

What	ISOP OIL	HB EGG	HB EGG	PROP			ISOP GATR	ISOP	DX30	ALMD EGG	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP	Totals				
Protien	39			0			48			36.5			6			44			Pro	174	10.50	38%
Carbs	25			6			67			22			27			56			Carb	203	2.00	45%
Fat	32			0			0			21.5			14.5			9			Fat	77	7.00	17%
Calories	552			25			446			415			250			482			Cal	2170	180.00	
11/14/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6			Totals			
Time	11am			1pm			2pm			4pm			7pm-10pm			11pm			Totals			
What	GATR			HB EGG	HB EGG	OIL	COTT PROP	ALMD		CREM	RCKE	JRKY	ISOP SPKB	POPC BROC	COTT	COTT	ISOP	LPP	Totals			
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						Totals			
What	PROP OIL	HB ISOP	HB	COTT CREM	ALMD RCKE		JRKY CREM	BROC RCKE	EGG	LCMB	ISOP	EGG	SPKB		COTT	ISOP			Totals			
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						Totals			
What	ISOP OIL	HB EGG	HB EGG	PROP RCKE	COTT JRKY	ALMD				ISOP	LCPZ		POTA SCHZ	POTA V100	ISOP	CREM COTT	RCKE	PROP	Totals			
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			Totals			
What	ISOP OIL	HB EGG	HB EGG	PROP	SPKB	ISOP	LCPZ	ISOP		COTT CREM	ALMD RCKE		SAN1			PROP COTT	RCKE	CREM	Totals			
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			Totals			
What	ISOP OIL	HB EGG	HB EGG	PROP CREM	COTT RCKE	ALMD JRKY	LCPZ	ISOP		EGG CREM	JRKY	RCKE	PROP			RCKE COTT	CREM EGG		Totals			
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						Totals			
What	ISOP OIL	HB EGG	HB EGG	PROP			ALMD RCKE	COTT CREM	JRKY	GATR DX30	ISOP	SAN1	EGG	JRKY	COTT SPKB	RCKE CREM			Totals			
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			Totals			
What	PROP	ISOP	BRK1	COTT	ALMD	JRKY	LCPZ	ISOP		EGG RCKE	EGG JRKY	CREM	BROC	ISOP SPKB	PROP CREM	COTT	RCKE		Totals			
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			Totals			
What	GATR	PROP		BRK1	ISOP		ISOP	LPP		COTT CREM	ALMD RCKE	JRKY	POPC SCH1	ISOP SPKB	PROP COTT	ISOP			Totals			
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						Totals			
What	BRK1	ISOP		COTT RCKE	ALMD CREM	JRKY	ISOP	LCPZ		LCMB	ISOP		PBAR	PBAR					Totals			
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	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	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			
12/04/06	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	COTT	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		39		67		23		19		21		Carb	202	1.00	44%		
Fat	32		16.5		0		12		9.1		5.5		Fat	75	8.90	16%		
Calories	582		430		446		265		259		190		Cal	2172	178.00			
12/09/06	Meal 1		Meal 2		Meal 3		Meal 4		Meal 5		Meal 6		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			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	PR24	COTT		Pro	185
				CREM	JRKY		ISOP						SOUR						Carb	197
Protien	39			35			48			22			27			14			Fat	72
Carbs	33			39			67			23			22			13			Cal	2132
Fat	32			16.5			0			12			9.1			2.5				
Calories	582			430			446			265			279			130				218.00
12/13/06	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	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
				CREM	JRKY								SOUR			CREM			Carb	199
Protien	39			35			44			19			27			19			Fat	74
Carbs	33			39			56			19			22			30			Cal	2173
Fat	32			16.5			9			5			9.1			2.5				177.00
Calories	582			430			482			180			279			220				
12/14/06	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		COTT	RCKE	Pro	183
				CREM	JRKY								SOUR			CREM			Carb	191
Protien	39			35			44			19			27			19			Fat	74
Carbs	33			39			56			19			22			22			Cal	2143
Fat	32			16.5			9			5			9.1			2.5				207.00
Calories	582			430			482			180			279			190				
12/15/06	Meal 1			Meal 2			Meal 3			Meal 4			Meal 5			Meal 6				
Time	1pm			3pm			7pm			8pm			10pm			12am			Totals	
What	PR24	BRK1	ISOP	COTT	ALMD	RCKE	GATR	DX30	ISOP	PBAR	PIS2		ISOP	POTA	BUTT	BROC	COTT		Pro	187
				CREM	JRKY		ISOP						SOUR						Carb	197
Protien	39			35			48			22			27			16			Fat	75
Carbs	33			39			67			23			22			13			Cal	2162
Fat	32			16.5			0			12			9.1			5.5				188.00
Calories	582			430			446			265			279			160				
12/16/06	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	LCPZ	ISOP		PBAR			ISOP	POTA	BUTT	PR24	COTT	RCKE	Pro	183
				CREM	JRKY								SOUR			CREM			Carb	199
Protien	39			35			44			19			27			19			Fat	74
Carbs	33			39			56			19			22			30			Cal	2173
Fat	32			16.5			9			5			9.1			2.5				177.00
Calories	582			430			482			180			279			220				