

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	LRCV		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	LCRV		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	PROP	COTT		
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	HB EGG	SCH1 POTA	V50 ISOP	V100	BROC	RCKE	CREM	ALMD	JRKY		HB ISOP	HB ISOP	OIL	
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	V50	JRKY	COTT	ISOP	ALMD
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	CREM CREM	RCKE RCKE	ISOP	JRKY		LCPZ	JRKY		COTT	CREM	RCKE	
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 GATR	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP	
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			EGG	EGG	ISOP	PROP						SPKB	BROC					Pro	169	15.00	38%			
Carbs	35							19						44					Carb	206	5.00	46%			
Fat	0							15.5						10.5					Fat	69	15.50	15%			
Calories	130							285						452					Cal	2071	279.00				
11/15/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	3pm			5pm			7pm			9pm			11pm												
What	PROP	HB	HB	COTT	ALMD	JRKY	BROC		LCMB	ISOP	EGG	SPKB		COTT	ISOP				Totals						
Protein	26			CREM	RCKE		CREM	RCKE	EGG										Pro	160	24.00	42%			
Carbs	31							24.5						15					Carb	156	45.00	41%			
Fat	22							9						4					Fat	61	23.50	16%			
Calories	427							305						190					Cal	1801	549.00				
11/16/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	12pm			3pm			5pm			8pm			11pm												
What	ISOP	HB	HB	PROP	COTT	CREM				ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP	Totals						
Protein	39			RCKE	JRKY	ALMD							SCHZ	V100		COTT			Pro	181	3.28	40%			
Carbs	25							0					43.725						Carb	198	2.90	43%			
Fat	32							0					9						Fat	78	5.60	17%			
Calories	552							482					482						Cal	2209	141.00				
11/17/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	12pm			3pm			4pm			6pm			8pm			11pm									
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP		COTT	ALMD		SAN1			PROP	RCKE	CREM	Totals						
Protein	39									CREM	RCKE					COTT			Pro	168	16.00	40%			
Carbs	25							44					17						Carb	180	21.00	43%			
Fat	32							9					15.5						Fat	74	10.00	18%			
Calories	552							482					350						Cal	2066	284.00				
11/18/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	12pm			3pm			6pm			8pm			11pm												
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP		EGG	JRKY	RCKE	PROP			RCKE	CREM		Totals						
Protein	39			CREM	RCKE	JRKY				CREM						COTT	EGG		Pro	166	18.00	40%			
Carbs	25							44					22.5						Carb	179	22.00	43%			
Fat	32							9					6						Fat	71	13.00	17%			
Calories	552							482					245						Cal	2024	326.00				
11/19/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	12pm			4pm			7pm			8pm			11pm												
What	ISOP	HB	HB	PROP		ALMD	COTT	JRKY	GATR	ISOP	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM		Totals						
Protein	39					RCKE	CREM		DX30				34.5			SPKB			Pro	177	7.50	39%			
Carbs	25							35					23						Carb	200	1.00	45%			
Fat	32							16.5					19.5						Fat	72	12.00	16%			
Calories	552							430					405						Cal	2138	212.00				
11/20/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	1pm			4pm			6pm			8pm			10pm			12am									
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG	EGG	CREM	BROC	ISOP	SPKB	PROP	COTT	RCKE	Totals						
Protein	39									RCKE	JRKY					CREM			Pro	188	4.00	42%			
Carbs	31							44					27						Carb	189	12.00	42%			
Fat	32							9					4.5						Fat	76	8.50	17%			
Calories	577							340					320						Cal	2186	164.00				
11/21/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	11am			2pm			4pm			6pm			8pm			11pm									
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP	Totals						
Protein	0									CREM	RCKE		SCH1						Pro	184	0.00	40%			
Carbs	41							37					35						Carb	201	0.50	44%			
Fat	0							44					39.5						Fat	72	12.00	16%			
Calories	155							382					430						Cal	2148	202.00				
11/22/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	11am			3pm			5pm			8pm			11pm												
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR					Totals						
Protein	39			RCKE	CREM														Pro	196	12.00	42%			
Carbs	25							44					37						Carb	195	6.00	42%			
Fat	32							9					5						Fat	73	11.50	16%			
Calories	552							430					352						Cal	2176	174.00				
11/23/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	11am			4pm			ThanksGiving Meal					10pm													
What	BRK1	PROP		COTT						SPKB	ISOP								Totals						
Protein	15							0					25						Pro	54	130.00	38%			
Carbs	30							5					19						Carb	54	147.00	38%			
Fat	32							2.5					1.5						Fat	36	48.00	25%			
Calories	475							100					1000						Cal	1767	583.00				
11/24/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6														
Time	11am			1pm			3pm			5pm			8pm			11pm									
What	PROP	BRK1	ISOP	COTS	ALMD	RCKE	PBAR		LPP	ISOP		LPP	ISOP			CREM	COTS	RCKE	Totals						
Protein	39												37						Pro	186	2.00	40%			
Carbs	31							19					44						Carb	201	0.00	44%			
Fat	32							5					7						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		450			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	PIS2		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		

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			
Time					12pm					3pm					5pm					8pm				10pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR	PIS2				ISOP	POTA	BUT2	PR24	COTT	RCKE		Totals	
						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			
Time					11am					2pm					5pm					8pm				10pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR	PIS2				ISOP	POTA	BUT2	PR24	COTT	RCKE		Totals	
						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			
Time					11am					3pm					5pm					8pm				10pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GATR	DX30	ISOP			PBAR	PIS2				ISOP	POTA	BUTT	PR24	COTT	BROC		Totals	
						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			
Time					1pm					3pm					5pm					8pm				10pm			
What		PR24	BRK1	ISOP		PBAR	PIS2			LCPZ	ISOP			COTT	ALMD	RCKE	ISOP	POTA	BUT2	PR24	COTT	RCKE				Totals	
														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			
Time					11am					2pm					5pm					8pm				10pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				GGCF	POPC	ISOP			COTT	POTA	BUT2	PR24	COTT			Totals	
						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			
Time					12pm					3pm					5pm					8pm				9pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	LCPZ	ISOP				PBAR					ISOP	POTA	BUTT	PR24	COTT	RCKE		Totals	
						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			
Time					12pm					3pm					6pm					8pm				10pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GATR	DX30	ISOP			PBAR	PIS2				ISOP	POTA	BUTT	PR24	COTT			Totals	
						CREM	JRKY		ISOP											SOUR							
Protien	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					12pm					3pm					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					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
12/14/06	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		COTT	RCKE		Totals	
						CREM	JRKY													SOUR			CREM				
Protien	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					1pm					3pm					7pm					8pm				10pm			
What		PR24	BRK1	ISOP		COTT	ALMD	RCKE	GATR	DX30	ISOP			PBAR	PIS2				ISOP	POTA	BUTT	BROC	COTT			Totals	
						CREM	JRKY		ISOP											SOUR							
Protien	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												

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	Pro	Carb	
Protien		39			35			44				19		27			19	183	1.00	40%
Carbs		33			39			56				19		22			30	199	2.00	44%
Fat		32			16.5			9				5		9.1			2.5	74	9.90	16%
Calories		582			430			482				180		279			220	2173	177.00	
12/17/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	11am			3pm			5pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP	PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	
Protien		39			35			44				19		27			19	183	1.00	40%
Carbs		33			39			56				19		22			30	199	2.00	44%
Fat		32			16.5			9				5		9.1			2.5	74	9.90	16%
Calories		582			430			482				180		279			220	2173	177.00	
12/18/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
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	Pro	Carb	
Protien		39			35			44				19		27			19	183	1.00	40%
Carbs		33			39			56				19		22			30	199	2.00	44%
Fat		32			16.5			9				5		9.1			2.5	74	9.90	16%
Calories		582			430			482				180		279			220	2173	177.00	
12/19/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	V100 V50	COTT	RANC	Pro	Carb
Protien		39			35			48				22		27			17.5875	189	4.59	40%
Carbs		33			39			67				23		22			16.15	200	0.85	43%
Fat		32			16.5			0				12		9.1			7.8	77	6.60	17%
Calories		582			430			446				265		279			204	2206	144.00	
12/20/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
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	Pro	Carb	
Protien		39			35			44				19		27			19	183	1.00	40%
Carbs		33			39			56				19		22			30	199	2.00	44%
Fat		32			16.5			9				5		9.1			2.5	74	9.90	16%
Calories		582			430			482				180		279			220	2173	177.00	
12/21/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	12pm			3pm			7pm			8pm			10pm			1am			Totals	
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GATR ISOP	DX30	ISOP	PBAR		PIS2	ISOP SOUR	POTA	BUTT	V100	COTT	BLUL	Pro	Carb
Protien		39			35			48				22		27			16.725	188	3.72	41%
Carbs		33			39			67				23		22			13.1	197	3.90	43%
Fat		32			16.5			0				12		9.1			8.7	78	5.70	17%
Calories		582			430			446				265		279			199	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	Pro	Carb	
Protien		39			35			44				19		27			19	183	1.00	40%
Carbs		33			39			56				19		22			30	199	2.00	44%
Fat		32			16.5			9				5		9.1			2.5	74	9.90	16%
Calories		582			430			482				180		279			220	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	Pro	Carb	
Protien		39			35			44				19		27			19	183	1.00	40%
Carbs		33			39			56				19		22			30	199	2.00	44%
Fat		32			16.5			9				5		9.1			2.5	74	9.90	16%
Calories		582			430			482				180		279			220	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	Pro	Carb	
Protien		49			35			44				19		27			19	193	9.00	41%
Carbs		36			39			56				19		22			30	202	1.00	43%
Fat		35			16.5			9				5		9.1			2.5	77	6.90	16%
Calories		662			430			482				180		279			220	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	Pro	Carb
Protien		39			35			48				22		27			16.725	188	3.72	41%
Carbs		33			39			67				23		22			13.1	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
12/27/06	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	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			Totals		
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			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
12/30/06	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
12/31/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
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
01/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
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
01/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
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			8.7			7.8			Fat	78	5.70 16%
Calories	582			430			476			265			279			2261			Cal	2261	89.00
01/03/07	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		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
01/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
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
01/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
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			8.7			7.8			Fat	78	5.70 16%
Calories	582			430			476			265			279			229			Cal	2261	89.00
01/06/07	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	78	5.70 16%
Calories	582			430			476			265			279			229			Cal	2261	89.00

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			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					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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					16.725		Pro	188	3.72	39%
Carbs					33					39					74						22					21.1		Carb	212	11.10	44%
Fat					32					16.5					9						5				2.5		Fat	78	5.70	16%	
Calories					582					430					476						265				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				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					
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					19		Pro	183	1.00	40%
Carbs					33					39					56						22					30		Carb	199	2.00	44%
Fat					32					16.5					9						5				2.5		Fat	74	9.90	16%	
Calories					582					430					482						180				220		Cal	2173	177.00		
02/06/07	Meal 1				Meal 2					Meal 3					Meal 4						Meal 5					Meal 6					
Time					1pm					3pm					6pm						8pm										

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		39		CREM	JRKY			44					SOUR	27		CREM		19	Pro	183	1.00	40%
Carbs		33						56						22				30	Carb	199	2.00	44%
Fat		32						9						9.1				2.5	Fat	74	9.90	16%
Calories		582						482						279				220	Cal	2173	177.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		2pm			4pm			6pm			8pm			10pm			12am					
Protein		39		CREM	JRKY			44					SOUR	27		CREM		19	Pro	183	1.00	40%
Carbs		33						56						22				30	Carb	199	2.00	44%
Fat		32						9						9.1				2.5	Fat	74	9.90	16%
Calories		582						430						279				220	Cal	2173	177.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		1pm			3pm			6pm			8pm			10pm			12am					
Protein		39		CREM	JRKY		GTR2	48					SOUR	27		PR24	V50	17.5875	Pro	190	5.59	38%
Carbs		33					ISOP	74						22				24.15	Carb	231	30.15	46%
Fat		32						0						9.1				8.8	Fat	81	2.60	16%
Calories		582						476						279				244	Cal	2376	26.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		12pm			3pm			5pm			6pm			7pm			8pm					
Protein		39		CREM	JRKY			44					SOUR	27		CREM		19	Pro	183	1.00	40%
Carbs		33						56						22				30	Carb	199	2.00	44%
Fat		32						9						9.1				2.5	Fat	74	9.90	16%
Calories		582						430						279				220	Cal	2173	177.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		1pm			3pm			5pm			6pm			7pm			8pm					
Protein		39		CREM	JRKY			44					SOUR	27		CREM		19	Pro	183	1.00	40%
Carbs		33						56						22				30	Carb	199	2.00	44%
Fat		32						9						9.1				2.5	Fat	74	9.90	16%
Calories		582						430						279				220	Cal	2173	177.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		12pm			3pm			5pm			8pm			10pm			12am					
Protein		39		CREM	JRKY		GTR2	48					SOUR	27		PR24	V50	18.5875	Pro	190	5.59	38%
Carbs		33					ISOP	74						22				40.15	Carb	231	30.15	46%
Fat		32						0						9.1				11.8	Fat	81	2.60	16%
Calories		582						476						279				344	Cal	2376	26.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		12pm			3pm			5pm			8pm			10pm			12am					
Protein		39		CREM	JRKY			44					SOUR	27		CREM		19	Pro	183	1.00	40%
Carbs		33						56						22				30	Carb	199	2.00	44%
Fat		32						9						9.1				2.5	Fat	74	9.90	16%
Calories		582						430						279				220	Cal	2173	177.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		12pm			3pm			5pm			8pm			10pm			12am					
Protein		39		CREM	JRKY		RICE	51					SOUR	27		CREM		19	Pro	194	9.59	42%
Carbs		33					PNUT	43						22				30	Carb	197	3.85	42%
Fat		32					CHKN	3						9.1				2.5	Fat	74	9.60	16%
Calories		582						417						279				220	Cal	2222	128.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		2pm			3pm			6pm			8pm			10pm			12am					
Protein		39		CREM	JRKY		GTR2	48					SOUR	27		PR24	V50	17.5875	Pro	189	4.59	39%
Carbs		33					ISOP	74						22				24.15	Carb	215	14.15	45%
Fat		32						0						9.1				8.8	Fat	78	5.60	16%
Calories		582						476						279				244	Cal	2276	74.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		12pm			4pm			7pm			8pm			10pm			12am					
Protein		39		CREM	JRKY			44					SOUR	27		CREM		19	Pro	183	1.00	40%
Carbs		33						56						22				30	Carb	199	2.00	44%
Fat		32						9						9.1				2.5	Fat	74	9.90	16%
Calories		582						430						279				220	Cal	2173	177.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6					
		12pm			4pm			7pm			8pm			10pm			12am					

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	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	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	78	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	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	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	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	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	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	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	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	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	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		12am				
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				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	
03/02/07	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	GTR2	ISOP	ISOP	PPBG	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				
					CREM	JRKY		DX30							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	
03/03/07	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	GTR2	ISOP	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL				
					CREM	JRKY		DX30							SOUR	SALD	ITAL	PR24	V50				
Protien	39				35					48				35			28		17.5875	Pro	203	18.59	41%
Carbs	33				39					44				28			28		24.15	Carb	196	4.85	40%
Fat	32				16.5					0				21			13.6		8.8	Fat	92	7.90	19%
Calories	582				430					364				415			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		12am				
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				19			27		32	Pro	196	12.00	41%
Carbs	33				39					56				19			22		35	Carb	204	3.00	42%
Fat	32				16.5					9				5			9.1		11.5	Fat	83	0.90	17%
Calories	582				430					482				180			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		12am				
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE				
					CREM	JRKY		DX30							SOUR		CREM						
Protien	39				35					48				22			27		19	Pro	190	6.00	39%
Carbs	33				39					74				23			22		30	Carb	221	20.00	46%
Fat	32				16.5					0				12			9.1		2.5	Fat	72	11.90	15%
Calories	582				430					476				265			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		12am				
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				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	
03/07/07	Meal 1				Meal 2					Meal 3				Meal 4			Meal 5		Meal 6				
Time	1pm				3pm					6pm				8pm			10pm		12am				
What	GTR2	HB	HB		PR24	COTT	ALMD	DX30	ISOP	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE				
	ISOP	EBET	OIL		RCKE	CREM	JRKY								SOUR	SALD	ITAL	CREM					
Protien	39				35					48				22			28		19	Pro	191	7.00	38%
Carbs	72				47					32				23			28		30	Carb	232	31.00	47%
Fat	31				16.5					0				12			13.6		2.5	Fat	76	8.40	15%
Calories	712				460					316				265			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		12am				
What	PR24	BRK1	ISOP		COTT	ALMD	RCKE	GTR2	ISOP	SALD	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE				
					CREM	JRKY	EBET	ITAL							SOUR		CREM						
Protien	39				35					48				22			27		19	Pro	180	4.00	39%
Carbs	33				39					44				23			22		30	Carb	201	0.00	43%
Fat	32				16.5					4.5				12			9.1		2.5	Fat	86	1.60	18%
Calories	582				430					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	Totals	
					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	Totals	
					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				4pm					6pm				8pm			10pm		12am				
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				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																		

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	
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 STRA	ITAL	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	
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 STRA	ITAL	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	
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	
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	GTR2	ISOP	ISOP	PBAR	EBET		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT STRA	RCKE	Pro	Carb	
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			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2	ISOP	ISOP	PBAR	PC	SOYM	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	
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	
03/17/07	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 STRA	RCKE	Pro	Carb	
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	
03/18/07	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 EBET	PC2 STRA	SOYM STRA	ALMD	ISOP SOUR	POTA	BUTT	PR24 CREM	COTT STRA	RCKE	Pro	Carb	
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			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 STRA	RCKE	Pro	Carb	
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	
03/21/07	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	
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			Fat	83	0.90	17%
Calories	582			430			482			330			279			220			Cal	2323	27.00	
03/22/07	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		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	
03/23/07	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		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	
03/24/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK2	PC	GTR2	ISOP	RCKE	LCPZ	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	
03/25/07	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						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	
03/26/07	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	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	
03/27/07	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	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	
03/28/07	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		BLUB	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET					BLUB	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	
03/29/07	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	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	
03/30/07	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	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	
03/31/07	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	DX30	ISOP	ISOP	BEEF	ZONE	BLKB	ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET		PR24			SOYM	RAZB	BLUB	SOUR	PCAKE	BCAKE	CREM						
Protien	39			37			48			42.7			29			19			Pro	215	30.70	41%
Carbs	33			36			40			39			35			30			Carb	213	12.00	41%
Fat	32			24.5			0			16.7			17.6			2.5			Fat	93	9.30	18%
Calories	582			500			346			457			419			220			Cal	2524	174.00	
04/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				

