

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Hey Lean Muscle Builder:

I have never been more excited for you than I am now that you have the necessary tools for building serious lean muscle and I want to thank you for giving me the opportunity to tell you about the great advantages of the Lean Builder Meal Plans from Critical Bench & Empowered Nutrition. I'm convinced that my company is uniquely positioned to help increase the success of your goals. Here is what people are saying about our meal plans:

*I have never been able to build such stacks of muscle so fast in my life. I am losing fat while gaining muscle.*

**Jeff Smith, Real Estate Agent, Burlington, Ontario**

*I just wanted to let you know that I have gained 8 pounds of muscle and lost 18 pounds of fat in 8 weeks!*

**John Jackson, University Student, Miami, Florida**

*As a police officer, I am constantly battling the balance of body fat and not knowing what to eat. I need to build lean muscle and lose body fat for my job and my life. These meal plans are awesome; I just lost 26 pounds of fat and gained 6 pounds of muscle in 12 weeks. Thank you, I have lots of guys from my squad ready to work with you.*

**David Ellsworth, Officer, Halton Police, Ontario**

As you discovered in my presentation, these Meal Plans offers you a number of beneficial features, including:

- ✔ Easy To Follow. Making Nutrition Easy To Do
- ✔ Simple Recipes. For Fast Effective Nutrition
- ✔ Delicious Recipes. Makes Muscle Building And Fat Loss Enjoyable... No More Bland Bodybuilder Diets
- ✔ It's All Done-For-You. No More Thinking, You Learn To Eat The Right Foods At The Right Times To Be Anabolic
- ✔ Simple Meal Swapping And Ingredient Substitutions. This Helps You To Easily Customize The Meal Plans
- ✔ Consistent Meal Times. Making You Anabolic 24/7 To Build The Muscle And Power You Want

I would very much like to discuss how you can put empowered nutrition Personalized Nutrition Programs to use in your lean muscle strategy. I will follow up and provide more powerful information to increase your results. Before then, you can learn more about my Personalized Nutrition Programs at [www.empowerednutrition.net/critical-bench-nutrition](http://www.empowerednutrition.net/critical-bench-nutrition).

Sincerely,

Mike Westerdal & Patrick McGuire

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 1**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites 6 slices Turkey bacon 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style 4 cups Zucchini 1/2 cup Salsa 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Slice chicken and serve with sautéed vegetables with salsa on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Blueberries &amp; Almonds A quick snack to fend off those cravings.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak 12 spears Asparagus 1 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Have you had your Protein Smoothie today?

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 2**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 4 Egg whites 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil 7 grams Protein powder	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F 1.00 P Calories: 238	<b>Preparation Suggestions:</b> A tasty, easy-to-prepare breakfast. Enjoy!
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/3 Banana 7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 C 1.00 P 1.00 PC 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 7 1/2 oz Turkey breast, deli style 1 cup Strawberries 1 cup Grapes 9 Almonds, whole	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 2 oz Cheese, low or non fat 2 cups Strawberries 6 Almonds, whole	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Cheese, Strawberries & Almonds
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 1/4 cup Yogurt, plain, low fat 6 3/4 oz Salmon steak 1/2 cup Pineapple 1/4 Cantaloupe 5 Cherries 1 tsp Olive or monounsaturated oil	Item Portions .50 PC 4.50 P 1.00 C 1.00 C .63 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!
<b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 ** Remember to drink between 10 and 12 glasses of water per day. **		
Have a Protein Smoothie, be Empowered		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 3**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites                  2 oz Cheese, low or non fat                  1 Pepper (bell or cubanelle)                  3/4 cup Tomatoes                  1 Peach                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P .50 C .50 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Yogurt, plain, low fat                  1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat                  3 oz Beef, lean cuts                  1/2 cup Strawberries                  1 Corn tortillas                  1/4 cup Salsa                  1/4 cup Onions                  1/2 Tomato                  1/2 Pepper (bell or cubanelle)                  3 Almonds, whole                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P .50 C 1.00 C .50 C .50 C .25 C .25 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap                  Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>16 Cherries                  2 oz Cheese, low or non fat                  6 Cashews</p>	<p>Item Portions 2.00 C 2.00 P 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 1/2 oz Ground beef (&lt; 10% fat)                  2 oz Cheese, low or non fat                  1 Pepper (bell or cubanelle)                  1 Tomato                  2 Corn tortillas                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto                  Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>

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+ energized + transformed + empowered +

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 4**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2 Peaches 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil 1/4 cup Blueberries</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Zucchini 1/2 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Ground beef (&lt; 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 3/4 cups Celery 1 Pepper (bell or cubanelle) 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .33 C .25 C .88 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 5**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>3 oz Chicken breast, deli style            4 Egg whites            3 cups Spinach            1 Tomato            1/2 cup Celery            1/4 cup Onions            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            2.00 P            .86 C            .50 C            .25 C            .50 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet            Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1/2 cup Yogurt, plain, low fat            2/3 tsp Olive or monounsaturated oil            1/2 cup Blackberries</p>	<p>Item Portions            1.00 P            1.00 PC            2.00 F            1.00 C            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style            6 Egg whites            1 1/2 slice Rye bread            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            3.00 P            3.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich            Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat            1 cup Grapes            6 Almonds, whole</p>	<p>Item Portions            2.00 P            2.00 C            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Grapes &amp; Almonds            A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Beef, lean cuts            1 oz Cheese, low or non fat            1/5 cup Onions            1/2 Tomato            1/4 Pepper (bell or cubanelle)            1/5 cup Salsa            1/5 Cantaloupe            1 Corn tortillas            6 Almonds, whole            1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            4.00 P            1.00 P            .40 C            .25 C            .13 C            .40 C            .80 C            1.00 C            2.00 F            1.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap            Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

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Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 6**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat 3 oz Beef, lean cuts 1 Corn tortillas 1/6 Pepper (bell or cubanelle) 1/8 Tomato 1/4 Cantaloupe 1/4 cup Salsa 1/6 cup Onions 1 tbsp Almonds, slivered 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 1.00 C .08 C .06 C 1.00 C .50 C .33 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 2 Peaches 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.  Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 7**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 6 Egg whites 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy!
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 14 grams Protein powder 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 1.00 P .50 C .50 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> A refreshing snack. You can mix the yogurt with the fruit or eat separately.
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 5 oz Beef, lean cuts 2/3 cup Sweet potato 3 cups Broccoli 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 8**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P .50 C .50 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>6 oz Ground beef (&lt; 10% fat) 1 oz Cheese, low or non fat 1/2 Pepper (bell or cubanelle) 1/4 cup Kidney beans 1/2 cup Tomatoes 1 Peach 1/4 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .25 C 1.00 C .33 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chili Brown meat in the olive oil with onions, green pepper and your choice of spices. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Enjoy the fruit for dessert!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>3 1/2 grams Protein powder 1/4 cup Blackberries 3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered</p>	<p>Item Portions .50 P .50 C 1.50 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat 4 1/2 oz Tuna, steak 1/4 cup Pineapple 1/4 cup Blueberries 1/3 cup Mandarin orange, canned 4 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P .50 C .50 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Tuna Steak with Dill Sauce and Fruit Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>

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Put up a fight, be empowered and visit [www.empowerednutrition.net](http://www.empowerednutrition.net)

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 9**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites 2 oz Cheese, low or non fat 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/2 cup Spinach 1/2 Pepper (bell or cubanelle) 1 cup Broccoli 1 cup Cauliflower 12 spears Asparagus 1/4 cup Pasta 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .14 C .25 C .33 C .25 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 4 oz Chicken breast, skinless 2 cups Broccoli 1 1/4 cups Tomatoes 1/4 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .67 C .83 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 10**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 4 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries 1/4 cup Pineapple 1/2 cup Yogurt, plain, low fat	Item Portions 1.00 P 2.00 F .50 C .50 C 1.00 PC Calories: 182	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 7 1/2 oz Salmon steak 4 cups Cauliflower 12 spears Asparagus 1 tsp Olive or monounsaturated oil 2 cups Zucchini	Item Portions 5.00 P 1.00 C 1.00 C 3.00 F 1.00 C Calories: 329	<b>Preparation Suggestions:</b> Salmon with Vegetables. Enjoy!
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 2 oz Cheese, low or non fat 1 Apple 6 Cashews	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 5 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/2 cup Hummus 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
<b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
Take your vitamins, be active & eat well. <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 11

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                  1/2 cup Blueberries                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Blackberries</p>	<p>Item Portions                  2.00 P                  1.00 C                  .50 C                  2.00 F                  .50 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                  6 oz Chicken breast, deli style                  1 cup Blueberries                  9 Almonds, whole</p>	<p>Item Portions                  1.00 PC                  4.00 P                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  1 oz Cheese, low or non fat                  1/3 cup Oatmeal                  6 Almonds, whole</p>	<p>Item Portions                  1.00 PC                  1.00 P                  1.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak                  1 cup Zucchini                  1 Pepper (bell or cubanelle)                  2/3 cup Mandarin orange, canned                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .50 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables                  Bake salmon in aluminum foil for 25 minutes.                  Cook vegetables any way you like.</p> <p>Enjoy the fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 12**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/8 Cantaloupe 2/3 tsp Olive or monounsaturated oil 1/4 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Corned beef 1/4 Tomato 1 slice Rye bread 9 Olives 1/2 Apple</p>	<p>Item Portions 5.00 P .13 C 2.00 C 3.00 F 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Corned Beef Sandwich A very tasty deli sandwich. Use mustard to boost flavor - dijon is a great choice if you have some!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 cup Broccoli 1/2 cup Onions 1/2 cup Grapes 1 tsp Olive or monounsaturated oil 1/8 cup Hummus</p>	<p>Item Portions 5.00 P .33 C 1.00 C 1.00 C 3.00 F .50 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">Strong Like... <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 13**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>8 Egg whites 2/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Grapes 1/2 Apple</p>	<p>Item Portions 2.00 P 2.00 F 1.00 C 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Corned beef 1 oz Cheese, low or non fat 9 Olives 1 slice Rye bread 1/2 Pear</p>	<p>Item Portions 4.00 P 1.00 P 3.00 F 2.00 C 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hot Corned Beef Sandwich Combine sliced corned beef with minced olives, worcestershire sauce, and catsup. Make small sandwiches with bread, cheese and corned beef mixture, then wrap in foil and heat before serving.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Cashews</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Onions 1 1/2 cups Broccoli 1/2 cup Celery 2 1/2 cups Cauliflower 1 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Beef, lean cuts</p>	<p>Item Portions 1.00 C .50 C .25 C .63 C .50 C 3.00 F 5.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with Vegetables  Rub the steak with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Feel the burn &amp; incinerate the fat. <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 14

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            3 oz Cheese, low or non fat            1/2 cup Pineapple            6 Almonds, whole</p>	<p>Item Portions            1.00 PC            3.00 P            1.00 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty yet simple breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/2 Pear            1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions            1.00 P            2.00 F            1.00 C            1.00 PC            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style            6 Egg whites            1 1/2 slice Rye bread            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            3.00 P            3.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich            Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            7 grams Protein powder            1 cup Strawberries            6 Almonds, whole</p>	<p>Item Portions            1.00 PC            1.00 P            1.00 C            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Strawberries &amp; Almonds            Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            1/2 cup Onions            1 1/2 cups Tomatoes            1 tsp Olive or monounsaturated oil            1 Pepper (bell or cubanelle)            1/2 cup Strawberries</p>	<p>Item Portions            5.00 P            1.00 C            1.00 C            3.00 F            .50 C            .50 C            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Powerful Proven Results @ <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 15**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> A refreshing breakfast.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 1/2 cup Blackberries	Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 7 1/2 oz Turkey breast, deli style 1 cup Strawberries 1 cup Grapes 9 Almonds, whole	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/3 cup Oatmeal 6 Almonds, whole	Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 5 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/2 cup Hummus 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Take your vitamins. Be empowered

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites                  2 oz Cheese, low or non fat                  1 cup Strawberries                  1/3 cup Oatmeal                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 P                  1.00 C                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/4 cup Blackberries                  1/4 cup Blueberries                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions                  1.00 P                  .50 C                  .50 C                  2.00 F                  1.00 PC                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Corned beef                  1 oz Cheese, low or non fat                  9 Olives                  1 slice Rye bread                  1/2 Pear</p>	<p>Item Portions                  4.00 P                  1.00 P                  3.00 F                  2.00 C                  1.00 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hot Corned Beef Sandwich                  Combine sliced corned beef with minced olives, worcestershire sauce, and catsup. Make small sandwiches with bread, cheese and corned beef mixture, then wrap in foil and heat before serving.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  1 oz Cheese, low or non fat                  1/4 cup Blueberries                  1/2 cup Strawberries                  6 Almonds, whole</p>	<p>Item Portions                  1.00 PC                  1.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat                  4 1/2 oz Tuna, steak                  1/4 cup Pineapple                  1/4 cup Blueberries                  1/3 cup Mandarin orange, canned                  4 Cherries                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  4.50 P                  .50 C                  .50 C                  1.00 C                  .50 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Tuna Steak with Dill Sauce and Fruit                  Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Today's checklist: 1. Protein 2. Multi 3. Eat 4. Train 5. GROW!

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 17**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>3 oz Chicken breast, deli style                      4 Egg whites                      3 cups Spinach                      1 Tomato                      1/2 cup Celery                      1/4 cup Onions                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P .86 C .50 C .25 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet                      Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                      2/3 tsp Olive or monounsaturated oil                      1/2 cup Strawberries                      1/4 cup Pineapple                      1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 2.00 F .50 C .50 C 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                      6 oz Chicken breast, deli style                      1 cup Blueberries                      9 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                      1 cup Grapes                      6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Grapes &amp; Almonds                      A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                      4 oz Chicken breast, skinless                      2 cups Broccoli                      1 1/4 cups Tomatoes                      1/4 Pear                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .67 C .83 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary                      Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 18

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat 3 oz Beef, lean cuts 1 Corn tortillas 1/6 Pepper (bell or cubanelle) 1/8 Tomato 1/4 Cantaloupe 1/4 cup Salsa 1/6 cup Onions 1 tbsp Almonds, slivered 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 1.00 C .08 C .06 C 1.00 C .50 C .33 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Blueberries &amp; Almonds A quick snack to fend off those cravings.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak 1 cup Zucchini 1 Pepper (bell or cubanelle) 2/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.  Enjoy the fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 19

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2 Peaches 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>6 oz Ground beef (&lt; 10% fat) 1 oz Cheese, low or non fat 1/2 Pepper (bell or cubanelle) 1/4 cup Kidney beans 1/2 cup Tomatoes 1 Peach 1/4 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .25 C 1.00 C .33 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chili Brown meat in the olive oil with onions, green pepper and your choice of spices. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Enjoy the fruit for dessert!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 2 cups Strawberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Strawberries &amp; Almonds</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat 6 3/4 oz Salmon steak 1/2 cup Pineapple 1/4 Cantaloupe 5 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P 1.00 C 1.00 C .63 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 20**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites            2 oz Cheese, low or non fat            1 cup Strawberries            1/3 cup Oatmeal            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1/2 cup Yogurt, plain, low fat            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil            1/4 cup Blueberries</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style            6 Egg whites            1 1/2 slice Rye bread            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich            Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat            6 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds            Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts            2/3 cup Sweet potato            3 cups Broccoli            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner            Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 21**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites            2 oz Cheese, low or non fat            1 Pepper (bell or cubanelle)            3/4 cup Tomatoes            1 Peach            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            2.00 P            .50 C            .50 C            1.00 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/2 Pear            1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions            1.00 P            2.00 F            1.00 C            1.00 PC            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style            4 cups Zucchini            1/2 cup Salsa            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            5.00 P            2.00 C            1.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Slice chicken and serve with sautéed vegetables with salsa on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat            6 Almonds, whole</p>	<p>Item Portions            2.00 PC            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds            Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak            12 spears Asparagus            1 cup Onions            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            5.00 P            1.00 C            2.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus            Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 22**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P .50 C .50 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat 3 oz Beef, lean cuts 1 Corn tortillas 1/6 Pepper (bell or cubanelle) 1/8 Tomato 1/4 Cantaloupe 1/4 cup Salsa 1/6 cup Onions 1 tbsp Almonds, slivered 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 1.00 C .08 C .06 C 1.00 C .50 C .33 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Cashews</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Onions 1 1/2 cups Broccoli 1/2 cup Celery 2 1/2 cups Cauliflower 1 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Beef, lean cuts</p>	<p>Item Portions 1.00 C .50 C .25 C .63 C .50 C 3.00 F 5.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with Vegetables  Rub the steak with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 23

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/3 Banana                  7 grams Protein powder                  1/2 cup Yogurt, plain, low fat                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 C                  1.00 P                  1.00 PC                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Turkey breast, deli style                  1 cup Strawberries                  1 cup Grapes                  9 Almonds, whole</p>	<p>Item Portions                  5.00 P                  1.00 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  7 grams Protein powder                  1 cup Strawberries                  6 Almonds, whole</p>	<p>Item Portions                  1.00 PC                  1.00 P                  1.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Strawberries &amp; Almonds                  Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1 cup Broccoli                  1/2 cup Onions                  1/2 cup Grapes                  1 tsp Olive or monounsaturated oil                  1/8 cup Hummus</p>	<p>Item Portions                  5.00 P                  .33 C                  1.00 C                  1.00 C                  3.00 F                  .50 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broccoli-Ginger Chicken Delight                  In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 24**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 6 Egg whites 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy!
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries	Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 3 oz Turkey breast, deli style 6 Egg whites 1 1/2 slice Rye bread 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 3.00 P 3.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Toasted Western Sandwich Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews	Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 7 1/2 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 3/4 cups Celery 1 Pepper (bell or cubanelle) 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .33 C .25 C .88 C .50 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have you had your Protein Smoothie today?

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 25**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            21 grams Protein powder            1/2 cup Pineapple            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/3 Banana            7 grams Protein powder            1/2 cup Yogurt, plain, low fat            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 C 1.00 P 1.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak            4 cups Cauliflower            12 spears Asparagus            1 tsp Olive or monounsaturated oil            2 cups Zucchini</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 F 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            7 grams Protein powder            1 cup Strawberries            6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Strawberries &amp; Almonds            Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat            6 3/4 oz Salmon steak            1/2 cup Pineapple            1/4 Cantaloupe            5 Cherries            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P 1.00 C 1.00 C .63 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Dill Sauce            Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Have a Protein Smoothie, be Empowered</p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 26**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 4 Egg whites 6 slices Turkey bacon 1 Apple 6 Almonds, whole	Item Portions 2.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/8 Cantaloupe 2/3 tsp Olive or monounsaturated oil 1/4 cup Pineapple	Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 7 1/2 oz Chicken breast, deli style 4 cups Zucchini 1/2 cup Salsa 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Slice chicken and serve with sautéed vegetables with salsa on the side.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 7 grams Protein powder 1 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 5 oz Chicken breast, skinless 1/2 cup Onions 1 1/2 cups Tomatoes 1 tsp Olive or monounsaturated oil 1 Pepper (bell or cubanelle) 1/2 cup Strawberries	Item Portions 5.00 P 1.00 C 1.00 C 3.00 F .50 C .50 C Calories: 329	<b>Preparation Suggestions:</b> Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
<b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 ** Remember to drink between 10 and 12 glasses of water per day. **		
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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          6 Egg whites          1/2 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder          1/2 cup Blueberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil          1/4 cup Blackberries</p>	<p>Item Portions          2.00 P          1.00 C          .50 C          2.00 F          .50 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak          4 cups Cauliflower          12 spears Asparagus          1 tsp Olive or monounsaturated oil          2 cups Zucchini</p>	<p>Item Portions          5.00 P          1.00 C          1.00 C          3.00 F          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat          2 Peaches          6 Almonds, whole</p>	<p>Item Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts          Enjoy items separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts          2/3 cup Sweet potato          3 cups Broccoli          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          2.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner          Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 28**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            3 oz Cheese, low or non fat            1/2 cup Pineapple            6 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty yet simple breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            3/4 cup Watermelon            2/3 tsp Olive or monounsaturated oil            1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend.            Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat            3 oz Beef, lean cuts            1 Corn tortillas            1/6 Pepper (bell or cubanelle)            1/8 Tomato            1/4 Cantaloupe            1/4 cup Salsa            1/6 cup Onions            1 tbsp Almonds, slivered            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 1.00 C .08 C .06 C 1.00 C .50 C .33 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap            Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            1 oz Cheese, low or non fat            1/3 cup Oatmeal            6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat            4 1/2 oz Tuna, steak            1/4 cup Pineapple            1/4 cup Blueberries            1/3 cup Mandarin orange, canned            4 Cherries            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P .50 C .50 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Tuna Steak with Dill Sauce and Fruit            Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 29**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/2 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  3/4 cup Watermelon                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions                  1.00 P                  1.00 C                  2.00 F                  1.00 PC                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat                  3 oz Beef, lean cuts                  1/2 cup Strawberries                  1 Corn tortillas                  1/4 cup Salsa                  1/4 cup Onions                  1/2 Tomato                  1/2 Pepper (bell or cubanelle)                  3 Almonds, whole                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  3.00 P                  .50 C                  1.00 C                  .50 C                  .50 C                  .25 C                  .25 C                  1.00 F                  2.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap                  Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  2 Peaches                  6 Almonds, whole</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts                  Enjoy items separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat                  6 3/4 oz Salmon steak                  1/2 cup Pineapple                  1/4 Cantaloupe                  5 Cherries                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  4.50 P                  1.00 C                  1.00 C                  .63 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Dill Sauce                  Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 30

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          6 Egg whites          1/2 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1/4 cup Blackberries          1/4 cup Blueberries          2/3 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          1.00 P          .50 C          .50 C          2.00 F          1.00 PC          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Corned beef          1 oz Cheese, low or non fat          9 Olives          1 slice Rye bread          1/2 Pear</p>	<p>Item Portions          4.00 P          1.00 P          3.00 F          2.00 C          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hot Corned Beef Sandwich          Combine sliced corned beef with minced olives, worcestershire sauce, and catsup. Make small sandwiches with bread, cheese and corned beef mixture, then wrap in foil and heat before serving.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat          2 Peaches          6 Almonds, whole</p>	<p>Item Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts          Enjoy items separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak          1 cup Zucchini          1 Pepper (bell or cubanelle)          2/3 cup Mandarin orange, canned          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .50 C          .50 C          2.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables          Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.</p> <p>Enjoy the fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 31

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 cup Mandarin orange, canned                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  3/4 cup Watermelon                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions                  1.00 P                  1.00 C                  2.00 F                  1.00 PC                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Corned beef                  1 oz Cheese, low or non fat                  9 Olives                  1 slice Rye bread                  1/2 Pear</p>	<p>Item Portions                  4.00 P                  1.00 P                  3.00 F                  2.00 C                  1.00 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hot Corned Beef Sandwich                  Combine sliced corned beef with minced olives, worcestershire sauce, and catsup. Make small sandwiches with bread, cheese and corned beef mixture, then wrap in foil and heat before serving.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>16 Cherries                  2 oz Cheese, low or non fat                  6 Cashews</p>	<p>Item Portions                  2.00 C                  2.00 P                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Lentils                  8 Egg whites                  1/2 Tomato                  1/2 cup Onions                  1/2 cup Carrots                  1 cup Spinach                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  4.00 P                  .25 C                  1.00 C                  .50 C                  .29 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Dhal                  You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.                   Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 32

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style 6 Egg whites 1 1/2 slice Rye bread 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P .50 C .50 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat 6 3/4 oz Salmon steak 1/2 cup Pineapple 1/4 Cantaloupe 5 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P 1.00 C 1.00 C .63 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 33**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  4 Egg whites                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil                  7 grams Protein powder</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  1.00 P                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Yogurt, plain, low fat                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Blueberries</p>	<p>Item Portions                  1.00 P                  1.00 PC                  .50 C                  2.00 F                  .50 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style                  1 Pepper (bell or cubanelle)                  1 Tomato                  2 cups Zucchini                  1/2 cup Onions                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .50 C                  .50 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Chicken and Vegetables                  Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  2 cups Strawberries                  6 Almonds, whole</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Strawberries &amp; Almonds</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak                  1 cup Zucchini                  1 Pepper (bell or cubanelle)                  2/3 cup Mandarin orange, canned                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .50 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables                  Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.                   Enjoy the fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Take your vitamins, be active & eat well. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 34**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites            2 oz Cheese, low or non fat            1 Pepper (bell or cubanelle)            3/4 cup Tomatoes            1 Peach            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P .50 C .50 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/2 Pear            1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 2.00 F 1.00 C 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style            6 Egg whites            1 1/2 slice Rye bread            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich            Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat            6 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds            Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak            12 spears Asparagus            1 cup Onions            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus            Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Meal Plans That Work Are Empowered <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 35

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Yogurt, plain, low fat                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Blackberries</p>	<p>Item Portions                  1.00 P                  1.00 PC                  2.00 F                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Corned beef                  1/4 Tomato                  1 slice Rye bread                  9 Olives                  1/2 Apple</p>	<p>Item Portions                  5.00 P                  .13 C                  2.00 C                  3.00 F                  1.00 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Corned Beef Sandwich                  A very tasty deli sandwich. Use mustard to boost flavor - dijon is a great choice if you have some!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>16 Cherries                  2 oz Cheese, low or non fat                  6 Cashews</p>	<p>Item Portions                  2.00 C                  2.00 P                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 1/2 oz Ground beef (&lt; 10% fat)                  2 oz Cheese, low or non fat                  1 Pepper (bell or cubanelle)                  1 Tomato                  2 Corn tortillas                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 P                  .50 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto                  Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 36

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 Pear 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 2.00 F 1.00 C 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Cashews</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Onions 1 1/2 cups Broccoli 1/2 cup Celery 2 1/2 cups Cauliflower 1 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Beef, lean cuts</p>	<p>Item Portions 1.00 C .50 C .25 C .63 C .50 C 3.00 F 5.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with Vegetables  Rub the steak with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Feel the burn &amp; incinerate the fat. <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 37

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          3 oz Cheese, low or non fat          1/2 cup Pineapple          6 Almonds, whole</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty yet simple breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1/4 cup Blackberries          1/4 cup Blueberries          2/3 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item          Portions          1.00 P          .50 C          .50 C          2.00 F          1.00 PC          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style          4 cups Zucchini          1/2 cup Salsa          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          5.00 P          2.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Slice chicken and serve with sautéed vegetables with salsa on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat          1 cup Grapes          6 Almonds, whole</p>	<p>Item          Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Grapes &amp; Almonds          A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Lentils          8 Egg whites          1/2 Tomato          1/2 cup Onions          1/2 cup Carrots          1 cup Spinach          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          4.00 P          .25 C          1.00 C          .50 C          .29 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Dhal          You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.           Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 38**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2 Peaches 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 1/2 cup Blueberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil 1/4 cup Blackberries</p>	<p>Item Portions 2.00 P 1.00 C .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat 3 oz Beef, lean cuts 1 Corn tortillas 1/6 Pepper (bell or cubanelle) 1/8 Tomato 1/4 Cantaloupe 1/4 cup Salsa 1/6 cup Onions 1 tbsp Almonds, slivered 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 1.00 C .08 C .06 C 1.00 C .50 C .33 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Cashews</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Onions 1 1/2 cups Broccoli 1/2 cup Celery 2 1/2 cups Cauliflower 1 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Beef, lean cuts</p>	<p>Item Portions 1.00 C .50 C .25 C .63 C .50 C 3.00 F 5.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with Vegetables  Rub the steak with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Take your vitamins. Be empowered

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 39**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites            2 oz Cheese, low or non fat            1 cup Strawberries            1/3 cup Oatmeal            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            2.00 P            1.00 C            1.00 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder            1/2 Cantaloupe            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            2.00 C            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style            6 Egg whites            1 1/2 slice Rye bread            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            3.00 P            3.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich            Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat            6 Cashews</p>	<p>Item Portions            2.00 PC            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews            Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Lentils            8 Egg whites            1/2 Tomato            1/2 cup Onions            1/2 cup Carrots            1 cup Spinach            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            4.00 P            .25 C            1.00 C            .50 C            .29 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Dhal            You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Today's checklist: 1. Protein 2. Multi 3. Eat 4. Train 5. GROW!</p>		

**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 40

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2 Peaches 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 1/2 oz Ground beef (&lt; 10% fat) 2 oz Cheese, low or non fat 1 Pepper (bell or cubanelle) 1 Tomato 2 Corn tortillas 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 41**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      4 Egg whites                      1/2 cup Grapes                      2/3 tsp Olive or monounsaturated oil                      7 grams Protein powder</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      1.00 P                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                      1/2 cup Blueberries                      1/2 cup Strawberries                      2/3 tsp Olive or monounsaturated oil                      1/4 cup Blackberries</p>	<p>Item Portions                      2.00 P                      1.00 C                      .50 C                      2.00 F                      .50 C                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Corned beef                      1 oz Cheese, low or non fat                      9 Olives                      1 slice Rye bread                      1/2 Pear</p>	<p>Item Portions                      4.00 P                      1.00 P                      3.00 F                      2.00 C                      1.00 C                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hot Corned Beef Sandwich                      Combine sliced corned beef with minced olives, worcestershire sauce, and catsup. Make small sandwiches with bread, cheese and corned beef mixture, then wrap in foil and heat before serving.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>3 1/2 grams Protein powder                      1/4 cup Blackberries                      3/4 cup Yogurt, plain, low fat                      2 tbsp Almonds, slivered</p>	<p>Item Portions                      .50 P                      .50 C                      1.50 PC                      2.00 F                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                      Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak                      12 spears Asparagus                      1 cup Onions                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      5.00 P                      1.00 C                      2.00 C                      3.00 F                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus                      Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">All The Essentials, No Hype, NO BS <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 42

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/8 Cantaloupe 2/3 tsp Olive or monounsaturated oil 1/4 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat 3 oz Beef, lean cuts 1/2 cup Strawberries 1 Corn tortillas 1/4 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P .50 C 1.00 C .50 C .50 C .25 C .25 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/3 cup Oatmeal 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Ground beef (&lt; 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 3/4 cups Celery 1 Pepper (bell or cubanelle) 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .33 C .25 C .88 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Explosive, Strong & Powerful [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites 6 slices Turkey bacon 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>6 oz Ground beef (&lt; 10% fat) 1 oz Cheese, low or non fat 1/2 Pepper (bell or cubanelle) 1/4 cup Kidney beans 1/2 cup Tomatoes 1 Peach 1/4 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .25 C 1.00 C .33 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chili Brown meat in the olive oil with onions, green pepper and your choice of spices. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Enjoy the fruit for dessert!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/2 cup Hummus 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna with Hummus &amp; Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>Fight Fat <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 44

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>3 oz Chicken breast, deli style                      4 Egg whites                      3 cups Spinach                      1 Tomato                      1/2 cup Celery                      1/4 cup Onions                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      2.00 P                      2.00 P                      .86 C                      .50 C                      .25 C                      .50 C                      2.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet                      Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                      2/3 tsp Olive or monounsaturated oil                      1/2 cup Yogurt, plain, low fat                      1/2 cup Blueberries</p>	<p>Item Portions                      1.00 P                      2.00 F                      1.00 PC                      1.00 C                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Turkey breast, deli style                      1 cup Strawberries                      1 cup Grapes                      9 Almonds, whole</p>	<p>Item Portions                      5.00 P                      1.00 C                      2.00 C                      3.00 F                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      1 oz Cheese, low or non fat                      1/3 cup Oatmeal                      6 Almonds, whole</p>	<p>Item Portions                      1.00 PC                      1.00 P                      1.00 C                      2.00 F                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                      1 cup Broccoli                      1/2 cup Onions                      1/2 cup Grapes                      1 tsp Olive or monounsaturated oil                      1/8 cup Hummus</p>	<p>Item Portions                      5.00 P                      .33 C                      1.00 C                      1.00 C                      3.00 F                      .50 C                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broccoli-Ginger Chicken Delight                      In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 45**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      4 Egg whites                      1/2 cup Grapes                      2/3 tsp Olive or monounsaturated oil                      7 grams Protein powder</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      1.00 P                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                      1/2 cup Blueberries                      2/3 tsp Olive or monounsaturated oil                      1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions                      1.00 P                      1.00 C                      2.00 F                      1.00 PC                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise                      Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Corned beef                      1/4 Tomato                      1 slice Rye bread                      9 Olives                      1/2 Apple</p>	<p>Item Portions                      5.00 P                      .13 C                      2.00 C                      3.00 F                      1.00 C                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Corned Beef Sandwich                      A very tasty deli sandwich. Use mustard to boost flavor - dijon is a great choice if you have some!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                      1 cup Blueberries                      6 Almonds, whole</p>	<p>Item Portions                      2.00 P                      2.00 C                      2.00 F                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Blueberries &amp; Almonds                      A quick snack to fend off those cravings.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Ground beef (&lt; 10% fat)                      1 cup Broccoli                      1 cup Cauliflower                      1 3/4 cups Celery                      1 Pepper (bell or cubanelle)                      1/2 cup Grapes                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      5.00 P                      .33 C                      .25 C                      .88 C                      .50 C                      1.00 C                      3.00 F                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and Vegetable Stirfry                      Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 46**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/8 Cantaloupe 2/3 tsp Olive or monounsaturated oil 1/4 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>6 oz Ground beef (&lt; 10% fat) 1 oz Cheese, low or non fat 1/2 Pepper (bell or cubanelle) 1/4 cup Kidney beans 1/2 cup Tomatoes 1 Peach 1/4 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .25 C 1.00 C .33 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chili Brown meat in the olive oil with onions, green pepper and your choice of spices. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Enjoy the fruit for dessert!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P .50 C .50 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.  Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>

**Total Daily Portions: Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260**

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 47**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites            2 oz Cheese, low or non fat            1 Pepper (bell or cubanelle)            3/4 cup Tomatoes            1 Peach            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P .50 C .50 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1/2 cup Yogurt, plain, low fat            1/8 Cantaloupe            2/3 tsp Olive or monounsaturated oil            1/4 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat            21 grams Protein powder            1 cup Strawberries            9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie            Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat            1 cup Blueberries            6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Blueberries &amp; Almonds            A quick snack to fend off those cravings.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat            4 oz Chicken breast, skinless            2 cups Broccoli            1 1/4 cups Tomatoes            1/4 Pear            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .67 C .83 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary            Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have you had your Protein Smoothie today?

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 48**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            21 grams Protein powder            1/2 cup Pineapple            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/2 cup Yogurt, plain, low fat            1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat            3 oz Beef, lean cuts            1/2 cup Strawberries            1 Corn tortillas            1/4 cup Salsa            1/4 cup Onions            1/2 Tomato            1/2 Pepper (bell or cubanelle)            3 Almonds, whole            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P .50 C 1.00 C .50 C .50 C .25 C .25 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap            Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            1 oz Cheese, low or non fat            1/4 cup Blueberries            1/2 cup Strawberries            6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P .50 C .50 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            1/2 cup Onions            1 1/2 cups Tomatoes            1 tsp Olive or monounsaturated oil            1 Pepper (bell or cubanelle)            1/2 cup Strawberries</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 F .50 C .50 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Have a Protein Smoothie, be Empowered</p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 49**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> A refreshing breakfast.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/3 Banana 7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 C 1.00 P 1.00 PC 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 9 Almonds, whole	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Chicken with yogurt, fruit and nuts on the side.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 7 grams Protein powder 1 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 5 oz Chicken breast, skinless 1 cup Broccoli 1/2 cup Onions 1/2 cup Grapes 1 tsp Olive or monounsaturated oil 1/8 cup Hummus	Item Portions 5.00 P .33 C 1.00 C 1.00 C 3.00 F .50 C Calories: 329	<b>Preparation Suggestions:</b> Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 50**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>3 oz Chicken breast, deli style          4 Egg whites          3 cups Spinach          1 Tomato          1/2 cup Celery          1/4 cup Onions          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 P          .86 C          .50 C          .25 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet          Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat          1/2 cup Blueberries</p>	<p>Item Portions          1.00 P          2.00 F          1.00 PC          1.00 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat          3 oz Beef, lean cuts          1 Corn tortillas          1/6 Pepper (bell or cubanelle)          1/8 Tomato          1/4 Cantaloupe          1/4 cup Salsa          1/6 cup Onions          1 tbsp Almonds, slivered          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          3.00 P          1.00 C          .08 C          .06 C          1.00 C          .50 C          .33 C          1.00 F          2.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>16 Cherries          2 oz Cheese, low or non fat          6 Cashews</p>	<p>Item Portions          2.00 C          2.00 P          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak          12 spears Asparagus          1 cup Onions          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          1.00 C          2.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus          Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 51**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat 3 oz Beef, lean cuts 1/2 cup Strawberries 1 Corn tortillas 1/4 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P .50 C 1.00 C .50 C .50 C .25 C .25 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 2 cups Strawberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Strawberries &amp; Almonds</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 2/3 cup Sweet potato 3 cups Broccoli 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 52

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>8 Egg whites 2/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P .50 C .50 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Turkey breast, deli style 1 cup Strawberries 1 cup Grapes 9 Almonds, whole</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>16 Cherries 2 oz Cheese, low or non fat 6 Cashews</p>	<p>Item Portions 2.00 C 2.00 P 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/2 cup Hummus 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna with Hummus &amp; Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 53

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          4 Egg whites          1/2 cup Grapes          2/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          1.00 P          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder          1/2 cup Blueberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil          1/4 cup Blackberries</p>	<p>Item Portions          2.00 P          1.00 C          .50 C          2.00 F          .50 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Corned beef          1/4 Tomato          1 slice Rye bread          9 Olives          1/2 Apple</p>	<p>Item Portions          5.00 P          .13 C          2.00 C          3.00 F          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Corned Beef Sandwich          A very tasty deli sandwich. Use mustard to boost flavor - dijon is a great choice if you have some!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat          1 Apple          6 Cashews</p>	<p>Item Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Beef, lean cuts          1 oz Cheese, low or non fat          1/5 cup Onions          1/2 Tomato          1/4 Pepper (bell or cubanelle)          1/5 cup Salsa          1/5 Cantaloupe          1 Corn tortillas          6 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 P          .40 C          .13 C          .40 C          .80 C          1.00 C          2.00 F          1.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 54**

<b>Breakfast - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> A tasty, yet easy-to-prepare breakfast. Enjoy!
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries	Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 7 1/2 oz Chicken breast, deli style 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Zucchini 1/2 cup Onions 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/3 cup Oatmeal 6 Almonds, whole	Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
<b>Dinner - Meal Portions: P:5 C:3 F:3</b> 5 oz Chicken breast, skinless 1/2 cup Onions 1 1/2 cups Tomatoes 1 tsp Olive or monounsaturated oil 1 Pepper (bell or cubanelle) 1/2 cup Strawberries	Item Portions 5.00 P 1.00 C 1.00 C 3.00 F .50 C .50 C Calories: 329	<b>Preparation Suggestions:</b> Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 55

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>8 Egg whites 2/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Zucchini 1/2 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 cup Grapes 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Grapes &amp; Almonds A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 2/3 cup Sweet potato 3 cups Broccoli 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 56**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          3 oz Cheese, low or non fat          1/2 cup Pineapple          6 Almonds, whole</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty yet simple breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 cup Strawberries          1/4 cup Pineapple          1/2 cup Yogurt, plain, low fat</p>	<p>Item          Portions          1.00 P          2.00 F          .50 C          .50 C          1.00 PC          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style          6 Egg whites          1 1/2 slice Rye bread          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 P          3.00 P          3.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich          Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>3 1/2 grams Protein powder          1/4 cup Blackberries          3/4 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered</p>	<p>Item          Portions          .50 P          .50 C          1.50 PC          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat          4 1/2 oz Tuna, steak          1/4 cup Pineapple          1/4 cup Blueberries          1/3 cup Mandarin orange, canned          4 Cherries          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          .50 PC          4.50 P          .50 C          .50 C          1.00 C          .50 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Tuna Steak with Dill Sauce and Fruit          Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 57

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Strawberries                  1/4 cup Pineapple                  1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions                  1.00 P                  2.00 F                  .50 C                  .50 C                  1.00 PC                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style                  6 Egg whites                  1 1/2 slice Rye bread                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  3.00 P                  3.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich                  Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                  6 Almonds, whole</p>	<p>Item Portions                  2.00 PC                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 1/2 oz Ground beef (&lt; 10% fat)                  2 oz Cheese, low or non fat                  1 Pepper (bell or cubanelle)                  1 Tomato                  2 Corn tortillas                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 P                  .50 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto                  Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 58**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          3 oz Cheese, low or non fat          1/2 cup Pineapple          6 Almonds, whole</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty yet simple breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/3 Banana          7 grams Protein powder          1/2 cup Yogurt, plain, low fat          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 C          1.00 P          1.00 PC          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style          4 cups Zucchini          1/2 cup Salsa          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          2.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Slice chicken and serve with sautéed vegetables with salsa on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Cashews</p>	<p>Item Portions          2.00 PC          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews          Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Beef, lean cuts          1 oz Cheese, low or non fat          1/5 cup Onions          1/2 Tomato          1/4 Pepper (bell or cubanelle)          1/5 cup Salsa          1/5 Cantaloupe          1 Corn tortillas          6 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 P          .40 C          .25 C          .13 C          .40 C          .80 C          1.00 C          2.00 F          1.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 59**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites 6 slices Turkey bacon 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 1/2 cup Blackberries</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/2 cup Spinach 1/2 Pepper (bell or cubanelle) 1 cup Broccoli 1 cup Cauliflower 12 spears Asparagus 1/4 cup Pasta 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .14 C .25 C .33 C .25 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Cashews</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Onions 1 1/2 cups Broccoli 1/2 cup Celery 2 1/2 cups Cauliflower 1 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Beef, lean cuts</p>	<p>Item Portions 1.00 C .50 C .25 C .63 C .50 C 3.00 F 5.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with Vegetables</p> <p>Rub the steak with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Feel the burn & incinerate the fat. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 60

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                  1/2 Cantaloupe                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 oz Cheese, low or non fat                  3 oz Beef, lean cuts                  1/2 cup Strawberries                  1 Corn tortillas                  1/4 cup Salsa                  1/4 cup Onions                  1/2 Tomato                  1/2 Pepper (bell or cubanelle)                  3 Almonds, whole                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  3.00 P                  .50 C                  1.00 C                  .50 C                  .50 C                  .25 C                  .25 C                  1.00 F                  2.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap                  Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                  6 Cashews</p>	<p>Item Portions                  2.00 PC                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews                  Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 1/2 oz Ground beef (&lt; 10% fat)                  2 oz Cheese, low or non fat                  1 Pepper (bell or cubanelle)                  1 Tomato                  2 Corn tortillas                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 P                  .50 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto                  Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 61**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 Pear 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 2.00 F 1.00 C 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>6 oz Ground beef (&lt; 10% fat) 1 oz Cheese, low or non fat 1/2 Pepper (bell or cubanella) 1/4 cup Kidney beans 1/2 cup Tomatoes 1 Peach 1/4 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .25 C 1.00 C .33 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chili Brown meat in the olive oil with onions, green pepper and your choice of spices. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Enjoy the fruit for dessert!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Blueberries &amp; Almonds A quick snack to fend off those cravings.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 cup Broccoli 1/2 cup Onions 1/2 cup Grapes 1 tsp Olive or monounsaturated oil 1/8 cup Hummus</p>	<p>Item Portions 5.00 P .33 C 1.00 C 1.00 C 3.00 F .50 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Take your vitamins. Be empowered

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 62**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites            2 oz Cheese, low or non fat            1 Pepper (bell or cubanelle)            3/4 cup Tomatoes            1 Peach            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P .50 C .50 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/2 cup Strawberries            1/4 cup Pineapple            1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 2.00 F .50 C .50 C 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak            4 cups Cauliflower            12 spears Asparagus            1 tsp Olive or monounsaturated oil            2 cups Zucchini</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 F 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>3 1/2 grams Protein powder            1/4 cup Blackberries            3/4 cup Yogurt, plain, low fat            2 tbsp Almonds, slivered</p>	<p>Item Portions .50 P .50 C 1.50 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts            Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak            1 cup Zucchini            1 Pepper (bell or cubanelle)            2/3 cup Mandarin orange, canned            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables            Bake salmon in aluminum foil for 25 minutes.            Cook vegetables any way you like.            Enjoy the fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Today's checklist: 1. Protein 2. Multi 3. Eat 4. Train 5. GROW!

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 63**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites                  2 oz Cheese, low or non fat                  1 cup Strawberries                  1/3 cup Oatmeal                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 P                  1.00 C                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Yogurt, plain, low fat                  1/8 Cantaloupe                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Pineapple</p>	<p>Item Portions                  1.00 P                  1.00 PC                  .50 C                  2.00 F                  .50 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1/2 cup Spinach                  1/2 Pepper (bell or cubanelle)                  1 cup Broccoli                  1 cup Cauliflower                  12 spears Asparagus                  1/4 cup Pasta                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .14 C                  .25 C                  .33 C                  .25 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  2 Peaches                  6 Almonds, whole</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts                  Enjoy items separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak                  1 cup Zucchini                  1 Pepper (bell or cubanelle)                  2/3 cup Mandarin orange, canned                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .50 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables                  Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.                  Enjoy the fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 64**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          6 Egg whites          1/2 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 cup Grapes          1/2 Apple</p>	<p>Item Portions          2.00 P          2.00 F          1.00 C          1.00 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style          1 Pepper (bell or cubanelle)          1 Tomato          2 cups Zucchini          1/2 cup Onions          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .50 C          .50 C          1.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Chicken and Vegetables          Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat          2 cups Strawberries          6 Almonds, whole</p>	<p>Item Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Strawberries &amp; Almonds</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat          4 1/2 oz Tuna, steak          1/4 cup Pineapple          1/4 cup Blueberries          1/3 cup Mandarin orange, canned          4 Cherries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .50 PC          4.50 P          .50 C          .50 C          1.00 C          .50 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Tuna Steak with Dill Sauce and Fruit          Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 65

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>3 oz Chicken breast, deli style          4 Egg whites          3 cups Spinach          1 Tomato          1/2 cup Celery          1/4 cup Onions          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 P          .86 C          .50 C          .25 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet          Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 cup Grapes          1/2 Apple</p>	<p>Item Portions          2.00 P          2.00 F          1.00 C          1.00 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak          4 cups Cauliflower          12 spears Asparagus          1 tsp Olive or monounsaturated oil          2 cups Zucchini</p>	<p>Item Portions          5.00 P          1.00 C          1.00 C          1.00 C          3.00 F          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>3 1/2 grams Protein powder          1/4 cup Blackberries          3/4 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered</p>	<p>Item Portions          .50 P          .50 C          1.50 PC          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak          12 spears Asparagus          1 cup Onions          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          1.00 C          2.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus          Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 66

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 6 Egg whites 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Grapes 1/2 Apple</p>	<p>Item Portions 2.00 P 2.00 F 1.00 C 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 2 cups Strawberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Strawberries &amp; Almonds</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 1/2 oz Ground beef (&lt; 10% fat) 2 oz Cheese, low or non fat 1 Pepper (bell or cubanelle) 1 Tomato 2 Corn tortillas 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

Fight Fat [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 67**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            21 grams Protein powder            1/2 cup Pineapple            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1/2 cup Yogurt, plain, low fat            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil            1/4 cup Blueberries</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            1/2 cup Spinach            1/2 Pepper (bell or cubanelle)            1 cup Broccoli            1 cup Cauliflower            12 spears Asparagus            1/4 cup Pasta            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .14 C .25 C .33 C .25 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat            1 Apple            6 Cashews</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat            4 1/2 oz Tuna, steak            1/4 cup Pineapple            1/4 cup Blueberries            1/3 cup Mandarin orange, canned            4 Cherries            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P .50 C .50 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Tuna Steak with Dill Sauce and Fruit            Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 68**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites                  2 oz Cheese, low or non fat                  1 cup Strawberries                  1/3 cup Oatmeal                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 P                  1.00 C                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                  1/2 Cantaloupe                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                  6 oz Chicken breast, deli style                  1 cup Blueberries                  9 Almonds, whole</p>	<p>Item Portions                  1.00 PC                  4.00 P                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  1 cup Blueberries                  6 Almonds, whole</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Blueberries &amp; Almonds                  A quick snack to fend off those cravings.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Ground beef (&lt; 10% fat)                  1 cup Broccoli                  1 cup Cauliflower                  1 3/4 cups Celery                  1 Pepper (bell or cubanelle)                  1/2 cup Grapes                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .33 C                  .25 C                  .88 C                  .50 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and Vegetable Stirfry                  Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 69

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Cashews</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.  Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 70**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Eggs, whole          1/2 cup Onions          1 1/2 cups Tomatoes          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          4.00 P          1.00 C          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1/2 cup Yogurt, plain, low fat          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil          1/4 cup Blueberries</p>	<p>Item          Portions          1.00 P          1.00 PC          .50 C          2.00 F          .50 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Corned beef          1/4 Tomato          1 slice Rye bread          9 Olives          1/2 Apple</p>	<p>Item          Portions          5.00 P          .13 C          2.00 C          3.00 F          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Corned Beef Sandwich          A very tasty deli sandwich. Use mustard to boost flavor - dijon is a great choice if you have some!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          1 oz Cheese, low or non fat          1/4 cup Blueberries          1/2 cup Strawberries          6 Almonds, whole</p>	<p>Item          Portions          1.00 PC          1.00 P          .50 C          .50 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          4 oz Chicken breast, skinless          2 cups Broccoli          1 1/4 cups Tomatoes          1/4 Pear          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          4.00 P          .67 C          .83 C          .50 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary          Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have you had your Protein Smoothie today?

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 71**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>8 Egg whites 2/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Onions 1 1/2 cups Broccoli 1/2 cup Celery 2 1/2 cups Cauliflower 1 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Beef, lean cuts</p>	<p>Item Portions 1.00 C .50 C .25 C .63 C .50 C 3.00 F 5.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with Vegetables</p> <p>Rub the steak with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">Have a Protein Smoothie, be Empowered</p>		

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 72**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites 6 slices Turkey bacon 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style 6 Egg whites 1 1/2 slice Rye bread 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 3.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>3 1/2 grams Protein powder 1/4 cup Blackberries 3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered</p>	<p>Item Portions .50 P .50 C 1.50 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat 6 3/4 oz Salmon steak 1/2 cup Pineapple 1/4 Cantaloupe 5 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P 1.00 C 1.00 C .63 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>+ energized + transformed + empowered +</p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 73

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites 6 slices Turkey bacon 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style 4 cups Zucchini 1/2 cup Salsa 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Slice chicken and serve with sautéed vegetables with salsa on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 7 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Strawberries &amp; Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Beef, lean cuts 1 oz Cheese, low or non fat 1/5 cup Onions 1/2 Tomato 1/4 Pepper (bell or cubanelle) 1/5 cup Salsa 1/5 Cantaloupe 1 Corn tortillas 6 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .40 C .25 C .13 C .40 C .80 C 1.00 C 2.00 F 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

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Enter the challenge and WIN! + [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 74

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2 Peaches 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Grapes 1/2 Apple</p>	<p>Item Portions 2.00 P 2.00 F 1.00 C 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Corned beef 1 oz Cheese, low or non fat 9 Olives 1 slice Rye bread 1/2 Pear</p>	<p>Item Portions 4.00 P 1.00 P 3.00 F 2.00 C 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hot Corned Beef Sandwich Combine sliced corned beef with minced olives, worcestershire sauce, and catsup. Make small sandwiches with bread, cheese and corned beef mixture, then wrap in foil and heat before serving.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 cup Grapes 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Grapes &amp; Almonds A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 4 oz Chicken breast, skinless 2 cups Broccoli 1 1/4 cups Tomatoes 1/4 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .67 C .83 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 75**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>3 oz Chicken breast, deli style                      4 Egg whites                      3 cups Spinach                      1 Tomato                      1/2 cup Celery                      1/4 cup Onions                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 P .86 C .50 C .25 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet                      Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                      1/2 cup Blueberries                      1/2 cup Strawberries                      2/3 tsp Olive or monounsaturated oil                      1/4 cup Blackberries</p>	<p>Item Portions 2.00 P 1.00 C .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>6 oz Ground beef (&lt; 10% fat)                      1 oz Cheese, low or non fat                      1/2 Pepper (bell or cubanelle)                      1/4 cup Kidney beans                      1/2 cup Tomatoes                      1 Peach                      1/4 cup Onions                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P .25 C 1.00 C .33 C 1.00 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chili                      Brown meat in the olive oil with onions, green pepper and your choice of spices. Add kidney beans and tomatoes. Simmer 30 minutes or until beans are tender, stirring occasionally. Top with shredded cheese. Enjoy the fruit for dessert!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 oz Cheese, low or non fat                      1/2 cup Yogurt, plain, low fat                      1 cup Strawberries                      6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews                      For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                      1/2 cup Onions                      1 1/2 cups Tomatoes                      1 tsp Olive or monounsaturated oil                      1 Pepper (bell or cubanelle)                      1/2 cup Strawberries</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 F .50 C .50 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

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Check your Vitals + GROW [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 76

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 cup Mandarin orange, canned                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Yogurt, plain, low fat                  1/2 cup Blueberries</p>	<p>Item Portions                  1.00 P                  2.00 F                  1.00 PC                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat                  21 grams Protein powder                  1 cup Strawberries                  9 Almonds, whole</p>	<p>Item Portions                  2.00 PC                  3.00 P                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie                  Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  1 cup Grapes                  6 Almonds, whole</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Grapes &amp; Almonds                  A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1/2 cup Onions                  1 1/2 cups Tomatoes                  1 tsp Olive or monounsaturated oil                  1 Pepper (bell or cubanelle)                  1/2 cup Strawberries</p>	<p>Item Portions                  5.00 P                  1.00 C                  1.00 C                  3.00 F                  .50 C                  .50 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 77

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Grapes 1/2 Apple</p>	<p>Item Portions 2.00 P 2.00 F 1.00 C 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Salmon steak 4 cups Cauliflower 12 spears Asparagus 1 tsp Olive or monounsaturated oil 2 cups Zucchini</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 F 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/2 cup Hummus 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna with Hummus &amp; Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

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Put up a fight, be empowered and visit [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 78

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          3 oz Cheese, low or non fat          1/2 cup Pineapple          6 Almonds, whole</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty yet simple breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/3 Banana          7 grams Protein powder          1/2 cup Yogurt, plain, low fat          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 C          1.00 P          1.00 PC          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless          1/2 cup Spinach          1/2 Pepper (bell or cubanelle)          1 cup Broccoli          1 cup Cauliflower          12 spears Asparagus          1/4 cup Pasta          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .14 C          .25 C          .33 C          .25 C          1.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat          2 Peaches          6 Almonds, whole</p>	<p>Item Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts          Enjoy items separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Ground beef (&lt; 10% fat)          1 cup Broccoli          1 cup Cauliflower          1 3/4 cups Celery          1 Pepper (bell or cubanelle)          1/2 cup Grapes          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .33 C          .25 C          .88 C          .50 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and Vegetable Stirfry          Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>

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Save money, look great! [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories**

**Day: 79**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 oz Cheese, low or non fat 2 Peaches 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil 1/4 cup Blueberries</p>	<p>Item Portions 1.00 P 1.00 PC .50 C 2.00 F .50 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Chicken breast, deli style 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Zucchini 1/2 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 2/3 cup Sweet potato 3 cups Broccoli 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">Take your vitamins, be active &amp; eat well. <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 80

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>8 Egg whites 2/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries</p>	<p>Item Portions 1.00 P 2.00 F 1.00 PC 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Corned beef 1/4 Tomato 1 slice Rye bread 9 Olives 1/2 Apple</p>	<p>Item Portions 5.00 P .13 C 2.00 C 3.00 F 1.00 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Corned Beef Sandwich A very tasty deli sandwich. Use mustard to boost flavor - dijon is a great choice if you have some!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/2 cup Hummus 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna with Hummus &amp; Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

**\*\* Remember to drink between 10 and 12 glasses of water per day. \*\***

Meal Plans That Work Are Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 81

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 1/2 cup Blackberries</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Turkey breast, deli style 1 cup Strawberries 1 cup Grapes 9 Almonds, whole</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 cup Broccoli 1/2 cup Onions 1/2 cup Grapes 1 tsp Olive or monounsaturated oil 1/8 cup Hummus</p>	<p>Item Portions 5.00 P .33 C 1.00 C 1.00 C 3.00 F .50 C Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 82

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>8 Egg whites 2/3 cup Oatmeal 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries 1/4 cup Pineapple 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 2.00 F .50 C .50 C 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/2 cup Spinach 1/2 Pepper (bell or cubanelle) 1 cup Broccoli 1 cup Cauliflower 12 spears Asparagus 1/4 cup Pasta 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .14 C .25 C .33 C .25 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 4 oz Chicken breast, skinless 2 cups Broccoli 1 1/4 cups Tomatoes 1/4 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .67 C .83 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

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Feel the burn & incinerate the fat. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

Day: 83

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          4 Egg whites          1/2 cup Grapes          2/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          1.00 P          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 Pear          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          1.00 P          2.00 F          1.00 C          1.00 PC          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style          6 Egg whites          1 1/2 slice Rye bread          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          3.00 P          3.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich          Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>16 Cherries          2 oz Cheese, low or non fat          6 Cashews</p>	<p>Item Portions          2.00 C          2.00 P          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Beef, lean cuts          1 oz Cheese, low or non fat          1/5 cup Onions          1/2 Tomato          1/4 Pepper (bell or cubanelle)          1/5 cup Salsa          1/5 Cantaloupe          1 Corn tortillas          6 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 P          .40 C          .25 C          .13 C          .40 C          .80 C          1.00 C          2.00 F          1.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1260 Calories

**Day: 84**

<p><b>Breakfast - Meal Portions: P:4 C:2 F:2</b></p> <p>4 Egg whites                  2 oz Cheese, low or non fat                  1 Pepper (bell or cubanelle)                  3/4 cup Tomatoes                  1 Peach                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 P                  .50 C                  .50 C                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese omelet with fruit on the side. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Yogurt, plain, low fat                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Blackberries</p>	<p>Item Portions                  1.00 P                  1.00 PC                  2.00 F                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Turkey breast, deli style                  6 Egg whites                  1 1/2 slice Rye bread                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  3.00 P                  3.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich                  Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  1 Apple                  6 Almonds, whole</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apple and Almonds                  A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>4 oz Beef, lean cuts                  1 oz Cheese, low or non fat                  1/5 cup Onions                  1/2 Tomato                  1/4 Pepper (bell or cubanelle)                  1/5 cup Salsa                  1/5 Cantaloupe                  1 Corn tortillas                  6 Almonds, whole                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  4.00 P                  1.00 P                  .40 C                  .25 C                  .13 C                  .40 C                  .80 C                  1.00 C                  2.00 F                  1.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap                  Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 18 Carbohydrates: 12 Fat: 12 Calories: 1260

*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Take your vitamins. Be empowered

**Notes:**

## Grocery List

Total items required to meet meal requirements from day 1 to day 7

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Protein	Carbohydrates	Fats	Other
36 Egg whites	2 Apples	69 Almonds, whole	6 1/4 cups Yogurt, plain, low fat
6 slices Turkey bacon	3/4 cup Watermelon	18 2/3 tsp Olive or monounsaturated oil	1/4 cup Lentils
105 grams Protein powder	6 cups Zucchini	12 Cashews	
18 oz Chicken breast, deli style	1 1/5 cups Salsa	1 tbsp Almonds, slivered	
26 oz Cheese, low or non fat	2 1/2 cups Blueberries		
14 1/4 oz Salmon steak	12 spears Asparagus		
10 1/2 oz Turkey breast, deli style	2 13/15 cups Onions		
15 oz Beef, lean cuts	3 cups Grapes		
12 oz Ground beef (< 10% fat)	1/3 Banana		
	5 1/2 cups Strawberries		
	1 1/2 cups Pineapple		
	1 1/5 Cantaloupes		
	21 Cherries		
	4 11/12 Peppers (bell or cubanelle)		
	3/4 cup Tomatoes		
	5 Peaches		
	5 Corn tortillas		
	4 5/8 Tomatoes		
	4 cups Broccoli		
	1 cup Cauliflower		
	2 1/4 cups Celery		
	4 cups Spinach		
	1/2 cup Blackberries		
	1 1/2 slice Rye bread		
	1/2 cup Carrots		
	2/3 cup Sweet potato		

## Grocery List

Total items required to meet meal requirements from day 8 to day 14

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Protein	Carbohydrates	Fats	Other
115 1/2 grams Protein powder	2 cups Mandarin orange, canned	19 2/3 tsp Olive or monounsaturated oil	9 1/2 cups Yogurt, plain, low fat
6 oz Ground beef (< 10% fat)	3/4 cup Blackberries	2 tbsp Almonds, slivered	
15 oz Cheese, low or non fat	2 1/2 cups Blueberries	33 Almonds, whole	
4 1/2 oz Tuna, steak	4 Peppers (bell or cubanelle)	18 Cashews	
18 Egg whites	1/4 cup Kidney beans	18 Olives	
19 oz Chicken breast, skinless	4 3/4 cups Tomatoes		
4 Eggs, whole	1 Peach		
15 oz Salmon steak	2 1/4 cups Onions		
5 oz Tuna, canned in water	1 1/4 cups Pineapple		
6 oz Chicken breast, deli style	4 Cherries		
9 oz Corned beef	4 1/2 cups Strawberries		
5 oz Beef, lean cuts	1 1/3 cups Oatmeal		
3 oz Turkey breast, deli style	1/2 cup Spinach		
	5 1/2 cups Broccoli		
	7 1/2 cups Cauliflower		
	30 spears Asparagus		
	1/4 cup Pasta		
	1 1/4 Pears		
	4 cups Zucchini		
	2 Apples		
	5/8 cup Hummus		
	1 1/2 cups Grapes		
	1/8 Cantaloupe		
	1/4 Tomato		
	3 1/2 slice Rye bread		
	1/2 cup Celery		

## Grocery List

Total items required to meet meal requirements from day 15 to day 21

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Protein	Carbohydrates	Fats	Other
70 grams Protein powder	1 1/3 cups Mandarin orange, canned	19 1/3 tsp Olive or monounsaturated oil	8 1/2 cups Yogurt, plain, low fat
10 1/2 oz Turkey breast, deli style	3/4 cup Blackberries	60 Almonds, whole	
22 oz Cheese, low or non fat	6 1/2 cups Strawberries	9 Olives	
5 oz Tuna, canned in water	2 cups Grapes	1 tbsp Almonds, slivered	
22 Egg whites	1 cup Oatmeal	6 Cashews	
4 oz Corned beef	18 spears Asparagus		
4 1/2 oz Tuna, steak	6 cups Zucchini		
16 1/2 oz Chicken breast, deli style	1/2 cup Hummus		
4 oz Chicken breast, skinless	4 cups Blueberries		
4 Eggs, whole	2 1/2 slice Rye bread		
8 oz Beef, lean cuts	1 1/4 Pears		
21 3/4 oz Salmon steak	1 cup Pineapple		
6 oz Ground beef (< 10% fat)	9 Cherries		
	3 cups Spinach		
	1 1/8 Tomatoes		
	1/2 cup Celery		
	2 1/6 cups Onions		
	5 cups Broccoli		
	4 cups Tomatoes		
	1 Corn tortillas		
	2 2/3 Peppers (bell or cubanelle)		
	1/2 Cantaloupe		
	3/4 cup Salsa		
	4 Peaches		
	1/4 cup Kidney beans		
	2/3 cup Sweet potato		



## Grocery List

Total items required to meet meal requirements from day 22 to day 28

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Protein	Carbohydrates	Fats	Other
17 oz Cheese, low or non fat	1 cup Mandarin orange, canned	20 1/3 tsp Olive or monounsaturated oil	8 1/2 cups Yogurt, plain, low fat
119 grams Protein powder	1/2 cup Blackberries	2 tbsp Almonds, slivered	
16 oz Beef, lean cuts	1 1/2 cups Blueberries	12 Cashews	
10 1/2 oz Turkey breast, deli style	2 Corn tortillas	51 Almonds, whole	
10 oz Chicken breast, skinless	3 1/3 Peppers (bell or cubanelle)		
22 Egg whites	1/4 Tomato		
7 1/2 oz Ground beef (< 10% fat)	7/8 Cantaloupe		
21 3/4 oz Salmon steak	1 cup Salsa		
6 slices Turkey bacon	1 5/6 cups Onions		
7 1/2 oz Chicken breast, deli style	2 Apples		
4 1/2 oz Tuna, steak	6 1/2 cups Broccoli		
	2 1/4 cups Celery		
	11 1/2 cups Cauliflower		
	2 1/2 cups Grapes		
	2/3 Banana		
	6 cups Strawberries		
	1/8 cup Hummus		
	3 cups Pineapple		
	1 1/2 slice Rye bread		
	24 spears Asparagus		
	8 cups Zucchini		
	9 Cherries		
	1 1/2 cups Tomatoes		
	2 Peaches		
	2/3 cup Sweet potato		
	3/4 cup Watermelon		
	1/3 cup Oatmeal		

## Grocery List

Total items required to meet meal requirements from day 29 to day 35

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Protein	Carbohydrates	Fats	Other
119 grams Protein powder	2 cups Pineapple	20 tsp Olive or monounsaturated oil	8 cups Yogurt, plain, low fat
19 oz Cheese, low or non fat	1 1/2 cups Watermelon	33 Almonds, whole	1/4 cup Lentils
3 oz Beef, lean cuts	3 1/2 cups Strawberries	27 Olives	
36 oz Salmon steak	3 Corn tortillas	12 Cashews	
34 Egg whites	1/4 cup Salsa		
13 oz Corned beef	2 3/4 cups Onions		
4 Eggs, whole	3 1/4 Tomatoes		
6 oz Turkey breast, deli style	5 1/2 Peppers (bell or cubanelle)		
7 1/2 oz Chicken breast, deli style	5 Peaches		
4 1/2 oz Ground beef (< 10% fat)	1/2 Cantaloupe		
	42 Cherries		
	3/4 cup Blackberries		
	1 1/4 cups Blueberries		
	6 slice Rye bread		
	1 1/2 Pears		
	4 cups Zucchini		
	1 2/3 cups Mandarin orange, canned		
	1/2 cup Carrots		
	1 cup Spinach		
	2 1/4 cups Tomatoes		
	1 cup Grapes		
	12 spears Asparagus		
	1/2 Apple		

## Grocery List

Total items required to meet meal requirements from day 36 to day 42

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Protein	Carbohydrates	Fats	Other
150 1/2 grams Protein powder	1/3 cup Mandarin orange, canned	17 2/3 tsp Olive or monounsaturated oil	9 1/4 cups Yogurt, plain, low fat
16 oz Beef, lean cuts	1 Pear	45 Almonds, whole	1/2 cup Lentils
25 oz Cheese, low or non fat	4 1/2 cups Strawberries	30 Cashews	
7 1/2 oz Chicken breast, deli style	3 11/12 cups Onions	3 tbsp Almonds, slivered	
30 Egg whites	4 cups Broccoli	9 Olives	
3 oz Turkey breast, deli style	2 3/4 cups Celery		
12 oz Ground beef (< 10% fat)	6 cups Cauliflower		
4 oz Corned beef	4 2/3 Peppers (bell or cubanelle)		
7 1/2 oz Salmon steak	3/4 cup Pineapple		
4 Eggs, whole	1 cup Blackberries		
	1 1/4 cups Blueberries		
	4 cups Zucchini		
	1 cup Salsa		
	2 cups Grapes		
	2 5/8 Tomatoes		
	1 cup Carrots		
	2 cups Spinach		
	4 Peaches		
	4 Corn tortillas		
	1 3/8 Cantaloupes		
	2/3 cup Oatmeal		
	2 1/2 slice Rye bread		
	1 Apple		
	12 spears Asparagus		
	1 1/2 cups Tomatoes		

## Grocery List

Total items required to meet meal requirements from day 43 to day 49

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Protein	Carbohydrates	Fats	Other
24 Egg whites	2 1/2 Apples	78 Almonds, whole	8 1/2 cups Yogurt,
6 slices Turkey bacon	3/4 Cantaloupe	18 1/3 tsp Olive or	plain, low fat
133 grams Protein powder	4 1/2 Peppers (bell or cubanelle)	monounsaturated oil	1/4 cup Lentils
19 1/2 oz Ground beef (< 10% fat)	1/2 cup Kidney beans	9 Olives	
19 oz Cheese, low or non fat	4 1/2 cups Tomatoes		
5 oz Tuna, canned in water	3 Peaches		
9 oz Chicken breast, deli style	3 cups Onions		
7 1/2 oz Turkey breast, deli style	6 spears Asparagus		
19 oz Chicken breast, skinless	1 cup Zucchini		
5 oz Corned beef	3/4 cup Hummus		
3 oz Beef, lean cuts	4 cups Spinach		
	2 1/4 Tomatoes		
	2 1/4 cups Celery		
	5 cups Blueberries		
	5 cups Strawberries		
	3 cups Grapes		
	1/3 cup Oatmeal		
	5 cups Broccoli		
	1 slice Rye bread		
	1 cup Cauliflower		
	1 cup Mandarin orange, canned		
	1 cup Pineapple		
	1/2 cup Carrots		
	1/4 Pear		
	1 Corn tortillas		
	1/4 cup Salsa		
	1/3 Banana		

## Grocery List

Total items required to meet meal requirements from day 50 to day 56

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Protein	Carbohydrates	Fats	Other
18 oz Chicken breast, deli style	3 cups Spinach	19 1/3 tsp Olive or monounsaturated oil	6 cups Yogurt, plain, low fat
30 Egg whites	4 3/8 Tomatoes	3 tbsp Almonds, slivered	
87 1/2 grams Protein powder	1/2 cup Celery	18 Cashews	
23 oz Cheese, low or non fat	3 11/30 cups Onions	42 Almonds, whole	
20 oz Beef, lean cuts	2 1/2 cups Blueberries	9 Olives	
7 1/2 oz Salmon steak	3 11/12 Peppers (bell or cubanelle)		
10 1/2 oz Turkey breast, deli style	9/20 Cantaloupe		
5 oz Tuna, canned in water	7/10 cup Salsa		
5 oz Corned beef	36 Cherries		
5 oz Chicken breast, skinless	18 spears Asparagus		
4 1/2 oz Tuna, steak	1 cup Mandarin orange, canned		
	3/4 cup Watermelon		
	5 cups Strawberries		
	1 1/3 cups Sweet potato		
	6 cups Broccoli		
	1 2/3 cups Oatmeal		
	3/4 cup Blackberries		
	3 cups Grapes		
	5 cups Zucchini		
	1/2 cup Hummus		
	2 1/2 slice Rye bread		
	1 1/2 Apples		
	1 1/2 cups Tomatoes		
	1 cup Pineapple		

## Grocery List

Total items required to meet meal requirements from day 57 to day 63

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Protein	Carbohydrates	Fats	Other
101 1/2 grams Protein powder	1 1/2 cups Grapes	21 tsp Olive or monounsaturated oil	8 1/4 cups Yogurt, plain, low fat
3 oz Turkey breast, deli style	2 1/2 cups Strawberries	39 Almonds, whole	
18 Egg whites	1 1/4 cups Pineapple	18 Cashews	
15 oz Ground beef (< 10% fat)	1 1/2 slice Rye bread	2 tbsp Almonds, slivered	
25 oz Cheese, low or non fat	8 1/4 Peppers (bell or cubanelle)		
7 1/2 oz Chicken breast, deli style	3 Tomatoes		
12 oz Beef, lean cuts	6 Corn tortillas		
6 slices Turkey bacon	1/3 Banana		
15 oz Chicken breast, skinless	8 cups Zucchini		
22 1/2 oz Salmon steak	19/20 cup Salsa		
	1 7/10 cups Onions		
	33/40 Cantaloupe		
	2 Apples		
	3/4 cup Blackberries		
	1 cup Spinach		
	4 1/2 cups Broccoli		
	8 1/2 cups Cauliflower		
	36 spears Asparagus		
	1/2 cup Pasta		
	1/2 cup Celery		
	2 cups Mandarin orange, canned		
	1/2 Pear		
	1/4 cup Kidney beans		
	1 1/4 cups Tomatoes		
	4 Peaches		
	1 cup Blueberries		
	1/8 cup Hummus		
	1/3 cup Oatmeal		

## Grocery List

Total items required to meet meal requirements from day 64 to day 70

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Protein	Carbohydrates	Fats	Other
28 Egg whites	2 cups Pineapple	19 1/3 tsp Olive or monounsaturated oil	6 3/4 cups Yogurt, plain, low fat
101 1/2 grams Protein powder	2 cups Grapes	51 Almonds, whole	1/4 cup Lentils
28 1/2 oz Chicken breast, deli style	4 Apples	2 tbsp Almonds, slivered	
15 oz Cheese, low or non fat	3 1/2 Peppers (bell or cubanelle)	12 Cashews	
9 oz Tuna, steak	3 3/4 Tomatoes	9 Olives	
15 oz Salmon steak	4 cups Zucchini		
12 oz Ground beef (< 10% fat)	3 1/4 cups Onions		
9 oz Chicken breast, skinless	6 1/2 cups Strawberries		
8 Eggs, whole	5 1/4 cups Blueberries		
5 oz Corned beef	2/3 cup Mandarin orange, canned		
	8 Cherries		
	4 1/2 cups Spinach		
	2 1/4 cups Celery		
	6 cups Cauliflower		
	36 spears Asparagus		
	1/4 cup Blackberries		
	2 Corn tortillas		
	4 cups Broccoli		
	1/4 cup Pasta		
	1/3 cup Oatmeal		
	1/2 Cantaloupe		
	4 1/4 cups Tomatoes		
	3/4 cup Watermelon		
	1/2 cup Carrots		
	1 slice Rye bread		
	1/4 Pear		

## Grocery List

Total items required to meet meal requirements from day 71 to day 77

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Protein	Carbohydrates	Fats	Other
26 Egg whites	2/3 cup Oatmeal	17 2/3 tsp Olive or monounsaturated oil	8 1/2 cups Yogurt, plain, low fat
143 1/2 grams Protein powder	2 1/2 cups Blueberries	60 Almonds, whole	
9 oz Beef, lean cuts	6 1/2 cups Strawberries	2 tbsp Almonds, slivered	
12 slices Turkey bacon	2 1/5 cups Onions	18 Cashews	
3 oz Turkey breast, deli style	3 1/2 cups Broccoli	9 Olives	
14 1/4 oz Salmon steak	1 cup Celery		
10 1/2 oz Chicken breast, deli style	6 1/2 cups Cauliflower		
17 oz Cheese, low or non fat	3 3/4 Peppers (bell or cubanelle)		
4 oz Corned beef	3 Apples		
14 oz Chicken breast, skinless	2 1/2 slice Rye bread		
6 oz Ground beef (< 10% fat)	1/2 cup Blackberries		
5 oz Tuna, canned in water	1/2 cup Pineapple		
	9/20 Cantaloupe		
	5 Cherries		
	7 cups Zucchini		
	7/10 cup Salsa		
	1 1/2 Tomatoes		
	1 Corn tortillas		
	3 Peaches		
	3 cups Grapes		
	3/4 Pear		
	4 3/4 cups Tomatoes		
	3 cups Spinach		
	1/4 cup Kidney beans		
	1 cup Mandarin orange, canned		
	18 spears Asparagus		
	1/2 cup Hummus		



## Grocery List

Total items required to meet meal requirements from day 78 to day 84

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Protein	Carbohydrates	Fats	Other
23 oz Cheese, low or non fat	1 1/4 cups Pineapple	51 Almonds, whole	6 1/2 cups Yogurt, plain, low fat
77 grams Protein powder	1/3 Banana	18 2/3 tsp Olive or monounsaturated oil	
19 oz Chicken breast, skinless	1 cup Spinach	24 Cashews	
7 1/2 oz Ground beef (< 10% fat)	4 1/2 Peppers (bell or cubanelle)	9 Olives	
7 1/2 oz Chicken breast, deli style	9 cups Broccoli		
13 oz Beef, lean cuts	3 cups Cauliflower		
36 Egg whites	30 spears Asparagus		
5 oz Corned beef	1/2 cup Pasta		
5 oz Tuna, canned in water	5 Peaches		
13 1/2 oz Turkey breast, deli style	1 3/4 cups Celery		
	2 1/2 cups Grapes		
	4 cups Strawberries		
	3/4 cup Blueberries		
	2 1/4 Tomatoes		
	3 cups Zucchini		
	1 2/5 cups Onions		
	2/3 cup Sweet potato		
	1 1/3 cups Oatmeal		
	4 slice Rye bread		
	3 1/2 Apples		
	5/8 cup Hummus		
	1 cup Blackberries		
	2 cups Tomatoes		
	3/4 Pear		
	16 Cherries		
	2/5 cup Salsa		
	2/5 Cantaloupe		
	2 Corn tortillas		