6								Totals			
Time	11am			4pm			ThanksGiving Meal			10pm												
What	BRK1	PROP		COTT						SPKB	ISOP											
Protein	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			CREM	COTS	RCKE				
Protein	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		
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		
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		
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		
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		
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		
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		
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		
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		
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	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE		
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		

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				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR	PIS2			ISOP	POTA	BUT2		PR24	COTT	RCKE		Totals	
					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				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR	PIS2			ISOP	POTA	BUT2		PR24	COTT	RCKE		Totals	
					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	
12/08/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GATR	DX30	ISOP				PBAR	PIS2			ISOP	POTA	BUTT		PR24	COTT	BROC		Totals	
					CREM	JRKY		ISOP																			
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	
12/09/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		PBAR	PIS2				LCPZ	ISOP			COTT	ALMD	RCKE		ISOP	POTA	BUT2		PR24	COTT	RCKE		Totals	
														CREM	JRKY							CREM					
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	
12/10/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE			LCPZ	ISOP			GGCF	POPC	ISOP		COTT	POTA	BUT2		PR24	COTT			Totals	
					CREM	JRKY																					
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	
12/11/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR				ISOP	POTA	BUTT		PR24	COTT	RCKE		Totals	
					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				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GATR	DX30	ISOP				PBAR	PIS2			ISOP	POTA	BUTT		PR24	COTT			Totals	
					CREM	JRKY		ISOP										SOUR									
Protein	39				35					48					22				27				14	Pro	185	1.00	41%
Carbs	33				39					67					23				22				13	Carb	197	4.00	43%
Fat	32				16.5					0					12				9.1				2.5	Fat	72	11.90	16%
Calories	582				430					446					265				279				130	Cal	2132	218.00	
12/13/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR				ISOP	POTA	BUTT		PR24	COTT	RCKE		Totals	
					CREM	JRKY												SOUR				CREM					
Protein	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	17%
Calories	582				430					482					180				279				220	Cal	2173	177.00	
12/14/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP					PBAR				ISOP	POTA	BUTT			COTT	RCKE		Totals	
					CREM	JRKY												SOUR				CREM					
Protein	39				35					44					19				27				19	Pro	183	1.00	41%
Carbs	33				39					56					19				22				22	Carb	191	10.00	43%
Fat	32				16.5					9					5				9.1				2.5	Fat	74	9.90	17%
Calories	582				430					482					180				279				190	Cal	2143	207.00	
12/15/06	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6				
Time																											
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GATR	DX30	ISOP				PBAR	PIS2			ISOP	POTA	BUTT		BROC	COTT			Totals	
					CREM	JRKY		ISOP										SOUR									
Protein	39				35					48					22				27				16	Pro	187	3.00	41%
Carbs	33				39					67					23				22				13	Carb	197	4.00	43%
Fat	32				16.5					0					12				9.1				5.5	Fat	75	8.90	16%
Calories	582				430					446					265				279								

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 CREM	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
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
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 CREM	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
12/18/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
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 CREM	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
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
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			
Protien		39			35			48				22		27		17.5875			Pro	189	4.59 40%
Carbs		33			39			67				23		22		16.15			Carb	200	0.85 43%
Fat		32			16.5			0				12		9.1		7.8			Fat	77	6.60 17%
Calories		582			430			446				265		279		204			Cal	2206	144.00
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
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 CREM	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
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
Time	12pm			3pm			7pm			8pm			10pm			1am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR			ISOP SOUR	POTA	BUTT	V100	COTT	BLUL			
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
12/22/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	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
12/23/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
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 CREM	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
12/24/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24 SAUS	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
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
12/25/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	V100	COTT	BLUL			
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				16.5			0			12			9.1			8.7			Fat	78	5.70	17%	
Calories	582			430			446			265			279			199			Cal	2201	149.00		
<b>12/27/06</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	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		
<b>12/28/06</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	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		
<b>12/29/06</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	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>12/30/06</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	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		
<b>12/31/06</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			3pm			5pm			7pm			9pm			11pm							
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>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>			<b>Totals</b>				
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	5.00	39%	
Carbs	33			42			56			19			22			30			Carb	202	1.00	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>01/02/07</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			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	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>01/03/07</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			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	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>			<b>Totals</b>				
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	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>			<b>Totals</b>				
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	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>			<b>Totals</b>				
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		



01/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals													
Time	12pm		3pm		5pm		8pm		10pm			1am								
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP	PR24	PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY							SOUR			CREM					
Protien	39		35		44		19		27			19			Pro	183	1.00 39%			
Carbs	33		39		64		19		22			30			Carb	207	6.00 45%			
Fat	32		16.5		9		5		9.1			2.5			Fat	74	9.90 16%			
Calories	582		430		512		180		279			220			Cal	2203	147.00			
01/18/07	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	PR24	PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE			
				CREM	JRKY							SOUR			CREM					
Protien	39		35		44		19		27			19			Pro	183	1.00 39%			
Carbs	33		39		64		19		22			30			Carb	207	6.00 45%			
Fat	32		16.5		9		5		9.1			2.5			Fat	74	9.90 16%			
Calories	582		430		512		180		279			220			Cal	2203	147.00			
01/19/07	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	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	COTT	RCKE	CREM		
				CREM	JRKY		ISOP						SOUR			PR24				
Protien	39		24		48		22		27			19			Pro	179	5.00 39%			
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		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			
01/27/07	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				
Time	2pm				5pm					6pm					8pm						10pm					12am				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM								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					
Time	1pm				3pm					5pm					8pm						10pm				2am					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
01/30/07	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	DX30	ISOP	PBAR	PIS2			ISOP	POTA	BUTT	V100	COTT	BLUL						ISOP	POTA	BUTT	V100	COTT	BLUL
				CREM	JRKY		ISOP							SOUR			PR24							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		
01/31/07	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						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
02/01/07	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						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
02/02/07	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						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
02/03/07	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						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
02/04/07	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						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
02/05/07	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						ISOP	POTA	BUTT	PR24	COTT	RCKE
				CREM	JRKY									SOUR			CREM							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		
02/06/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5				Meal 6					
Time	1pm				3pm																									

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
				CREM	JRKY								SOUR			CREM			Pro	183	1.00 40%	
Protien		39			35			44						27			19		Carb	199	2.00 44%	
Carbs		33			39			56						22			30		Fat	74	9.90 16%	
Fat		32			16.5			9						9.1			2.5		Cal	2173	177.00	
Calories		582			430			482						279			220					
02/08/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	2pm	4pm	6pm	8pm	10pm	12am													Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00 40%	
Protien		39			35			44						27			19		Carb	199	2.00 44%	
Carbs		33			39			56						22			30		Fat	74	9.90 16%	
Fat		32			16.5			9						9.1			2.5		Cal	2173	177.00	
Calories		582			430			482						279			220					
02/09/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	1pm	3pm	6pm	8pm	10pm	12am													Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				
				CREM	JRKY		ISOP						SOUR			PR24	V50		Pro	190	5.59 38%	
Protien		39			35			48			23			27			17.5875		Carb	231	30.15 46%	
Carbs		33			39			74			39			22			24.15		Fat	81	2.60 16%	
Fat		32			16.5			0			15			9.1			8.8		Cal	2376	26.00	
Calories		582			430			476			365			279			244					
02/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	12pm																		Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00 40%	
Protien		39			35			44			19			27			19		Carb	199	2.00 44%	
Carbs		33			39			56			19			22			30		Fat	74	9.90 16%	
Fat		32			16.5			9			5			9.1			2.5		Cal	2173	177.00	
Calories		582			430			482			180			279			220					
02/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	1pm	3pm	5pm	6pm	7pm	8pm													Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00 40%	
Protien		39			35			44			19			27			19		Carb	199	2.00 44%	
Carbs		33			39			56			19			22			30		Fat	74	9.90 16%	
Fat		32			16.5			9			5			9.1			2.5		Cal	2173	177.00	
Calories		582			430			482			180			279			220					
02/12/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	12pm	3pm	5pm	6pm	8pm	10pm													Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00 40%	
Protien		39			35			44			19			27			19		Carb	199	2.00 44%	
Carbs		33			39			56			19			22			30		Fat	74	9.90 16%	
Fat		32			16.5			9			5			9.1			2.5		Cal	2173	177.00	
Calories		582			430			482			180			279			220					
02/13/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	12pm	3pm	6pm	8pm	10pm	12am													Totals			
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	Pro	190	5.59 38%	
Protien		39			35			48			22			27			18.5875		Carb	231	30.15 46%	
Carbs		33			39			74			23			22			40.15		Fat	81	2.60 16%	
Fat		32			16.5			0			12			9.1			11.8		Cal	2376	26.00	
Calories		582			430			476			265			279			344					
02/14/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	12pm	3pm	5pm	6pm	8pm	10pm													Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY								SOUR			CREM			Pro	183	1.00 40%	
Protien		39			35			44			19			27			19		Carb	199	2.00 44%	
Carbs		33			39			56			19			22			30		Fat	74	9.90 16%	
Fat		32			16.5			9			5			9.1			2.5		Cal	2173	177.00	
Calories		582			430			482			180			279			220					
02/15/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	12pm	3pm	6pm	8pm	10pm	12am													Totals			
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			Pro	194	9.59 42%	
Protien		39			35			51			22.6			27			19		Carb	197	3.85 42%	
Carbs		33			39			43			30.2			22			30		Fat	74	9.60 16%	
Fat		32			16.5			3			11.3			9.1			2.5		Cal	2222	128.00	
Calories		582			430			417			294			279			220					
02/16/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	2pm	3pm	6pm	8pm	10pm	12am													Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				
				CREM	JRKY		ISOP						SOUR			PR24	V50		Pro	189	4.59 39%	
Protien		39			35			48			22			27			17.5875		Carb	215	14.15 45%	
Carbs		33			39			74			23			22			24.15		Fat	78	5.60 16%	
Fat		32			16.5			0			12			9.1			8.8		Cal	2276	74.00	
Calories		582			430			476			265			279			244					
02/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6																
Time	12pm	4pm	7pm																Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT					

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			10pm			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					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PPBG	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL		
				CREM	JRKY		ISOP						SOUR			PR24	V50			
Protien	39		35			48			35			27			17.5875			Pro	202	17.59 40%
Carbs	33		39			74			33			22			24.15			Carb	225	24.15 44%
Fat	32		16.5			0			15			9.1			8.8			Fat	81	2.60 16%
Calories	582		430			476			385			279			244			Cal	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					
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		
03/01/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					12pm					4pm					6pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
						CREM	JRKY											SOUR			CREM							
Protien	39						35								44				27				19	Pro	183	1.00	40%	
Carbs	33						39								56				22				30	Carb	199	2.00	44%	
Fat	32						16.5								9				9.1				2.5	Fat	74	9.90	16%	
Calories	582						430								482				279				220	Cal	2173	177.00		
03/02/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					12pm					3pm					6pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PPBG	PIS2					ISOP	POTA	BUTT	V100	COTT	BLUL			Totals		
						CREM	JRKY		DX30									SOUR			PR24	V50						
Protien	39						35								48				27				17.5875	Pro	202	17.59	40%	
Carbs	33						39								74				22				24.15	Carb	225	24.15	44%	
Fat	32						16.5								0				9.1				8.8	Fat	81	2.60	16%	
Calories	582						430								476				279				244	Cal	2396	46.00		
03/03/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					12pm					3pm					6pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2	EBET				ISOP	POTA	BUTT	V100	COTT	BLUL			Totals		
						CREM	JRKY		DX30									SOUR	SALD	ITAL	PR24	V50						
Protien	39						35								48				28				17.5875	Pro	203	18.59	41%	
Carbs	33						39								44				28				24.15	Carb	196	4.85	40%	
Fat	32						16.5								0				21				13.6	Fat	92	7.90	19%	
Calories	582						430								364				354				244	Cal	2389	39.00		
03/04/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					1pm					3pm					5pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
						CREM	JRKY											SOUR			CREM		EBET					
Protien	39						35								44				27				32	Pro	196	12.00	41%	
Carbs	33						39								56				22				35	Carb	204	3.00	42%	
Fat	32						16.5								9				9.1				11.5	Fat	83	0.90	17%	
Calories	582						430								482				279				370	Cal	2323	27.00		
03/05/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					12pm					4pm					7pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2					ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
						CREM	JRKY		DX30									SOUR			CREM							
Protien	39						35								48				27				19	Pro	190	6.00	39%	
Carbs	33						39								74				22				30	Carb	221	20.00	46%	
Fat	32						16.5								0				9.1				2.5	Fat	72	11.90	15%	
Calories	582						430								476				279				220	Cal	2252	98.00		
03/06/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					12pm					3pm					5pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
						CREM	JRKY											SOUR			CREM							
Protien	39						35								44				27				19	Pro	183	1.00	40%	
Carbs	33						39								56				22				30	Carb	199	2.00	44%	
Fat	32						16.5								9				9.1				2.5	Fat	74	9.90	16%	
Calories	582						430								482				279				220	Cal	2173	177.00		
03/07/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					1pm					3pm					6pm				8pm				10pm					
What		GTR2	HB	HB	PR24	COTT	ALMD	RCKE	DX30	ISOP	ISOP	PBAR	PIS2					ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
		ISOP	EBET	OIL	RCKE	CREM	JRKY											SOUR	SALD	ITAL	CREM							
Protien	39						35								48				22				19	Pro	191	7.00	38%	
Carbs	72						47								32				28				30	Carb	232	31.00	47%	
Fat	31						16.5								0				13.6				2.5	Fat	76	8.40	15%	
Calories	712						460								316				354				220	Cal	2327	23.00		
03/08/07	Meal 1				Meal 2					Meal 3					Meal 4				Meal 5				Meal 6					
Time					1pm					3pm					6pm				8pm				10pm					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	ISOP	SALD	PBAR	PIS2					ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
						CREM	JRKY	EBET	ITAL									SOUR			CREM							
Protien	39						48								25				27				19	Pro	180	4.00	39%	
Carbs	33						44								49				22				30	Carb	201	0.00	43%	
Fat	32						25.5								4.5				9.1				2.5	Fat	86	1.60	18%	
Calories	582						580								337				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					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR	EBET				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals	
						CREM	JRKY											SOUR			CREM							
Protien	39						35								44				27				19	Pro	196	12.00	41%	
Carbs	33						39								56				22				30	Carb	204	3.00	42%	
Fat	32						16.5								9				9.1				2.5	Fat	83	0.90	17%	
Calories	582						430								482				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					
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR				ISOP	POTA	BUTT	PR24	COTT	RCKE			Totals		
						CREM	JRKY											SOUR			CREM							
Protien	39						35								44				27				19	Pro	183	1.00	40%	
Carbs	33						39								56				22				30	Carb	199	2.00	44%	
Fat	32						16.5								9				9.1									

Time	12pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR STRA	SALD STRA	ITAL	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			44			21.4			27				19	185	1.40	38%		
Carbs		33			39			56			40.4			22				30	220	19.40	45%		
Fat		32			16.5			9			10.1			9.1				2.5	79	4.80	16%		
Calories		582			430			482			319			279				220	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			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	RICE ISOP	PNUT	EBET	PBAR STRA	SALD	ITAL	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			42			20.7			27				19	183	1.30	39%		
Carbs		33			39			48			32.7			22				30	205	3.70	44%		
Fat		32			16.5			11.5			9.8			9.1				2.5	81	2.60	17%		
Calories		582			430			467			287			279				220	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			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR STRA	SALD	ITAL	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			44			20.7			27				19	185	0.70	39%		
Carbs		33			39			56			32.7			22				30	213	11.70	45%		
Fat		32			16.5			9			9.8			9.1				2.5	79	5.10	17%		
Calories		582			430			482			287			279				220	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			Totals				
What	PR24	BRK1	ISOP	GTR2 CREM	ISOP JRKY	ISOP	COTT CREM	ALMD JRKY	RCKE	PBAR	EBET		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			48			35			32			27				19	200	16.00	43%		
Carbs		33			44			39			24			22				30	192	9.00	41%		
Fat		32			0			16.5			14			9.1				2.5	74	9.90	16%		
Calories		582			364			430			330			279				220	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			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			44			32			27				19	196	12.00	41%		
Carbs		33			39			56			24			22				30	204	3.00	42%		
Fat		32			16.5			9			14			9.1				2.5	83	0.90	17%		
Calories		582			430			482			330			279				220	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			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2	ISOP	ISOP	PBAR	EBET		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			48			32			27				19.7	201	16.70	42%		
Carbs		33			39			44			24			22				37.7	200	1.30	42%		
Fat		32			16.5			0			14			9.1				2.8	74	9.60	16%		
Calories		582			430			364			330			279				252	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			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR	PC	SOYM	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			44			49			27				19	213	29.00	43%		
Carbs		33			39			56			27			22				30	207	6.00	41%		
Fat		32			16.5			9			10			9.1				2.5	79	4.90	16%		
Calories		582			430			482			370			279				220	2363	13.00			
03/18/07	Meal 1				Meal 2			Meal 3			Meal 4			Meal 5				Meal 6					
Time	1pm			4pm			6pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	BRCE SALD	PNUT ITAL	ISOP STRA	PIS2 STRA	PC STRA	SOYM	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			29.7			34.4			27				19	184	0.10	39%		
Carbs		33			39			50.7			27.4			22				30	202	1.10	43%		
Fat		32			16.5			8.3			12.6			9.1				2.5	81	3.00	17%		
Calories		582			430			404			339			279				220	2254	96.00			
03/19/07	Meal 1				Meal 2			Meal 3			Meal 4			Meal 5				Meal 6					
Time	1pm			3pm			12:00 AM			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2	ISOP	ISOP EBET	PC2 STRA	SOYM STRA	ALMD	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			61			30.4			27				19.7	212	28.10	41%		
Carbs		33			39			49			36.4			22				37.7	217	16.10	42%		
Fat		32			16.5			9			20.6			9.1				2.8	90	6.00	17%		
Calories		582			430			514			424			279				252	2481	131.00			
03/20/07	Meal 1				Meal 2			Meal 3			Meal 4			Meal 5				Meal 6					
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
Protien		39			35			44			32			27				19	196	12.00	41%		
Carbs		33			39			56			24			22				30	204	3.00	42%		

Fat				16.5			9			14			9.1			2.5			Fat	83	0.90	17%	
Calories	582			430			482			330			279			220			Cal	2323	27.00		
<b>03/22/07</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			5pm			8pm			10pm			12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	ORCT					
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM							
Protien	39			35			44			37.7			27			19			Pro	202	17.70	40%	
Carbs	33			39			56			29			22			34			Carb	213	12.00	43%	
Fat	32			16.5			9			14.7			9.1			2.5			Fat	84	0.20	17%	
Calories	582			430			482			382			279			240			Cal	2395	45.00		
<b>03/23/07</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		PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM							
Protien	39			35			44			37.7			27			19			Pro	202	17.70	41%	
Carbs	33			39			56			29			22			30			Carb	209	8.00	42%	
Fat	32			16.5			9			14.7			9.1			2.5			Fat	84	0.20	17%	
Calories	582			430			482			382			279			220			Cal	2375	25.00		
<b>03/24/07</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	BRK2	PC	GTR2	ISOP	RCKE	COTT	ALMD	RCKE	PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE					
	SOYS	RAZB			EBET		CREM	JRKY		BLUB	BLKB	STRA	SOUR			CREM							
Protien	35.6			61			35			37.8			27			19			Pro	215	31.40	42%	
Carbs	45			49			39			30.7			22			30			Carb	216	14.70	42%	
Fat	29.3			9			16.5			14.7			9.1			2.5			Fat	81	2.90	16%	
Calories	576			514			430			388			279			220			Cal	2407	57.00		
<b>03/25/07</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			8pm			10pm			12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	JRKY						EBET		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		
<b>03/26/07</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	GRAP	PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM							
Protien	39			35			44.7			37.7			27			19			Pro	202	18.40	39%	
Carbs	33			39			74			29			22			30			Carb	227	26.00	44%	
Fat	32			16.5			9.2			14.7			9.1			2.5			Fat	84	0.00	16%	
Calories	582			430			552			382			279			220			Cal	2445	95.00		
<b>03/27/07</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	ISOP	ISOP	PC	SOYS	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	JRKY	EBET				BLUB	BLKB	RAZB	SOUR			CREM	STRA						
Protien	39			48			48			39.7			27			19.7			Pro	221	37.40	42%	
Carbs	33			44			44			34			22			37.7			Carb	215	13.70	41%	
Fat	32			25.5			0			20.7			9.1			2.8			Fat	90	6.10	17%	
Calories	582			580			364			457			279			252			Cal	2514	164.00		
<b>03/28/07</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	12pm			3pm			5pm			8pm			10pm			12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		BLUB	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	EBET						BLKB	RAZB	SOUR			CREM							
Protien	39			37			44			34.7			27			19			Pro	201	16.70	41%	
Carbs	33			36			56			25			22			30			Carb	202	1.00	41%	
Fat	32			24.5			9			7.7			9.1			2.5			Fat	85	0.80	17%	
Calories	582			500			482			297			279			220			Cal	2360	10.00		
<b>03/29/07</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			8pm			10pm			12am							
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	EBET								SOUR			CREM							
Protien	39			37			44			19			27			19			Pro	185	1.00	40%	
Carbs	33			36			56			19			22			30			Carb	196	5.00	42%	
Fat	32			24.5			9			5			9.1			2.5			Fat	82	1.90	18%	
Calories	582			500			482			180			279			220			Cal	2243	107.00		
<b>03/30/07</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	SHRT		ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM	EBET								SOUR			CREM							
Protien	39			37			44			20			27			19			Pro	186	2.00	39%	
Carbs	33			36			56			35			22			30			Carb	212	11.00	44%	
Fat	32			24.5			9			8			9.1			2.5			Fat	85	1.10	18%	
Calories	582			500			482			280			279			220			Cal	2343	7.00		
<b>03/31/07</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	DX30	ISOP	ISOP	BEEF	ZONE	BLKB	ISOP	POTA	BUTT	PR24	COTT	RCKE					
				CREM						SOYM	RAZB	BLUB	SOUR	PCAKE	BCAKE	CREM							
Protien	39			24			48			42.7			29			19			Pro	202	17.70	42%	
Carbs	33			31			32			39			35			30			Carb	200	1.00	41%	
Fat	32			15.5			0			16.7			17.6			2.5			Fat	84	0.30	17%	
Calories	582			350			316			457			419			220			Cal	2344	6.00		