

What	ISOP	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		Totals				
	OIL	EGG	EGG				GATR			EGG										Pro	174	10.50 38%	
Protien		39								48													
Carbs		25								67										Carb	203	2.00 45%	
Fat		32								0										Fat	77	7.00 17%	
Calories		552								25										Cal	2170	180.00	
11/14/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		11am					1pm			2pm			4pm			7pm-10pm			11pm	Totals			
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
Carbs		35						25							20					25		52	49
Fat		0						32							15.5					1		10.5	9.5
Calories		130						552							285					170		452	482
11/15/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		3pm					5pm			7pm			9pm			11pm				Totals			
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
Carbs		31						31												33		37	23
Fat		22						15.5							9					10		4	0
Calories		427						350							305					427		190	102
11/16/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		12pm					3pm			5pm			8pm			11pm				Totals			
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
Carbs		25						45												0		56	44.1
Fat		32						16.5												0		9	18.4
Calories		552						455												0		482	505
11/17/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		12pm					3pm			4pm			6pm			8pm			11pm	Totals			
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
Carbs		25						25												56		31	15
Fat		32						1.5												9		15.5	13.5
Calories		552						217												482		350	250
11/18/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		12pm					3pm			6pm			8pm			11pm			12am	Totals			
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
Carbs		25						45												56		25	6
Fat		32						16.5												9		6	0
Calories		552						455												482		245	25
11/19/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		12pm					4pm			7pm			8pm			11pm				Totals			
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
Carbs		25						6												39		67	23
Fat		32						0												16.5		0	19.5
Calories		552						25												430		446	405
11/20/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		1pm					4pm			6pm			8pm			10pm			12am	Totals			
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
Carbs		31						22												56		25	27
Fat		32						16.5												9		11	4.5
Calories		577						340												482		320	252
11/21/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		11am					2pm			4pm			6pm			8pm			11pm	Totals			
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
Carbs		41						25												44		39	39.5
Fat		0						32												7		16.5	14
Calories		155						552												382		430	402
11/22/06	Meal 1						Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time		11am					3pm			5pm			8pm			11pm				Totals			
What	BRK1	ISOP		COTT	ALMD	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR									
				RCKE	CREM																		
Protien		39						35												44		40	38
Carbs		25						39												56		37	38
Fat		32						16.5												9		5	10
Calories		577						340												482		320	252

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	COTS RCKE			
		CREM JRKY				CREM			
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	COTS ALMD RCKE	LCPZ ISOP	MAND	ISOP ISOP	BROC SPKB	PROP COTS RCKE		
		CREM JRKY					CREM		
Protien	39	35	44	24	27	19	Pro	188	4.00 41%
Carbs	31	40	56	20	27	29	Carb	203	2.00 44%
Fat	32	18.5	9	0	4.5	4.5	Fat	69	15.50 15%
Calories	577	450	482	182	252	235	Cal	2178	172.00
11/27/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	12pm	2pm	5pm	7pm	9pm	11pm			
What	PROP BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	ISOP POPC	BROC PBAR	PROP COTT RCKE			
		CREM JRKY				CREM			
Protien	39	35	44	27	21	19	Pro	185	1.00 40%
Carbs	31	39	56	21	27	28	Carb	202	1.00 44%
Fat	32	16.5	9	3.5	8	2.5	Fat	72	12.50 16%
Calories	577	430	482	202	240	215	Cal	2146	204.00
11/28/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	11am	4pm	6pm	8pm	10pm	12am			
What	PROP BRK1 ISOP	COTT ALMD	GATR DX30 ISOP	PBAR PIST	ISOP POPC	PROP COTT RCKE			
		JRKY	ISOP			CREM			
Protien	39	30	48	25	27	19	Pro	188	4.00 41%
Carbs	31	22	67	27	21	28	Carb	196	5.00 43%
Fat	32	16.5	0	19	3.5	2.5	Fat	74	10.50 16%
Calories	577	340	446	350	202	215	Cal	2130	220.00
11/29/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	11am	2pm	5pm	8pm	9pm	11pm			
What	PROP BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP POPC	PROP COTT RCKE			
		CREM JRKY				CREM			
Protien	39	35	44	25	27	19	Pro	189	5.00 40%
Carbs	31	39	56	27	21	28	Carb	202	1.00 43%
Fat	32	16.5	9	19	3.5	2.5	Fat	83	1.50 17%
Calories	577	430	482	350	202	215	Cal	2256	94.00
11/30/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	11am	2pm	5pm	8pm	9pm	11pm			
What	PROP BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR PIST	ISOP POTA	PR24 COTT BROC			
		CREM JRKY	ISOP			CREM			
Protien	39	35	48	25	26	16	Pro	189	5.00 41%
Carbs	31	39	67	27	19	21	Carb	204	3.00 44%
Fat	32	16.5	0	19	0.1	5.5	Fat	73	10.90 16%
Calories	577	430	446	350	179	190	Cal	2172	178.00
12/01/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	6pm	8pm	9pm	12am			
What	PROP BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP POTA BUTT	PR24 COTT RCKE			
		CREM JRKY				CREM			
Protien	39	35	44	25	26	19	Pro	188	4.00 39%
Carbs	31	39	56	27	19	30	Carb	202	1.00 42%
Fat	32	16.5	9	19	9.1	2.5	Fat	88	4.10 18%
Calories	577	430	482	350	259	220	Cal	2318	32.00
12/02/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Totals		
Time	1pm	3pm	5pm	8pm	10pm	12am			
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR PIST	ISOP POTA BUT2	PR24 COTT RCKE			
		CREM JRKY				CREM			

Protien	39			35				44			25			26		19	Pro	188	4.00	40%
Carbs	33			39				56			27			19		30	Carb	204	3.00	43%
Fat	32			16.5				9			19			4.6		2.5	Fat	84	0.40	18%
Calories	582			430				482			350			224		220	Cal	2288	62.00	
12/03/06	Meal 1			Meal 2				Meal 3			Meal 4			Meal 5		Meal 6	Totals			
Time	12pm			3pm				5pm			8pm			10pm		12am				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE		
				CREM	JRKY											CREM				
Protien	39			35				44			25			26		19	Pro	188	4.00	40%
Carbs	33			39				56			27			19		30	Carb	204	3.00	43%
Fat	32			16.5				9			19			4.6		2.5	Fat	84	0.40	18%
Calories	582			430				482			350			224		220	Cal	2288	62.00	
12/04/06	Meal 1			Meal 2				Meal 3			Meal 4			Meal 5		Meal 6	Totals			
Time	12pm			3pm				5pm			8pm			10pm		12am				
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	LCPZ	ISOP		PBAR	PIS2		ISOP	POTA	BUT2	PR24	COTT	RCKE		
				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	
12/05/06	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													
Protien	39			35				48			19			2		16	Pro	159	25.00	37%
Carbs	33			39				67			19			18		21	Carb	197	4.00	46%
Fat	32			16.5				0			5			9.1		5.5	Fat	68	15.90	16%
Calories	582			430				446			180			157		190	Cal	1985	365.00	
12/06/06	Meal 1			Meal 2				Meal 3			Meal 4			Meal 5		Meal 6	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				
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	COTS	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT	BROC		
				CREM	JRKY		ISOP													
Protien	39			35				48			22			26		16	Pro	186	2.00	40%
Carbs	33			40				67			23			19		21	Carb	203	2.00	44%
Fat	32			18.5				0			12			9.1		5.5	Fat	77	6.90	17%
Calories	582			450				446			265			259		190	Cal	2192	158.00	
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	