

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 PROP OATS ISOM SPK	LCPZ	COTT COTT GOLD	PROP BROCF	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 OATS ISOM SPK	LCPZ	BROCF	COTT COTT GOLD	BROCF POPC	PROP LPP			
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 OATS ISOM SPK	LCPZ BROCF	POPC	LPP	POPC BROCF CREM RCKE	LCMB PROP			
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 OATS ISOM SPK	LCPZ	POPC ISOP CREM RCKE	GATR LPP	PROP LPP BROCF				
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 HB OIL PROP	LCPZ	BROCF POPC	PROP LCPZ	LCCF COTT COTT 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 ISOP	V100 V100 V50 SCHZ POTA	PROP COTT			
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 OATS ISOM SPK	HB HB EGG OIL EGG	SCH1 V50 V100 POTA ISOP	BROCF RCKE CREM ALMD JRKY		HB HB OIL ISOP ISOP			
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 OATS ISOM SPK	COTT COTT ALMD JRKY	HB HB OIL ISOP JRKY	BROCF POPC	V100 V50 JRKY	COTT ISOP ALMD CREM RCKE			
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 HB HB OIL EGG EGG	PROP COTT COTT ALMD JRKY	CREM RCKE ISOP CREM RCKE	JRKY	LCPZ JRKY	COTT CREM RCKE JRKY			
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	HB	HB	PROP			ISOP	ISOP	DX30	ALMD	COTT	JRKY	ALMD	SPKB		LCPZ	ISOP		<b>Totals</b>
	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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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			<b>Totals</b>
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
Carbs		25				39				56			37			38		0	Carb 195
Fat		32				16.5				9			5			10		0	Fat 73

Calories	552	430	482	352	360	0	Cal	2176	174.00
<b>11/23/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/24/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/25/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/26/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/27/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/28/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/29/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>11/30/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>12/01/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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
<b>12/02/06</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>	<b>Totals</b>		
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						



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	
12/22/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	7pm	8pm	10pm	1am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR	ISOP POTA BUTT	V100 COTT BLUL				
		CREM JRKY	ISOP		SOUR					
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	
12/23/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	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	
12/24/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
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	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	
12/25/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	LCPZ ISOP	PBAR	ISOP POTA BUTT	PR24 COTT RCKE				
	SAUS	CREM JRKY			SOUR	CREM				
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	
12/26/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	3pm	6pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	GATR DX30 ISOP	PBAR	ISOP POTA BUTT	V100 COTT BLUL				
		CREM JRKY	ISOP		SOUR					
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	
12/27/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	3pm	5pm	8pm	10pm	12am				
What	PR24 BRK1 ISOP	COTT ALMD RCKE	PROP LCPZ ISOP	PBAR ISOP	DX20 PIS2	COTT POTA BUTT				
		CREM JRKY				SOUR				
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	
12/28/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	12pm	4pm	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	
12/29/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
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	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	
12/30/06	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6				
Time	1pm	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	