

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	Totals	131	219	33	1685	52.75	34%
Time	12pm	3pm	6pm	10pm	12am								
What	PROP ISOM	PROP SPK	OATS	LCPZ	COTT	COTT	GOLD	PROP	BROC		PROP	LCCF	
Protein	56.25	20	32	2	21	0							
Carbs	80.88	55	30	14	39	0							
Fat	3.6	9	10	3	7	0							
Calories	575	380	340	85	305	0							
11/05/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	119	226	36	1655	64.75	31%
Time	12pm	2pm	4pm	5pm	7pm	12am							
What	PROP SPK	OATS	ISOM	LCPZ	BROC			COTT	COTT	GOLD	BROC	POPC	
Protein	56.25	11	2	32	5	13							
Carbs	74.88	36	8	30	28	49							
Fat	3.6	6	3	10	6.5	7							
Calories	550	240	60	340	160	305							
11/06/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	120	226	38	1895	63.75	27%
Time	10am	1pm	3pm	5pm	6pm-9pm	11pm							
What	PROP SPK	OATS	ISOM	LCPZ	BROC			LPP			POPC	BROC	CREM
Protein	56.25	22	3	13	10	16							
Carbs	74.88	63	20	43	45	42							
Fat	3.6	12	3.5	7	6.5	5							
Calories	550	440	100	280	250	275							
11/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	136	303	33	1997	47.75	29%
Time	11am	2pm	4pm	6pm	11pm								
What	PROP SPK	OATS	ISOM	LCPZ		POPC	ISOP	CREM	GATR	LPP		PROP	LPP
Protein	56.25	20	32	13	15	0							
Carbs	74.88	55	38	78	57	0							
Fat	3.6	9	3.5	7	10	0							
Calories	550	380	292	410	365	0							
11/08/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	104	218	71	1900	80.00	26%
Time	12pm	3pm	4pm	5pm	7pm								
What	EGG HB	EGG OIL	HB PRO	LCPZ	BROC	POPC		PROP	LCPZ		LCCF	COTT	COTT
Protein	15	20	5	11	53	0							
Carbs	30	55	28	42	63	0							
Fat	32	9	6.5	6	17	0							
Calories	475	380	160	265	620	0							
11/09/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	178	308	50	2336	6.44	33%
Time	10am-1pm	2pm	4pm	6pm	8pm	11pm							
What	TSND		GATR	OATS	ISOM	SPK	LCPZ			GATR	DX30	ISOP	V100
Protein	19	56.25	20	48	20.3125	14							
Carbs	72	68.88	55	67	34.25	11							
Fat	16	3.6	9	0	18.6	2.5							
Calories	490	525	380	446	370	125							
11/10/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	180	196	84	2227	4.16	39%
Time	10am	2pm	5pm	7pm	10pm	11pm							
What	PROP SPK	OATS	ISOM	HB OIL	HB EGG	EGG	SCH1 POTA	V50	V100	BROC	RCKE	CREM	ALMD
Protein	56.25	15	35.5875	7	16	50							
Carbs	74.88	24	28.65	25	17	26							
Fat	3.6	32	9.4	3	14	22							
Calories	550	450	333	150	240	504							
11/11/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	204	212	69	2208	19.84	42%
Time	11am	3pm	5pm	7pm	9pm	Next							
What	PROP SPK	OATS	ISOM	COTT JRKY	COTT	ALMD	HB ISOP	HB JRKY	OIL	BROC	POPC		V100
Protein	56.25	44	37	5	13.5875	48							
Carbs	74.88	27	33	28	17.15	32							
Fat	3.6	19	23	6.5	1.3	15.5							
Calories	550	440	482	160	124	452							
11/12/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	189	194	66	2109	5.00	42%
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
Protein	39	44	34	11	31	30							
Carbs	25	33	35	8	63	30							
Fat	32	19	0	1	10	3.5							
Calories	552	465	282	80	460	270							
11/13/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	174	203	77	2170	10.50	38%
Time	1pm		5pm	6pm	8pm	9pm							
What	ISOP OIL	HB EGG	HB EGG	PROP		ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB
Protein	39	0	48	36.5	6	44							
Carbs	25	6	67	22	27	56							
Fat	32	0	0	21.5	14.5	9							
Calories	552	25	446	415	250	482							
11/14/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals	169	206	51	206	15.00	38%
Time	11am	1pm	2pm	4pm	7pm-10pm	11pm							
What	GATR		HB EGG	HB EGG	OIL	COTT PROP	ALMD		CREM	RCKE	JRKY	ISOP SPKB	POPC BROC
Protein	0	39	19	16	44	51							
Carbs	35	25	20	25	52	49							

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					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		
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
Time	11am			2pm			5pm			6pm			9pm			12am			Totals		
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
Time	12pm			2pm			5pm			7pm			9pm			11pm			Totals		
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	203	1.00 44%
Fat	32			16.5			9			3.5			8			2.5			Fat	72	12.50 16%
Calories	577			430			482			202			240			215			Cal	2146	204.00
Time	11am			4pm			6pm			8pm			10pm			12am			Totals		
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
Time	11am			2pm			5pm			8pm			9pm			11pm			Totals		
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
Time	11am			2pm			5pm			8pm			9pm			11pm			Totals		
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
Time	1pm			3pm			6pm			8pm			9pm			12am			Totals		
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			446			350			259			220			Cal	2318	32.00
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals		
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
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
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
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
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
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals		
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
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
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

12/07/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	2pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIS2	ISOP POTA BUT2	PR24 COTT RCKE				
		CREM JRKY				CREM				
Protien	39	35	44	22	26	19	Pro	185	1.00	40%
Carbs	33	39	56	23	19	30	Carb	200	1.00	43%
Fat	32	16.5	9	12	4.6	2.5	Fat	77	7.40	17%
Calories	582	430	482	265	224	220	Cal	2203	147.00	
12/08/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	PR24 COTT BROCC				
		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	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	ISOP POTA BUT2	PR24 COTT RCKE				
				CREM JRKY		CREM				
Protien	39	22	44	35	26	19	Pro	185	1.00	40%
Carbs	33	23	56	39	19	30	Carb	200	1.00	43%
Fat	32	12	9	16.5	4.6	2.5	Fat	77	7.40	17%
Calories	582	265	482	430	224	220	Cal	2203	147.00	
12/10/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	11am	2pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	GGCF POPC ISOP	COTT POTA BUT2	PR24 COTT				
		CREM JRKY								
Protien	39	35	44	33	16	14	Pro	181	3.00	39%
Carbs	33	39	56	39	23	13	Carb	203	2.00	44%
Fat	32	16.5	9	11	7.1	2.5	Fat	78	5.90	17%
Calories	582	430	482	352	222	130	Cal	2198	152.00	
12/11/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	5pm	8pm	9pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		CREM JRKY			PTOP	CREM				
Protien	39	35	44	19	28	19	Pro	184	0.00	40%
Carbs	33	39	56	19	23	30	Carb	200	1.00	44%
Fat	32	16.5	9	5	10.1	2.5	Fat	75	8.90	16%
Calories	582	430	482	180	284	220	Cal	2178	172.00	
12/12/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals			
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	PR24 COTT				
		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	Totals			
Time	12pm	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	
12/14/06	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	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
		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	Totals			
Time	1pm	3pm	7pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIS2	ISOP POTA BUTT	BROCC COTT				
		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	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	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	
12/17/06	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	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	
12/18/06	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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
Protien				CREM	JRKY								SOUR			CREM			Carb	199
Carbs																			Fat	74
Fat																			Cal	2173
Calories																				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	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	RANC	Pro	189
Protien				CREM	JRKY		ISOP						SOUR			V50			Carb	200
Carbs																			Fat	77
Fat																			Cal	2206
Calories																				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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
Protien				CREM	JRKY								SOUR			CREM			Carb	199
Carbs																			Fat	74
Fat																			Cal	2173
Calories																				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	ALMD	RCKE	GATR	DX30	ISOP	PBAR		PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	188
Protien				CREM	JRKY		ISOP						SOUR						Carb	197
Carbs																			Fat	78
Fat																			Cal	2201
Calories																				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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
Protien				CREM	JRKY								SOUR			CREM			Carb	199
Carbs																			Fat	74
Fat																			Cal	2173
Calories																				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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
Protien				CREM	JRKY								SOUR			CREM			Carb	199
Carbs																			Fat	74
Fat																			Cal	2173
Calories																				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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	193
Protien				CREM	JRKY								SOUR			CREM			Carb	202
Carbs																			Fat	77
Fat																			Cal	2253
Calories																				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	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	V100	COTT	BLUL	Pro	188
Protien				CREM	JRKY		ISOP						SOUR						Carb	197
Carbs																			Fat	78
Fat																			Cal	2201
Calories																				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	ALMD	RCKE	PROP	LCPZ	ISOP	PBAR	ISOP	DX20	PIS2			COTT	POTA	BUTT	Pro	181
Protien				CREM	JRKY											SOUR			Carb	204
Carbs																			Fat	81
Fat																			Cal	2238
Calories																				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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
Protien				CREM	JRKY								SOUR			CREM			Carb	199
Carbs																			Fat	74
Fat																			Cal	2173
Calories																				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	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
Protien				CREM	JRKY								SOUR			CREM			Carb	199
Carbs																			Fat	74
Fat																			Cal	2173
Calories																				177.00
12/29/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6														

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					
Time	1pm		3pm		5pm		8pm		10pm		12am	Totals					
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					
Time	2pm		5pm		7pm		8pm		10pm		12am	Totals					
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					
Time	1pm		3pm		5pm		8pm		10pm		2am	Totals					
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		44		48		22		27		16.725	Pro	188	3.72 39%	
Carbs	33		39		56		74		23		22		21.1	Carb	212	11.10 44%	
Fat	32		16.5		9		0		12		9.1		8.7	Fat	78	5.70 16%	
Calories	582		430		476		265		279		229		229	Cal	2261	89.00	
01/24/07	Meal 1		Meal 2			Meal 3		Meal 4		Meal 5		Meal 6					
Time	1pm		3pm		7pm		9pm		10pm		1am	Totals					
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					
Time	12pm		3pm		5pm		10pm		11pm		12am	Totals					
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					
Time	1pm		3pm		5pm		8pm		10pm		12am	Totals					
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					
Time	1pm		4pm		8pm		9pm		10pm		12am	Totals					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL
				CREM	JRKY		ISOP					SOUR			PR24		
Protien	39		35		44		48		22		27		16.725	Pro	188	3.72 39%	
Carbs	33		39		56		74		23		22		21.1	Carb	212	11.10 44%	
Fat	32		16.5		9		0		12		9.1		8.7	Fat	78	5.70 16%	
Calories	582		430		476		265		279		229		229	Cal	2261	89.00	
01/28/07	Meal 1		Meal 2			Meal 3		Meal 4		Meal 5		Meal 6					
Time	2pm		5pm		6pm		8pm		10pm		12am	Totals					
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					
Time	1pm		3pm		5pm		8pm		10pm		2am	Totals					
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					
Time	1pm		3pm		6pm		8pm		10pm		12am	Totals					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	DX30	ISOP	PBAR	PIS2	ISOP	POTA	BUTT	V100	COTT	BLUL
				CREM	JRKY		ISOP					SOUR			PR24		
Protien	39		35		44		48		22		27		16.725	Pro	188	3.72 39%	
Carbs	33		39		56		74		23		22		21.1	Carb	212	11.10 44%	
Fat	32		16.5		9		0		12		9.1		8.7	Fat	78	5.70 16%	
Calories	582		430		476		265		279		229		229	Cal	2261	89.00	
01/31/07	Meal 1		Meal 2			Meal 3		Meal 4		Meal 5		Meal 6					
Time	2pm		4pm		6pm		8pm		10pm		12am	Totals					
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		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%	

Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	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	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 ISOP	DX30	ISOP	PPBG	PIS2		ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL			
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	12am			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			4pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	LCPZ	ISOP		PBAR			ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
Protien	39			35			44			19			27			19			Pro	183	1.00 40%
Carbs	33			39			56			19			22			30			Carb	199	2.00 44%
Fat	32			16.5			9			5			9.1			2.5			Fat	74	9.90 16%
Calories	582			430			482			180			279			220			Cal	2173	177.00
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	ISOP	PPBG	PIS2		ISOP SOUR	POTA	BUTT	V100 PR24	COTT V50	BLUL			
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	12pm			3pm			6pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2	ISOP	ISOP	PBAR	PIS2	EBET	ISOP SOUR	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	1pm			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 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	12pm			4pm			7pm			8pm			10pm			12am			Totals		
What	PR24	BRK1	ISOP	COTT CREM	ALMD JRKY	RCKE	GTR2 DX30	ISOP	ISOP	PBAR	PIS2		ISOP SOUR	POTA	BUTT	PR24 CREM	COTT	RCKE			
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	39	35	44	19	27	19	Pro	183	1.00	40%								
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%								
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	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 ISOP EBET OIL	PR24 COTT ALMD RCKE CREM JRKY	DX30 ISOP ISOP	PBAR PIS2	ISOP POTA BUTT SOUR SALD ITAL	PR24 COTT RCKE CREM												
Protein	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 CREM JRKY	GTR2 ISOP SALD ITAL	PBAR PIS2	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	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 CREM JRKY	LCPZ ISOP	PBAR EBET	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
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
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 CREM JRKY	LCPZ ISOP	PBAR	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	39	35	44	19	27	19	Pro	183	1.00	40%								
Carbs	33	39	56	19	22	30	Carb	199	2.00	44%								
Fat	32	16.5	9	5	9.1	2.5	Fat	74	9.90	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 CREM JRKY	LCPZ ISOP	PBAR SALD ITAL STRA	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	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 CREM JRKY	RICE PNUT EBET ISOP	PBAR SALD ITAL STRA	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	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 CREM JRKY	LCPZ ISOP	PBAR SALD ITAL STRA	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	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 CREM JRKY	PBAR EBET	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
Protein	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 CREM JRKY	LCPZ ISOP	PBAR EBET	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM												
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
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 CREM JRKY	GTR2 ISOP ISOP	PBAR EBET	ISOP POTA BUTT SOUR	PR24 COTT RCKE CREM STRA												
Protein	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	Totals											

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						
Protien	39			35			44			49			27			19			Pro	213	29.00 43%			
Carbs	33			39			56			27			22			30			Carb	207		6.00 41%		
Fat	32			16.5			9			10			9.1			2.5			Fat	79			4.90 16%	
Calories	582			430			482			370			279			220			Cal	2363				13.00
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						
Protien	39			35			29.7			34.4			27			19			Pro	184	0.10 39%			
Carbs	33			39			50.7			27.4			22			30			Carb	202		1.10 43%		
Fat	32			16.5			8.3			12.6			9.1			2.5			Fat	81			3.00 17%	
Calories	582			430			404			339			279			220			Cal	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						
Protien	39			35			61			30.4			27			19.7			Pro	212	28.10 41%			
Carbs	33			39			49			36.4			22			37.7			Carb	217		16.10 42%		
Fat	32			16.5			9			20.6			9.1			2.8			Fat	90			6.00 17%	
Calories	582			430			514			424			279			252			Cal	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						
Protien	39			35			61			30.4			27			19.7			Pro	212	28.10 41%			
Carbs	33			39			49			36.4			22			37.7			Carb	217		16.10 42%		
Fat	32			16.5			9			20.6			9.1			2.8			Fat	90			6.00 17%	
Calories	582			430			514			424			279			252			Cal	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						
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
03/22/07	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						
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								
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						
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								
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						
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								
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						
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								
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						
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								
Time	12pm			3pm			6pm			8pm			10pm			12am			Totals					
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GTR2	ISOP	ISOP	PC	SOYS	ALMD	ISOP	POTA	BUTT	PR24	COTT	RCKE						
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								
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals					

What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		BLUB	BLKB	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	39			CREM	EBET											19			Pro 201
Carbs	33															30			Carb 202
Fat	32															2.5			Fat 85
Calories	582															220			Cal 2360
03/29/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	1pm			3pm			5pm			8pm			10pm			12am			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	39			CREM	EBET											19			Pro 185
Carbs	33															30			Carb 196
Fat	32															2.5			Fat 82
Calories	582															220			Cal 2243
03/30/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	SHRT		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	39			CREM	EBET											19			Pro 186
Carbs	33															30			Carb 212
Fat	32															2.5			Fat 85
Calories	582															220			Cal 2343
03/31/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	1pm			3pm			6pm			8pm			10pm			12am			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	DX30	ISOP	ISOP	BEEF	ZONE	BLKB	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	39			CREM	EBET		PR24			SOYM	RAZB	BLUB	SOUR	PCAKE	BCAKE	CREM			Pro 215
Carbs	33															19			Carb 213
Fat	32															2.5			Fat 93
Calories	582															220			Cal 2524
04/01/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	38.2			CREM	JRKY		SOYM	RAZB	BLUB				SOUR			19			Pro 181
Carbs	55															30			Carb 204
Fat	26.1															2.5			Fat 76
Calories	602															220			Cal 2168
04/02/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	12pm			3pm			5pm			8pm			10pm			12am			Totals
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	BEEF	ZONE	BLKB	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	38.2			CREM	JRKY		SOYM	RAZB	BLUB				SOUR			19			Pro 184
Carbs	55															30			Carb 208
Fat	26.1															2.5			Fat 83
Calories	602															220			Cal 2253
04/03/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	12pm			3pm			5pm			9pm			10pm			12am			Totals
What	PR24	BRK3	SOYS	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	ALMD	BCAKE	SOYS	PC	RAZB	PR24	COTT	RCKE	Totals
Protien	38.2			CREM	JRKY					PR24						19			Pro 195
Carbs	55															30			Carb 235
Fat	26.1															2.5			Fat 83
Calories	602															220			Cal 2410
04/04/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	9am			12pm			3pm			5pm			7pm			10pm			Totals
What	PR24	BRK1	ISOP	DX30	ISOP	ISOP	COTT	ALMD	RCKE	PBAR	ALMD	BCAKE	ISOP	PCAKE	PCAKE	PR24	COTT	RCKE	Totals
Protien	39			PR24			CREM	JRKY		ROKE			PCAKE	BCAKE	PCAKE	CREM			Pro 195
Carbs	33															19			Carb 215
Fat	32															2.5			Fat 91
Calories	582															220			Cal 2430
04/05/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	9am			12pm			3pm			5pm			8pm			11pm			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	ZONE	BLKB	PBAR	BCAKE		ISOP	PCAKE	PCAKE	PR24	COTT	RCKE	Totals
Protien	39			CREM	JRKY		SOYM	RAZB	BLUB	PNUT	JCHZ		PCAKE	BCAKE		19			Pro 188
Carbs	33															30			Carb 198
Fat	32															2.5			Fat 96
Calories	582															220			Cal 2376
04/06/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	10am			1pm			3pm			5pm			8pm			11pm			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PC	ZONE	BLKB	PBAR	PCAKE	PCAKE	ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	39			CREM	JRKY		SOYM	STRA	BLUB	BCAKE	DX20	ISOP	SOUR			19			Pro 212
Carbs	33															30			Carb 228
Fat	32															2.5			Fat 91
Calories	582															220			Cal 2521
04/07/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	9am			12pm			3pm			5pm			8pm			10pm			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	EBET		ISOP	POTA	BUTT	PR24	COTT	RCKE	Totals
Protien	39			CREM	JRKY								SOUR			19			Pro 196
Carbs	33															30			Carb 204
Fat	32															2.5			Fat 83
Calories	582															220			Cal 2323
04/08/07	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals
Time	10am			12pm			3pm			5pm			8pm			11pm			Totals
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	PC	ZONE	BLKB	PBAR	EBET	PC	ISOP	POTA	BUTT				Totals

16.70 41%
1.00 41%
0.80 17%
10.00

1.00 40%
5.00 42%
1.90 18%
107.00

2.00 39%
11.00 44%
1.10 18%
7.00

30.70 41%
12.00 41%
9.30 18%
174.00

3.10 39%
3.00 44%
8.10 16%
182.00

0.10 39%
7.00 44%
1.10 17%
97.00

10.80 38%
34.00 46%
1.10 16%
60.00

11.00 39%
14.00 43%
7.00 18%
80.00

3.70 39%
3.00 41%
11.70 20%
26.00

27.80 40%
26.70 43%
7.30 17%
171.00

12.00 41%
3.00 42%
0.90 17%
27.00

What	PR24	BRK1	ISOP	CREM	GRAP	RCKE	PC	SOYM	STRA	BLUB	ISOP	ISOP	ISOP	PC	PC	PC									
04/09/07	Meal 1																		Totals			Pro	250	65.50	47%
Time	10am			12pm			3pm			7pm			8pm			10pm			Carb	181	20.30	34%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	PC	SOYM	BCAKE	DX30	ISOP	ISOP	ISOP	POTA	BUTT	PR24	COTT	RCKE	Fat	96	11.50	18%			
Protien																			Cal	2494	144.00				
Carbs																									
Fat																									
Calories																									
04/10/07	Meal 1																		Totals			Pro	204	20.00	42%
Time	10am			12pm			3-5pm			9pm			10pm			12am			Carb	188	13.00	39%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	PBAR	PCAKE	PCAKE	DX20	ISOP	ISOP	ISOP	POTA	BUTT	PR24	COTT	RCKE	Fat	92	7.60	19%			
Protien																			Cal	2387	37.00				
Carbs																									
Fat																									
Calories																									
04/11/07	Meal 1																		Totals			Pro	216	32.00	44%
Time	10am			2pm			3-5pm			8pm			9pm			12am			Carb	193	18.00	39%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	PBAR	PCAKE	PCAKE	DX30	ISOP	ISOP	ISOP	POTA	BUTT	PR24	COTT	RCKE	Fat	87	2.60	17%			
Protien																			Cal	2362	12.00				
Carbs																									
Fat																									
Calories																									
04/12/07	Meal 1																		Totals			Pro	235	51.00	42%
Time	10am			12pm			4-5pm			8pm			10pm			12am			Carb	234	33.20	42%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	PBAR	DRPZ		DX30	ISOP	ISOP	POTA	SOUR	BUTT	PR24	COTT	RCKE	Fat	90	5.60	16%			
Protien																			Cal	2642	292.00				
Carbs																									
Fat																									
Calories																									
04/13/07	Meal 1																		Totals			Pro	229	45.10	42%
Time	10am			12pm			3pm			7pm			9pm			12am			Carb	231	29.70	42%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	LCPZ	ISOP		STRA	PC	SOYS	ISOP	POTA	BUTT	PR24	COTT	RCKE	Fat	89	5.30	16%			
Protien																			Cal	2612	262.00				
Carbs																									
Fat																									
Calories																									
04/14/07	Meal 1																		Totals			Pro	186	2.30	40%
Time	11am			3pm			5pm			7-9pm			10pm						Carb	199	2.30	42%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	LCPZ	ISOP		PBAR	PBAR	STRA	ISOP	POTA	BUTT				Fat	85	1.20	18%			
Protien																			Cal	2261	89.00				
Carbs																									
Fat																									
Calories																									
04/15/07	Meal 1																		Totals			Pro	186	2.30	39%
Time	12pm			3pm			5pm			8pm			10pm			12am			Carb	210	8.70	44%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	LCPZ	ISOP		PBAR	RAZB	STRA	ISOP	POTA	BUTT	PR24	COTT	RCKE	Fat	83	1.30	17%			
Protien																			Cal	2301	49.00				
Carbs																									
Fat																									
Calories																									
04/16/07	Meal 1																		Totals			Pro	204	20.00	42%
Time	12pm			3pm			5pm			8pm			10pm			12am			Carb	188	13.00	38%			
What	PR24	BRK1	ISOP	CREM	ALMD	RCKE	PC	SOYM	BCAKE	DX30	ISOP	ISOP	ISOP	PCAKE	PCAKE	PR24	COTT	RCKE	Fat	98	13.50	20%			
Protien																			Cal	2450	100.00				
Carbs																									
Fat																									
Calories																									
04/17/07	Meal 1																		Totals			Pro	0	184.00	
Time																						Carb	0	201.00	
What																						Fat	0	84.00	
Protien																						Cal	0	2350.00	
Carbs																									
Fat																									
Calories																									
04/18/07	Meal 1																		Totals			Pro	0	184.00	
Time																						Carb	0	201.00	
What																						Fat	0	84.00	
Protien																						Cal	0	2350.00	
Carbs																									
Fat																									
Calories																									
04/19/07	Meal 1																		Totals			Pro	0	184.00	
Time																						Carb	0	201.00	
What																						Fat	0	84.00	
Protien																						Cal	0	2350.00	
Carbs																									
Fat																									
Calories																									

Protien	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Pro	0	184.00
Carbs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Carb	0	201.00
Fat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Fat	0	84.00
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Cal	0	2350.00
04/20/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What																			Totals			
Protien	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Pro	0	184.00
Carbs	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Carb	0	201.00
Fat	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Fat	0	84.00
Calories	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Cal	0	2350.00
04/21/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	BEEF	PNUT	PBAR		ISOP	PCAKE	PCAKE	PR24	COTT	RCKE					
				CREM	EBET		ZONE	SOYM	GRAP			PCAKE	BCAKE		CREM							
Protien	39				37			64.7		19			28		19					Pro	207	22.70 42%
Carbs	33				36			43		19			28		30					Carb	189	12.00 38%
Fat	32				24.5			19.2		5			18.5		2.5					Fat	102	17.70 20%
Calories	582				500			595		180			402		220					Cal	2479	129.00
04/22/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR		CHKN	POTA	BUTT	PR24	COTT	RCKE					
				CREM	EBET							SOUR	PNUT		CREM							
Protien	39				37			44		19			26		19					Pro	184	0.00 39%
Carbs	33				36			56		19			25		30					Carb	199	2.00 43%
Fat	32				24.5			9		5			12.1		2.5					Fat	85	1.10 18%
Calories	582				500			482		180			322		220					Cal	2286	64.00
04/23/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	SOYM	ZONE	DX30	ISOP	ISOP	CHKN	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET		PNUT	RAZB	BLUB				SOUR			CREM						
Protien	39				37			41		48			25		19					Pro	209	25.00 44%
Carbs	33				36			38.2		32			21		30					Carb	190	10.80 40%
Fat	32				24.5			11.5		0			9.6		2.5					Fat	80	3.90 17%
Calories	582				500			400		316			277		220					Cal	2295	55.00
04/24/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	PNUT		DX20	ISOP	ISOP	CHKN	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET		DRPZ	DRPZ		PR24			SOUR	DRPZ	PNUT	CREM						
Protien	39				37			37		54.5			33		19					Pro	220	35.50 42%
Carbs	33				36			38		30			42		30					Carb	209	8.00 40%
Fat	32				24.5			9		5			15.1		2.5					Fat	88	4.10 17%
Calories	582				500			385		384			442		220					Cal	2513	163.00
04/25/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	PNUT		DX20	ISOP	ISOP	CHKN	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET		DRPZ	DRPZ		PR24			SOUR	DRPZ		CREM						
Protien	39				37			37		48			32		19					Pro	212	28.00 43%
Carbs	33				36			38		30			38		30					Carb	205	4.00 41%
Fat	32				24.5			9		0			12.6		2.5					Fat	81	3.40 16%
Calories	582				500			385		309			397		220					Cal	2393	43.00
04/26/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	PNUT	PBAR	DX20	ISOP	ISOP	CHKN	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET		DRPZ	DRPZ		PR24		PBAR	SOUR			CREM						
Protien	39				37			56		67			25		19					Pro	243	59.00 44%
Carbs	33				36			57		49			21		30					Carb	226	25.00 41%
Fat	32				24.5			14		5			9.6		2.5					Fat	88	3.60 16%
Calories	582				500			565		489			277		220					Cal	2633	283.00
04/27/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	CHKN	PNUT		PBAR	PBAR		CHKN	POTA	BUTT	PR24	COTT	RCKE				
				CREM	EBET		DRPZ	DRPZ					SOUR			CREM	PBAR					
Protien	39				37			37		38			25		38					Pro	214	30.00 41%
Carbs	33				36			38		38			21		49					Carb	215	14.00 41%
Fat	32				24.5			9		10			9.6		7.5					Fat	93	8.60 18%
Calories	582				500			385		360			277		400					Cal	2504	154.00
04/28/07	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6							
Time																			Totals			
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	SOYM	PC		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE				
			PBAR	CREM	EBET	PBAR		CPZA					SOUR			CREM						
Protien	58				56			41		19			27		19					Pro	220	36.00 41%
Carbs	52				55			35		19			22		30					Carb	213	12.00 40%
Fat	37				29.5			18		5			9.1		2.5					Fat	101	17.10 19%
Calories	762				680			460		180			279		220					Cal	2581	231.00