

Daily Target	Pro	Carb	Fat	Cal
	184	201	84	2350

11/04/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
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	Totals		
Time	12pm	2pm	4pm	5pm	7pm	12am			
What	PROP SPK	OATS	ISOM	LCRV		BROC	COTT	COTT GOLD	BROC POPC
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	Totals		
Time	10am	1pm	3pm	5pm	6pm-9pm	11pm			
What	PROP SPK	OATS	ISOM	LCPZ	BROC	POPC	LPP	POPC RCKE	BROC CREM
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	Totals		
Time	11am	2pm	4pm	6pm	11pm				
What	PROP SPK	OATS	ISOM	LCPZ	POPC RCKE	ISOP CREM	GATR	LPP	PROP LPP
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	Totals		
Time	12pm	3pm	4pm	5pm	7pm				
What	EGG HB	EGG OIL	HB PROP	LCPZ	BROC	POPC	PROP	LCRV	LCCF GOLD
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	Totals		
Time	10am-1pm	2pm	4pm	6pm	8pm	11pm			
What	TSND	GATR	OATS	ISOM	SPK	LCPZ	GATR	DX30	ISOP
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	Totals		
Time	10am	2pm	5pm	7pm	10pm	11pm			
What	PROP SPK	OATS	ISOM	HB OIL	HB EGG	EGG	SCH1 POTA	V50	V100
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	Totals		
Time	11am	3pm	5pm	7pm	9pm	Next			
What	PROP SPK	OATS	ISOM	COTT JRKY	ALMD	HB ISOP	HB JRKY	OIL	BROC
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	Totals		
Time	12pm	3pm	5pm	6pm	8pm	10pm			
What	ISOP OIL	HB EGG	HB EGG	PROP ALMD	COTT JRKY	COTT	CREM RCKE	ISOP JRKY	LCPZ
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	Totals		
Time	1pm	5pm	6pm	8pm	9pm				
What	ISOP OIL	HB EGG	HB EGG	PROP	ISOP	ISOP	DX30	ALMD	COTT
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	21.5	14.5	17.5	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	Totals		
Time	11am	1pm	2pm	4pm	7pm-10pm	11pm			
What	GATR	HB EGG	HB EGG	OIL	COTT PROP	ALMD	CREM	RCKE	JRKY
Protien	0	39	19	16	44	51	Pro	169	15.00 38%
Carbs	35	25	20	25	52	49	Carb	206	5.00 46%

Fat	0		32		15.5		1		10.5		9.5		Fat	69	15.50	15%	
Calories	130		552		285		170		452		482		Cal	2071	279.00		
11/15/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	3pm		5pm		7pm		9pm		11pm								
What	PROP	HB	HB	COTT	ALMD	JRKY	BROC	LCMB	ISOP	EGG	SPKB	COTT	ISOP				
	OIL	ISOP		CREM	RCKE	CREM	RCKE	EGG									
Protien	26		24		24.5		46.5		15		24		Pro	160	24.00	42%	
Carbs	31		31		33		37		23		1		Carb	156	45.00	41%	
Fat	22		15.5		9		10		4		0		Fat	61	23.50	16%	
Calories	427		350		305		427		190		102		Cal	1801	549.00		
11/16/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		3pm		5pm		8pm		11pm								
What	ISOP	HB	HB	PROP	COTT	CREM		ISOP	LCPZ		POTA	POTA	ISOP	CREM	RCKE	PROP	
	OIL	EGG	EGG	RCKE	JRKY	ALMD					SCHZ	V100	COTT				
Protien	39		35		0		44		43.725		19		Pro	181	3.28	40%	
Carbs	25		45		0		56		44.1		28		Carb	198	2.90	43%	
Fat	32		16.5		0		9		18.4		2.5		Fat	78	5.60	17%	
Calories	552		455		0		482		505		215		Cal	2209	141.00		
11/17/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		3pm		4pm		6pm		8pm		11pm						
What	ISOP	HB	HB	PROP	SPKB	ISOP	LCPZ	ISOP	COTT	ALMD	SAN1		PROP	RCKE	CREM		
	OIL	EGG	EGG					CREM	RCKE				COTT				
Protien	39		25		44		24		17		19		Pro	168	16.00	40%	
Carbs	25		25		56		31		15		28		Carb	180	21.00	43%	
Fat	32		1.5		9		15.5		13.5		2.5		Fat	74	10.00	18%	
Calories	552		217		482		350		250		215		Cal	2066	284.00		
11/18/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		3pm		6pm		8pm		11pm		12am						
What	ISOP	HB	HB	PROP	COTT	ALMD	LCPZ	ISOP	EGG	JRKY	RCKE	PROP		RCKE	CREM		
	OIL	EGG	EGG	CREM	RCKE	JRKY		CREM	CREM				COTT	EGG			
Protien	39		35		44		22.5		0		25.5		Pro	166	18.00	40%	
Carbs	25		45		56		25		6		22		Carb	179	22.00	43%	
Fat	32		16.5		9		6		0		7.5		Fat	71	13.00	17%	
Calories	552		455		482		245		25		265		Cal	2024	326.00		
11/19/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	12pm		4pm		7pm		8pm		11pm								
What	ISOP	HB	HB	PROP		ALMD	COTT	JRKY	GATR	ISOP	ISOP	SAN1	EGG	JRKY	COTT	RCKE	CREM
	OIL	EGG	EGG			RCKE	CREM		DX30					SPKB	SPKB		
Protien	39		0		35		48		34.5		20		Pro	177	7.50	39%	
Carbs	25		6		39		67		23		40		Carb	200	1.00	45%	
Fat	32		0		16.5		0		19.5		4		Fat	72	12.00	16%	
Calories	552		25		430		446		405		280		Cal	2138	212.00		
11/20/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		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
									RCKE	JRKY					CREM		
Protien	39		30		44		29		27		19		Pro	188	4.00	42%	
Carbs	31		22		56		25		27		28		Carb	189	12.00	42%	
Fat	32		16.5		9		11		4.5		2.5		Fat	76	8.50	17%	
Calories	577		340		482		320		252		215		Cal	2186	164.00		
11/21/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		2pm		4pm		6pm		8pm		11pm						
What	GATR	PROP		BRK1	ISOP		ISOP	LPP	COTT	ALMD	JRKY	POPC	ISOP	SPKB	PROP	COTT	ISOP
									CREM	RCKE		SCH1					
Protien	0		39		37		35		35		38		Pro	184	0.00	40%	
Carbs	41		25		44		39		39.5		12		Carb	201	0.50	44%	
Fat	0		32		7		16.5		14		2.5		Fat	72	12.00	16%	
Calories	155		552		382		430		402		227		Cal	2148	202.00		
11/22/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		3pm		5pm		8pm		11pm								
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ	LCMB	ISOP		PBAR	PBAR				
				RCKE	CREM												
Protien	39		35		44		40		38		0		Pro	196	12.00	42%	
Carbs	25		39		56		37		38		0		Carb	195	6.00	42%	
Fat	32		16.5		9		5		10		0		Fat	73	11.50	16%	
Calories	552		430		482		352		360		0		Cal	2176	174.00		
11/23/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		4pm		ThanksGiving Meal		10pm										
What	BRK1	PROP		COTT				SPKB	ISOP								
Protien	15		14		0		25		0		0		Pro	54	130.00	38%	
Carbs	30		5		0		19		0		0		Carb	54	147.00	38%	
Fat	32		2.5		0		1.5		0		0		Fat	36	48.00	25%	
Calories	475		100		1000		192		0		0		Cal	1767	583.00		
11/24/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		1pm		3pm		5pm		8pm		11pm						
What	PROP	BRK1	ISOP	COTS	ALMD	RCKE	PBAR		LPP	ISOP		LPP	ISOP		CREM	COTS	RCKE
				CREM	JRKY												
Protien	39		35		19		37		37		19		Pro	186	2.00	40%	
Carbs	31		40		19		44		44		23		Carb	201	0.00	44%	
Fat	32		18.5		5		7		7		4.5		Fat	74	10.00	16%	
Calories	577		450		180		382		382		210		Cal	2181	169.00		
11/25/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		Totals				
Time	11am		1pm		6pm		8pm		10pm		12am						
What	PROP	BRK1	ISOP	COTS	ALMD	JRKY	LCPZ	ISOP	ISOP	POPC	EGG	ISOP	SPKB		PROP	COTS	RCKE
				RCKE	CREM				BROC						CREM		
Protien	39		35		44		35.5		25		19		Pro	198	13.50	41%	
Carbs	31		40		56		29		19		29		Carb	204	3.00	43%	
Fat	32		18.5		9		11.5		1.5		4.5		Fat	77	7.00	16%	

Calories	577		450			482			337			192			235			Cal	2273	77.00		
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	COTT	ALMD	RCKE	LCPZ	ISOP		MAND		ISOP	ISOP	BROC	SPKB	PROP	COTT	RCKE				
				CREM	JRKY											CREM			Pro	188	4.00	41%
Protien	39			35			44			24			27			19			Carb	203	2.00	44%
Carbs	31			40			56			20			27			29			Fat	69	15.50	15%
Fat	32			18.5			9			0			4.5			4.5			Cal	2178	172.00	
Calories	577		450			482			182			252			235			Totals				
11/27/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			2pm			5pm			7pm			9pm			11pm						
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		ISOP	POPC		BROC	PBAR		PROP	COTT	RCKE				
				CREM	JRKY											CREM			Pro	185	1.00	40%
Protien	39			35			44			27			21			19			Carb	202	1.00	44%
Carbs	31			39			56			21			27			28			Fat	72	12.50	16%
Fat	32			16.5			9			3.5			8			2.5			Cal	2146	204.00	
Calories	577		430			482			202			240			215			Totals				
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				
				JRKY			ISOP									CREM			Pro	188	4.00	41%
Protien	39			30			48			25			27			19			Carb	196	5.00	43%
Carbs	31			22			67			27			21			28			Fat	74	10.50	16%
Fat	32			16.5			0			19			3.5			2.5			Cal	2130	220.00	
Calories	577		340			446			350			202			215			Totals				
11/29/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am			2pm			5pm			8pm			9pm			11pm						
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POPC		PROP	COTT	RCKE				
				CREM	JRKY											CREM			Pro	189	5.00	40%
Protien	39			35			44			25			27			19			Carb	202	1.00	43%
Carbs	31			39			56			27			21			28			Fat	83	1.50	17%
Fat	32			16.5			9			19			3.5			2.5			Cal	2256	94.00	
Calories	577		430			482			350			202			215			Totals				
11/30/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am			2pm			5pm			8pm			9pm			11pm						
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIST		ISOP	POTA		PR24	COTT	BROC				
				CREM	JRKY		ISOP												Pro	189	5.00	41%
Protien	39			35			48			25			26			16			Carb	204	3.00	44%
Carbs	31			39			67			27			19			21			Fat	73	10.90	16%
Fat	32			16.5			0			19			0.1			5.5			Cal	2172	178.00	
Calories	577		430			446			350			179			190			Totals				
12/01/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			6pm			8pm			9pm			12am						
What	PROP	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUTT	PR24	COTT	RCKE				
				CREM	JRKY											CREM			Pro	188	4.00	39%
Protien	39			35			44			25			26			19			Carb	202	1.00	42%
Carbs	31			39			56			27			19			30			Fat	88	4.10	18%
Fat	32			16.5			9			19			9.1			2.5			Cal	2318	32.00	
Calories	577		430			446			350			259			220			Totals				
12/02/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE				
				CREM	JRKY											CREM			Pro	188	4.00	40%
Protien	39			35			44			25			26			19			Carb	204	3.00	43%
Carbs	33			39			56			27			19			30			Fat	84	0.40	18%
Fat	32			16.5			9			19			4.6			2.5			Cal	2288	62.00	
Calories	582		430			482			350			224			220			Totals				
12/03/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIST		ISOP	POTA	BUT2	PR24	COTT	RCKE				
				CREM	JRKY											CREM			Pro	188	4.00	40%
Protien	39			35			44			25			26			19			Carb	204	3.00	43%
Carbs	33			39			56			27			19			30			Fat	84	0.40	18%
Fat	32			16.5			9			19			4.6			2.5			Cal	2288	62.00	
Calories	582		430			482			350			224			220			Totals				
12/04/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE				
				CREM	JRKY											CREM			Pro	185	1.00	40%
Protien	39			35			44			22			26			19			Carb	200	1.00	43%
Carbs	33			39			56			23			19			30			Fat	77	7.40	17%
Fat	32			16.5			9			12			4.6			2.5			Cal	2203	147.00	
Calories	582		430			482			265			224			220			Totals				
12/05/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			6pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR				POTA	BUTT	PR24	COTT	BROC				
				CREM	JRKY		ISOP												Pro	159	25.00	37%
Protien	39			35			48			19			2			16			Carb	197	4.00	46%
Carbs	33			39			67			19			18			21			Fat	68	15.90	16%
Fat	32			16.5			0			5			9.1			5.5			Cal	1985	365.00	
Calories	582		430			446			180			157			190			Totals				
12/06/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE				
				CREM	JRKY											CREM			Pro	185	1.00	40%
Protien	39			35			44			22			26			19			Carb	200	1.00	43%
Carbs	33			39			56			23			19			30			Fat	77	7.40	17%
Fat	32			16.5			9			12			4.6			2.5			Cal	2203	147.00	
Calories	582		430			482			265			224			220			Totals				

12/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	2pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR PIS2	ISOP POTA BUT2	PR24 COTT RCKE CREM				
Protien	39	35	44	22	26	19	Pro	185	1.00	40%
Carbs	33	39	56	23	19	30	Carb	200	1.00	43%
Fat	32	16.5	9	12	4.6	2.5	Fat	77	7.40	17%
Calories	582	430	482	265	224	220	Cal	2203	147.00	
12/08/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	PR24 COTT BROCC CREM				
Protien	39	35	48	22	26	16	Pro	186	2.00	40%
Carbs	33	39	67	23	19	21	Carb	202	1.00	43%
Fat	32	16.5	0	12	9.1	5.5	Fat	75	8.90	16%
Calories	582	430	446	265	259	190	Cal	2172	178.00	
12/09/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	PBAR PIS2	LCPZ ISOP	COTT ALMD RCKE CREM JRKY	ISOP POTA BUT2	PR24 COTT RCKE CREM				
Protien	39	22	44	35	26	19	Pro	185	1.00	40%
Carbs	33	23	56	39	19	30	Carb	202	1.00	43%
Fat	32	12	9	16.5	4.6	2.5	Fat	77	7.40	17%
Calories	582	265	482	430	224	220	Cal	2203	147.00	
12/10/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	2pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	GGCF POPC ISOP	COTT POTA BUT2	PR24 COTT CREM				
Protien	39	35	44	33	16	14	Pro	181	3.00	39%
Carbs	33	39	56	39	23	13	Carb	203	2.00	44%
Fat	32	16.5	9	11	7.1	2.5	Fat	78	5.90	17%
Calories	582	430	482	352	222	130	Cal	2198	152.00	
12/11/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	5pm	8pm	9pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT PTOP	PR24 COTT RCKE CREM				
Protien	39	35	44	19	28	19	Pro	184	0.00	40%
Carbs	33	39	56	19	23	30	Carb	200	1.00	44%
Fat	32	16.5	9	5	10.1	2.5	Fat	75	8.90	16%
Calories	582	430	482	180	284	220	Cal	2178	172.00	
12/12/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	PR24 COTT CREM				
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	Totals			
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/14/06	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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE 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	Totals			
Time	1pm	3pm	7pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	BROCC COTT CREM				
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	9.1	5.5	Fat	75	8.90	16%
Calories	582	430	446	265	279	160	Cal	2162	188.00	
12/16/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/17/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
12/18/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			

Time	12pm			3pm			5pm			8pm			10pm			12am			Totals			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
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	Pro	Carb	Fat	Cal	
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			1am			Totals			
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
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		PIS2	ISOP SOUR	POTA	BUTT	V100	COTT	BLUL	Pro	Carb	Fat	Cal
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	Pro	Carb	Fat	Cal	
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	Pro	Carb	Fat	Cal	
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	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE	Pro	Carb	Fat	Cal	
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	Pro	Carb	Fat	Cal	
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	
12/26/06	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	PROP	LCPZ	ISOP	PBAR	ISOP	DX20	PIS2		COTT SOUR	POTA	BUTT	Pro	Carb	Fat	Cal	
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	
12/27/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6						
Time	12pm			4pm			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	Fat	Cal	
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	
12/28/06	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	Fat	Cal	
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						

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
Carbs		33			35			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
12/30/06	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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
12/31/06	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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
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	
Protein		39		JAM	JRKY			44				SOUR	27			CREM	19	Pro 179
Carbs		33			42			56					22				30	Carb 202
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
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	
Protein		39		CREM	JRKY		ISOP					SOUR	27		PR24		16.725	Pro 188
Carbs		33			39			74					22				21.1	Carb 212
Fat		32			16.5			0					9.1				8.7	Fat 78
Calories		582			430			476					279				229	Cal 2261
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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
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	
Protein		39		CREM	JRKY		ISOP					SOUR	27		PR24		16.725	Pro 188
Carbs		33			39			74					22				21.1	Carb 212
Fat		32			16.5			0					9.1				8.7	Fat 78
Calories		582			430			476					279				229	Cal 2261
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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
01/07/07	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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
01/08/07	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	
Protein		39		CREM	JRKY			44				SOUR	27			CREM	19	Pro 183
Carbs		33			39			56					22				30	Carb 199
Fat		32			16.5			9					9.1				2.5	Fat 74
Calories		582			430			482					279				220	Cal 2173
01/09/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals											
Time	1pm	4pm	6pm	8pm	10pm	12am												
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	

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		5pm		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	Totals				
Time	2pm		5pm		6pm		8pm		10pm		12am					
What	PR24 BRK1 ISOP		COTT ALMD RCKE		LCPZ ISOP		PBAR		ISOP POTA BUTT		PR24 COTT RCKE					
			CREM JRKY						SOUR		CREM					
Protien	39		35		44		19		27		19	Pro	183	1.00	40%	
Carbs	33		39		56		19		22		30	Carb	199	2.00	44%	
Fat	32		16.5		9		5		9.1		2.5	Fat	74	9.90	16%	
Calories	582		430		482		180		279		220	Cal	2173	177.00		
01/29/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals				
Time	1pm		3pm		5pm		8pm		10pm		2am					
What	PR24 BRK1 ISOP		COTT ALMD RCKE		LCPZ ISOP		PBAR		ISOP POTA BUTT		PR24 COTT RCKE					
			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		
01/30/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals				
Time	1pm		3pm		6pm		8pm		10pm		12am					
What	PR24 BRK1 ISOP		COTT ALMD RCKE		GTR2 DX30 ISOP		PBAR		PIS2		ISOP POTA BUTT		V100 COTT BLUL			
			CREM JRKY		ISOP				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		
01/31/07	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6	Totals				
Time	2pm		4pm		6pm		8pm		10pm		12am					
What	PR24 BRK1 ISOP		COTT ALMD RCKE		LCPZ ISOP		PBAR		ISOP POTA BUTT		PR24 COTT RCKE					
			CREM JRKY						SOUR		CREM					
Protien	39		35		44		19		27		19	Pro	183	1.00	40%	

Carbs	33			39			56			19			22			30	Carb	199	2.00	44%					
Fat	32			16.5			9			5			9.1			2.5	Fat	74	9.90	16%					
Calories	582			430			482			180			279			220	Cal	2173	177.00						
02/01/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	2pm			4pm			6pm			8pm			10pm			12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE							
				CREM	JRKY								SOUR			CREM									
Protien	39			35			44			19			27			19			Pro	183	1.00	40%			
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%			
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%			
Calories	582			430			482			180			279			220			Cal	2173	177.00				
02/02/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	2pm			4pm			6pm			8pm			10pm			12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE							
				CREM	JRKY								SOUR			CREM									
Protien	39			35			44			19			27			19			Pro	183	1.00	40%			
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%			
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%			
Calories	582			430			482			180			279			220			Cal	2173	177.00				
02/03/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	3pm			4pm			6pm			8pm			10pm			3am									
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				
02/04/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	3pm			4pm			6pm			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				
02/05/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	2pm			4pm			6pm			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				
02/06/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	1pm			3pm			6pm			8pm			10pm			12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL							
				CREM	JRKY		ISOP						SOUR			PR24	SPKB								
Protien	39			35			48			22			27			17.725			Pro	189	4.72	38%			
Carbs	33			39			74			23			22			39.1			Carb	230	29.10	46%			
Fat	32			16.5			0			12			9.1			10.2			Fat	80	4.20	16%			
Calories	582			430			476			265			279			319			Cal	2351	1.00				
02/07/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	1pm			4pm			6pm			8pm			10pm			12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE							
				CREM	JRKY								SOUR			CREM									
Protien	39			35			44			19			27			19			Pro	183	1.00	40%			
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%			
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%			
Calories	582			430			482			180			279			220			Cal	2173	177.00				
02/08/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	2pm			4pm			6pm			8pm			10pm			12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE							
				CREM	JRKY								SOUR			CREM									
Protien	39			35			44			19			27			19			Pro	183	1.00	40%			
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%			
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%			
Calories	582			430			482			180			279			220			Cal	2173	177.00				
02/09/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	1pm			3pm			6pm			8pm			10pm			12am									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL							
				CREM	JRKY		ISOP					SHRT	SOUR			PR24	V50								
Protien	39			35			48			23			27			17.5875			Pro	190	5.59	38%			
Carbs	33			39			74			39			22			24.15			Carb	231	30.15	46%			
Fat	32			16.5			0			15			9.1			8.8			Fat	81	2.60	16%			
Calories	582			430			476			365			279			244			Cal	2376	26.00				
02/10/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	12pm																								
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE							
				CREM	JRKY								SOUR			CREM									
Protien	39			35			44			19			27			19			Pro	183	1.00	40%			
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%			
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%			
Calories	582			430			482			180			279			220			Cal	2173	177.00				
02/11/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														Totals					
Time	1pm			3pm			5pm			6pm			7pm			8pm									
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE							
				CREM	JRKY								SOUR			CREM									
Protien	39			35			44			19			27			19			Pro	183	1.00	40%			
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%			
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%			
Calories	582			430			482			180			279			220			Cal	2173	177.00				

Fat	32	16.5	9	5	9.1	2.5	Cal	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
02/12/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
02/13/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GTR2 DX30 ISOP	PBAR	ISOP POTA BUTT SOUR	V100 COTT BLUL PR24 V50 SHRT				
Protien	39	35	48	22	27	18.5875	Pro	190	5.59	38%
Carbs	33	39	74	23	22	40.15	Carb	231	30.15	46%
Fat	32	16.5	0	12	9.1	11.8	Fat	81	2.60	16%
Calories	582	430	476	265	279	344	Cal	2376	26.00	
02/14/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
02/15/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	RICE PNUT CHKN ISOP	PBAR V100 V50	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	51	22.6	27	19	Pro	194	9.59	42%
Carbs	33	39	43	30.2	22	30	Carb	197	3.85	42%
Fat	32	16.5	3	11.3	9.1	2.5	Fat	74	9.60	16%
Calories	582	430	417	294	279	220	Cal	2222	128.00	
02/16/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	2pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	V100 COTT BLUL PR24 V50				
Protien	39	35	48	22	27	17.5875	Pro	189	4.59	39%
Carbs	33	39	74	23	22	24.15	Carb	215	14.15	45%
Fat	32	16.5	0	12	9.1	8.8	Fat	78	5.60	16%
Calories	582	430	476	265	279	244	Cal	2276	74.00	
02/17/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	4pm	7pm							
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
02/18/07	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	5pm	8pm	10m	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE CREM JRKY	LPP ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE 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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
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 CREM JRKY	GTR2 DX30 ISOP	PBAR PIS2	ISOP POTA BUTT SOUR	V100 COTT BLUL 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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%
Calories	582	430	482	180	279	220	Cal	2173	177.00	
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM				
Protien	39	35	44	19	27	19	Pro	183	1.00	40%
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	16%

Calories	582		430			482			180			279			220			Cal	2173	177.00	
Time	Meal 1 12am			Meal 2 3pm			Meal 3 6pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PBAR	PIS2	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL				
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
Time	Meal 1 12pm			Meal 2 3pm			Meal 3 5pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA SOUR	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
Time	Meal 1 12pm			Meal 2 3pm			Meal 3 5pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA SOUR	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
Time	Meal 1 12pm			Meal 2 3pm			Meal 3 5pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA SOUR	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
Time	Meal 1 12am			Meal 2 3pm			Meal 3 6pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL				
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
Time	Meal 1 12am			Meal 2 3pm			Meal 3 6pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA SOUR	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
Time	Meal 1 12pm			Meal 2 4pm			Meal 3 6pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA SOUR	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
Time	Meal 1 12pm			Meal 2 3pm			Meal 3 6pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	ISOP	PPBG	PIS2	ISOP	POTA SOUR	BUTT	V100 PR24	COTT V50	BLUL				
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
Time	Meal 1 12pm			Meal 2 3pm			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2	EBET	ISOP	POTA SALD	BUTT ITAL	V100 PR24	COTT V50	BLUL			
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
Time	Meal 1 1pm			Meal 2 3pm			Meal 3 5pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA SOUR	BUTT	PR24 CREM	COTT	RCKE 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
Time	Meal 1 12pm			Meal 2 4pm			Meal 3 7pm			Meal 4 8pm			Meal 5 10pm			Meal 6 12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	ISOP	PBAR	PIS2	ISOP	POTA SOUR	BUTT	PR24 CREM	COTT	RCKE				
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			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protien	39			35			44			19			27			19			Pro	183	1.00	40%
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430			482			180			279			220			Cal	2173	177.00	
03/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
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					
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			Totals			
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					
Protien	39			48			25			22			27			19			Pro	180	4.00	39%
Carbs	33			44			49			23			22			30			Carb	201	0.00	43%
Fat	32			25.5			4.5			12			9.1			2.5			Fat	86	1.60	18%
Calories	582			580			337			265			279			220			Cal	2263	87.00	
03/09/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET	ISOP	POTA	BUTT	PR24	COTT	RCKE					
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			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protien	39			35			44			19			27			19			Pro	183	1.00	40%
Carbs	33			39			56			19			22			30			Carb	199	2.00	44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90	16%
Calories	582			430			482			180			279			220			Cal	2173	177.00	
03/11/07	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	SALD	ITAL	ISOP	POTA	BUTT	PR24	COTT	RCKE				
Protien	39			35			44			21.4			27			19			Pro	185	1.40	38%
Carbs	33			39			56			40.4			22			30			Carb	220	19.40	45%
Fat	32			16.5			9			10.1			9.1			2.5			Fat	79	4.80	16%
Calories	582			430			482			319			279			220			Cal	2312	38.00	
03/12/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	RICE	PNUT	EBET	PBAR	SALD	ITAL	ISOP	POTA	BUTT	PR24	COTT	RCKE				
Protien	39			35			42			20.7			27			19			Pro	183	1.30	39%
Carbs	33			39			48			32.7			22			30			Carb	205	3.70	44%
Fat	32			16.5			11.5			9.8			9.1			2.5			Fat	81	2.60	17%
Calories	582			430			467			287			279			220			Cal	2265	85.00	
03/13/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	SALD	ITAL	ISOP	POTA	BUTT	PR24	COTT	RCKE				
Protien	39			35			44			20.7			27			19			Pro	185	0.70	39%
Carbs	33			39			56			32.7			22			30			Carb	213	11.70	45%
Fat	32			16.5			9			9.8			9.1			2.5			Fat	79	5.10	17%
Calories	582			430			482			287			279			220			Cal	2280	70.00	
03/14/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	12pm			4pm			6pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	GTR2	ISOP	ISOP	COTT	ALMD	RCKE	PBAR	EBET	ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protien	39			48			35			32			27			19			Pro	200	16.00	43%
Carbs	33			44			39			24			22			30			Carb	192	9.00	41%
Fat	32			0			16.5			14			9.1			2.5			Fat	74	9.90	16%
Calories	582			364			430			330			279			220			Cal	2205	145.00	
03/15/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			5pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET	ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protien	39			35			44			32			27			19			Pro	196	12.00	41%
Carbs	33			39			56			24			22			30			Carb	204	3.00	42%
Fat	32			16.5			9			14			9.1			2.5			Fat	83	0.90	17%
Calories	582			430			482			330			279			220			Cal	2323	27.00	
03/16/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	1pm			3pm			6pm			8pm			10pm			12am						
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PBAR	EBET	ISOP	POTA	BUTT	PR24	COTT	RCKE					
Protien	39			35			48			32			27			19.7			Pro	201	16.70	42%
Carbs	33			39			44			24			22			37.7			Carb	200	1.30	42%
Fat	32			16.5			0			14			9.1			2.8			Fat	74	9.60	16%
Calories	582			430			364			330			279			252			Cal	2237	113.00	
03/17/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6						

Time	1pm			3pm			5pm			8pm			11pm			1am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PC	SOYM	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY								SOUR			CREM							
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	ALMD	RCKE	BRCE	PNUT	ISOP	PIS2	PC	SOYM	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY		SALD	ITAL	STRA	STRA	STRA		SOUR			CREM			184	202	81	2254	
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			6pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PC2	SOYM	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY			EBET	STRA	STRA			SOUR			CREM	STRA		212	217	90	2481	
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	ALMD	RCKE	GTR2	ISOP	ISOP	PC2	SOYM	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY			EBET	STRA	STRA			SOUR			CREM	STRA		212	217	90	2481	
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	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY								SOUR			CREM			196	204	83	2323	
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			
03/22/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12am			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	ORCT	Pro	Carb	Fat	Cal	
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM			202	213	84	2395	
Protien		39			35			44			37.7			27				19	202	17.70	40%		
Carbs		33			39			56			29			22				34	213	12.00	43%		
Fat		32			16.5			9			14.7			9.1				2.5	84	0.20	17%		
Calories		582			430			482			382			279				240	2395	45.00			
03/23/07	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	ALMD	RCKE	LCPZ	ISOP		PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM			202	209	84	2375	
Protien		39			35			44			37.7			27				19	202	17.70	41%		
Carbs		33			39			56			29			22				30	209	8.00	42%		
Fat		32			16.5			9			14.7			9.1				2.5	84	0.20	17%		
Calories		582			430			482			382			279				220	2375	25.00			
03/24/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals				
What	PR24	BRK2	PC	GTR2	ISOP	ISOP	COTT	ALMD	RCKE	PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
		SOYS	RAZB			EBET	CREM	JRKY		BLUB	BLKB	STRA	SOUR			CREM	JRKY		215	216	81	2407	
Protien		35.6			61			35			37.8			27				19	215	31.40	42%		
Carbs		45			49			39			30.7			22				30	216	14.70	42%		
Fat		29.3			9			16.5			14.7			9.1				2.5	81	2.90	16%		
Calories		576			514			430			388			279				220	2407	57.00			
03/25/07	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	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY								SOUR			CREM			196	204	83	2323	
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			
03/26/07	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	ALMD	RCKE	LCPZ	ISOP	GRAP	PIS2	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	Carb	Fat	Cal	
				CREM	JRKY					BLUB	BLKB	RAZB	SOUR			CREM			202	227	84	2445	
Protien		39			35			44.7			37.7			27				19	202	18.40	39%		
Carbs		33			39			74			29			22				30	227	26.00	44%		
Fat		32			16.5			9.2			14.7			9.1				2.5	84	0.00	16%		
Calories		582			430			552			382			279				220	2445	95.00			
03/27/07	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	ISOP	ISOP	PC	SOYS												

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		BLUB	BLKB	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		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	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		1pm			3pm			5pm			8pm			10pm			12am					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		39			37			44						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	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		12pm			3pm			5pm			8pm			10pm			12am					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	SHRT		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		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	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		1pm			3pm			6pm			8pm			10pm			12am					
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	DX30	ISOP		BEEF	ZONE	BLKB	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		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	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		12pm			3pm			5pm			8pm			10pm			12am					
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		38.2			35			42.7			19			27				19	Pro	181	3.10	39%
Carbs		55			39			39			19			22				30	Carb	204	3.00	44%
Fat		26.1			16.5			16.7			5			9.1				2.5	Fat	76	8.10	16%
Calories		602			430			457			180			279				220	Cal	2168	182.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		12pm			3pm			5pm			8pm			10pm			12am					
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		38.2			35			42.7			22			27				19	Pro	184	0.10	39%
Carbs		55			39			39			23			22				30	Carb	208	7.00	44%
Fat		26.1			16.5			16.7			12			9.1				2.5	Fat	83	1.10	17%
Calories		602			430			457			265			279				220	Cal	2253	97.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		9am			12pm			3pm			5pm			7pm			10pm					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	ALMD	BCAKE	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		39			48			35			26			28				19	Pro	195	10.80	38%
Carbs		33			40			39			45			28				30	Carb	235	34.00	46%
Fat		32			16.5			9			21.5			7.3				2.5	Fat	83	1.10	16%
Calories		582			346			430			450			402				220	Cal	2410	60.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		9am			12pm			3pm			5pm			7pm			10pm					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	ZONE	BLKB	PBAR	BCAKE		ISOP	POTA	BCAKE	PR24	COTT	RCKE	Totals			
Protein		39			35			40.7			26			28				19	Pro	188	3.70	39%
Carbs		33			39			39			29			28				30	Carb	198	3.00	41%
Fat		32			16.5			9.2			17			18.5				2.5	Fat	96	11.70	20%
Calories		582			430			377			365			402				220	Cal	2376	26.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		10am			1pm			3pm			5pm			8pm			11pm					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PC	ZONE	BLKB	PBAR	PCAKE	PCAKE	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		39			35			45.8			46			27				19	Pro	212	27.80	40%
Carbs		33			39			43.7			60			22				30	Carb	228	26.70	43%
Fat		32			16.5			12.7			18.5			9.1				2.5	Fat	91	7.30	17%
Calories		582			430			433			577			279				220	Cal	2521	171.00	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		9am			12pm			3pm			5pm			8pm			10pm					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals			
Protein		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	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		10am			12pm			3pm			5pm			8pm			11pm					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PC	ZONE	BLKB	PBAR	EBET	PC	ISOP	POTA	BUTT				Totals			
Protein		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	
Time		Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals		
		10am			12pm			3pm			5pm			8pm			11pm					

