

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals
	OIL	EGG	EGG				GATR			EGG									
Protien		39				0			48			36.5		6			44		Pro 174
Carbs		25				6			67			22		27			56		Carb 203
Fat		32				0			0			21.5		14.5			9		Fat 77
Calories		552				25			446			415		250			482		Cal 2170
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	HB	OIL	COTT	ALMD		CREM	RCKE	JRKY	ISOP	POPC	COTT	COTT	ISOP	LPP	
				EGG	EGG	ISOP	PROP						SPKB	BROC					
Protien		0			39				19			16		44			51		Pro 169
Carbs		35			25				20			25		52			49		Carb 206
Fat		0			32				15.5			1		10.5			9.5		Fat 69
Calories		130			552				285			170		452			482		Cal 2071
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
Carbs		31			31				33			37		23		1			Carb 156
Fat		22			15.5				9			10		4		0			Fat 61
Calories		427			350				305			427		190		102			Cal 1801
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	ALMD				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
Carbs		25			45				0			56		44.1		28			Carb 198
Fat		32			16.5				0			9		18.4		2.5			Fat 78
Calories		552			455				0			482		505		215			Cal 2209
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
Carbs		25			25				56			31		15		28			Carb 180
Fat		32			1.5				9			15.5		13.5		2.5			Fat 74
Calories		552			217				482			350		250		215			Cal 2066
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
Carbs		25			45				56			25		6		22			Carb 179
Fat		32			16.5				9			6		0		7.5			Fat 71
Calories		552			455				482			245		25		265			Cal 2024
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	SAN1	EGG	JRKY	COTT	RCKE	CREM		
	OIL	EGG	EGG				RCKE	CREM		DX30					SPKB				
Protien		39			0				35			48		34.5		20			Pro 177
Carbs		25			6				39			67		23		40			Carb 200
Fat		32			0				16.5			0		19.5		4			Fat 72
Calories		552			25				430			446		405		280			Cal 2138
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
Carbs		31			22				56			25		27		28			Carb 189
Fat		32			16.5				9			11		4.5		2.5			Fat 76
Calories		577			340				482			320		252		215			Cal 2186
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
Carbs		41			25				44			39		39.5		12			Carb 201
Fat		0			32				7			16.5		14		2.5			Fat 72
Calories		155			552				382			430		402		227			Cal 2148
11/22/06	Meal 1		Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals	
Time	11am			3pm			5pm			8pm			11pm						
What	BRK1			COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR					
				RCKE	CREM														
Protien		15			35				44			40		38		0			Pro 172
Carbs		24			39				56			37		38		0			Carb 194
Fat		32			16.5				9			5		10		0			Fat 73

Calories	450	430	482	352	360	0	Cal	2074	276.00
11/23/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	11am	4pm	ThanksGiving Meal		10pm				
	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	COTS ALMD RCKE CREM JRKY	PBAR	LPP ISOP	LPP ISOP	COTS RCKE CREM			
Protien	15	35	19	37	37	19	Pro	162	22.00 37%
Carbs	30	40	19	44	44	23	Carb	200	1.00 46%
Fat	32	18.5	5	7	7	4.5	Fat	74	10.00 17%
Calories	475	450	180	382	382	210	Cal	2079	271.00
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	COTS ALMD JRKY RCKE CREM	LCPZ ISOP	ISOP POPC EGG BROC	ISOP SPKB	PROP COTT RCKE CREM			
Protien	15	35	44	35.5	25	19	Pro	174	10.50 39%
Carbs	30	40	56	29	19	28	Carb	202	1.00 45%
Fat	32	18.5	9	11.5	1.5	2.5	Fat	75	9.00 17%
Calories	475	450	482	337	192	215	Cal	2151	199.00