

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 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 - 1379 Calories

**Day: 1**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  4 oz Cheese, low or non fat                  1 Orange                  18 Peanuts</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>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                  2 cups Raspberries                  12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Raspberries &amp; Peanuts                  A great, quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1 cup Pineapple                  1/2 Tomato                  1 cup Cucumber                  3 cups Lettuce, romaine                  1/2 Pepper (bell or cubanella)                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</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 Orange                  3 Almonds, whole                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Cottage cheese, light/low fat                  4 oz Turkey breast, skinless                  1 1/2 cups Brussels sprouts                  1/2 cup Onions                  2 cups Mushrooms                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Vegetables                  Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

\*\* 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 - 1379 Calories

**Day: 2**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Milk, low fat (1%)            21 grams Protein powder            1/2 cup Bran cereal, all varieties            1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            14 grams Protein powder            1/2 cup Raspberries            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            2.00 P            .50 C            .50 C            2.00 F            Calories:            210</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 Beef, lean cuts            3/4 cup Celery            1/8 cup Onions            1/4 cup Tomato, puree            1/2 cup Pasta            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            5.00 P            .38 C            .25 C            .50 C            2.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat            1 cup Raspberries            1 cup Strawberries            12 Peanuts</p>	<p>Item Portions            2.00 P            1.00 C            1.00 C            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts            Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            3/4 cup Beans, green or yellow            1/8 cup Beans, black            1/4 cup Chickpeas            2 cups Cucumber            1 Pepper (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            5.00 P            .50 C            .50 C            1.00 C            .50 C            .50 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with Seasoned Beans            Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>

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Have a Protein Smoothie, be Empowered

**Notes:**

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Day: 3

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts</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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</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>7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</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>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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 4 oz Chicken breast, skinless 1/2 cup Salsa 1 cup Mushrooms 1 1/2 cups Cabbage 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>

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+ energized + transformed + empowered +

**Notes:**

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Day: 4

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</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>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>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat 1 cup Grapes 12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1/2 Tomato 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.</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>5 oz Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 4 cups Lettuce, romaine 1 cup Tomatoes 1/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .25 C .50 C .25 C .40 C .67 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>

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**Notes:**

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**Day: 5**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>8 Egg whites          1 Egg, whole          1/4 cup Chickpeas          1/4 cup Kidney beans          2 Peppers (bell or cubanelle)          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 P          1.00 C          1.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 Grapefruit          12 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 1/4 cups Cottage cheese, light/low fat          1 1/2 cups Broccoli          2 cups Cauliflower          2 cups Cucumber          1 Pepper (bell or cubanelle)          2 cups Mushrooms          9 Almonds, whole</p>	<p>Item Portions          5.00 P          .50 C          .50 C          .50 C          .50 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese and Vegetables          This meal illustrates that when you eat healthy, you can eat a lot. In fact, the amount of vegetables here might be too much unless you're really hungry, so feel free to reduce the quantity. Try dipping the veggies in the cottage cheese!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1/2 cup Blueberries          1 cup Milk, low fat (1%)          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 P          1.00 C          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.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts          2 oz Cheese, low or non fat          1/6 Pepper (bell or cubanelle)          1/2 cup Pineapple          1/2 whole Pita          1/4 Tomato          1/6 cup Onions          1/4 cup Salsa          6 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          2.00 P          .08 C          1.00 C          1.00 C          .13 C          .33 C          .50 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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Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

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Day: 6

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 Orange 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 7**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole 3/4 cup Hummus 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/4 cup Chickpeas 3/4 cup Cauliflower 3/4 cup Celery 1 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 cup Mushrooms 1 Tomato 3 Cashews 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .19 C .38 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad Grill the chicken while mixing together your vegetables. When the chicken is done, set on top of the salad and garnish with the cashews. A great lunch salad!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Shrimp 1/2 cup Pasta 1/2 cup Tomato sauce 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>Shrimp &amp; Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 F 2.00 C 2.00 P Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**



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Day: 8

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</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>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 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>Tuna &amp; Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</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 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F 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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1/3 cup Applesauce 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p><b>Total Daily Portions:</b> Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Put up a fight, be empowered and visit <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

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**Day: 9**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 cup Mandarin orange, canned                  1 tsp Olive or monounsaturated oil</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>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</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 Chicken noodle soup                  3 oz Cheese, low or non fat                  1/2 cup Peaches, canned                  3 Almonds, whole</p>	<p>Item Portions                  2.00 A                  3.00 P                  1.00 C                  1.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Cottage cheese, light/low fat                  1/6 Grapefruit                  1/3 cup Mandarin orange, canned                  2 tbsp Almonds, slivered                  1/3 Apple</p>	<p>Item Portions                  2.00 P                  .33 C                  1.00 C                  2.00 F                  .67 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote                  In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Lentils                  4 1/2 oz Turkey, ground                  2 cups Squash                  1 tsp Olive or monounsaturated oil</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>Lentils and Ground Turkey                  Start by boiling the lentils until done, if you are using dried lentils. Pre-heat the oven to 350 degrees, then brush the squash with olive oil, place on a pan, and start baking. When the squash is 15 minutes from done, heat a pan with oil, then add the ground turkey. Add some allspice and cinnamon, then add lentils and mix. Season with salt and pepper and enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 10**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)            4 Egg whites            2 oz Cheese, low or non fat            1 cup Mushrooms            1/3 cup Onions            1 3/4 cups Spinach            2/3 Pepper (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 P .50 C .67 C .50 C .33 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Florentine Omelet            Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat            6 Almonds, whole            1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</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>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            2 cups Mushrooms            2 cups Tomato, canned            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>Marinara Chicken            Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. 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 Raspberries            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 C .50 C .50 C 2.00 F 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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts            2 oz Cheese, low or non fat            1/5 cup Onions            1/4 Tomato            1/5 Pepper (bell or cubanelle)            1/2 whole Pita            1/5 cup Salsa            1/2 Orange            6 Almonds, whole            1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .40 C .13 C .10 C 1.00 C .40 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

Day: 11

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</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>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Sole 5 cups Lettuce, romaine 1 Tomato 1 Pepper (bell or cubanelle) 2 cups Cucumber 1/2 cup Onions 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another tasty snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/2 cup Grapes 2 cups Cauliflower 1 1/2 cups Broccoli 1/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 12

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Egg whites                  2 1/2 oz Cheese, low or non fat                  2 Peppers (bell or cubanelle)                  1 1/2 cups Tomatoes                  1 Peach                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.50 P                  2.50 P                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</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:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat                  2 cups Celery                  1 1/2 cups Cucumber                  1 Pepper (bell or cubanelle)                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 C                  .38 C                  .50 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  4 oz Cheese, low or non fat                  1/2 cup Mushrooms                  2 1/2 cups Lettuce, romaine                  1/2 cup Cucumber                  1 Tomato                  1/2 Orange                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  4.00 P                  .25 C                  .25 C                  .13 C                  .50 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                  Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Peaches, canned                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  1.00 P                  .50 C                  2.00 F                  .50 C                  1.00 PC                  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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts                  1/2 cup Tomato, puree                  1 cup Celery                  1 1/2 cups Carrots                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  1.00 C                  .50 C                  1.50 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steaks with Vegetables                  You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p><b>Total Daily Portions:</b> Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379                  ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Strong Like... <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 13

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole 1/2 cup Peaches, canned 1 slice Whole grain bread 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>Toasted egg sandwich with fruit.</p>
<p><b>Mid Meal - Meal Portions: P:3 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts</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>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:3 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 12 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .33 PC 1.00 P 1.71 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/5 cup Salsa 1/4 Pepper (bell or cubanelle) 1/5 cup Onions 1/2 whole Pita 1/2 Apple 1/5 Tomato 1/3 tsp Olive or monounsaturated oil 6 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C .10 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 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>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit Enjoy items separately!</p>
<p><b>Total Daily Portions:</b> Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379 ** 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 - 1379 Calories

**Day: 14**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      4 oz Cheese, low or non fat                      1 cup Bran cereal, all varieties                      1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless, Grilled                      1/4 head Lettuce, iceberg                      1/2 cup Mushrooms                      1/2 Pepper (bell or cubanelle)                      1/4 cup Onions                      1 cup Peaches, canned                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad.                      You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder                      1/2 Orange                      1 cup Raspberries                      1/3 tsp Olive or monounsaturated oil                      6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts                      1/3 cup Rice                      2 1/2 cups Lettuce, romaine                      1 cup Cucumber                      1 cup Mushrooms                      1 Tomato                      1 Pepper (bell or cubanelle)                      3 Almonds, whole                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad                      Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      2 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                      Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 15**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole          1/2 cup Peaches, canned          1 slice Whole grain bread          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>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 cup Grapes          12 Peanuts</p>	<p>Item          Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack          Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless          2 cups Mushrooms          2 cups Tomato, canned          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>Marinara Chicken          Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          1 cup Strawberries          2/3 tsp Olive or monounsaturated oil</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>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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts          1/2 cup Tomato, puree          1 cup Celery          1 1/2 cups Carrots          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          5.00 P          1.00 C          .50 C          1.50 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steaks with Vegetables          You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
 \*\* 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 - 1379 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      4 Egg whites                      2 oz Cheese, low or non fat                      1 cup Mushrooms                      1/3 cup Onions                      1 3/4 cups Spinach                      2/3 Pepper (bell or cubanelle)                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 P .50 C .67 C .50 C .33 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Florentine Omelet                      Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      14 grams Protein powder                      1/2 cup Raspberries                      1/2 cup Strawberries                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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                      2 cups Mushrooms                      2 cups Tomato, canned                      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>Marinara Chicken                      Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. 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 Yogurt, plain, low fat                      4 oz Chicken breast, skinless                      1/2 cup Salsa                      1 cup Mushrooms                      1 1/2 cups Cabbage                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Mexicali Salad                      In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

Day: 17

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1 cup Bran cereal, all varieties          1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Almonds, whole          1 oz Cheese, low or non fat</p>	<p>Item Portions          2.00 PC          2.00 P          1.00 F          Calories:          210</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>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 1/4 cups Cottage cheese, light/low fat          1 1/2 cups Broccoli          2 cups Cauliflower          2 cups Cucumber          1 Pepper (bell or cubanelle)          2 cups Mushrooms          9 Almonds, whole</p>	<p>Item Portions          5.00 P          .50 C          .50 C          .50 C          .50 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese and Vegetables          This meal illustrates that when you eat healthy, you can eat a lot. In fact, the amount of vegetables here might be too much unless you're really hungry, so feel free to reduce the quantity. Try dipping the veggies in the cottage cheese!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil          1/4 cup Peaches, canned          1 cup Milk, low fat (1%)</p>	<p>Item Portions          1.00 P          .50 C          2.00 F          .50 C          1.00 PC          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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts          1 cup Cauliflower          1 cup Celery          1 cup Cucumber          4 cups Lettuce, romaine          1 cup Tomatoes          1/4 Cantaloupe          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .25 C          .50 C          .25 C          .40 C          .67 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe          Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

**Day: 18**

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                  28 grams Protein powder                  2/3 cup Mango                  1 tsp Olive or monounsaturated oil</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>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat                  1 cup Grapes                  12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack                  Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 1/4 cups Cottage cheese, light/low fat                  1 1/2 cups Broccoli                  2 cups Cauliflower                  2 cups Cucumber                  1 Pepper (bell or cubanelle)                  2 cups Mushrooms                  9 Almonds, whole</p>	<p>Item Portions 5.00 P .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese and Vegetables                  This meal illustrates that when you eat healthy, you can eat a lot. In fact, the amount of vegetables here might be too much unless you're really hungry, so feel free to reduce the quantity. Try dipping the veggies in the cottage cheese!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Cottage cheese, light/low fat                  1/6 Grapefruit                  1/3 cup Mandarin orange, canned                  2 tbsp Almonds, slivered                  1/3 Apple</p>	<p>Item Portions 2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote                  In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Turkey breast, skinless                  3 cups Broccoli                  1/2 cup Onions                  1/3 cup Applesauce                  3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner                  Saute and season the vegetables, then sprinkle the almonds over them.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 19

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1/2 Tomato 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1/2 cup Blueberries 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 C 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.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 4 cups Lettuce, romaine 1 cup Tomatoes 1/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .25 C .50 C .25 C .40 C .67 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 20

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1/2 cup Mushrooms 1/2 Pepper (bell or cubanelle) 1/4 cup Onions 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 21**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts</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><b>Mid Meal - Meal Portions: P:3 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts</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>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:3 C:2 F:2</b></p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/5 cup Salsa 1/4 Pepper (bell or cubanelle) 1/5 cup Onions 1/2 whole Pita 1/2 Apple 1/5 Tomato 1/3 tsp Olive or monounsaturated oil 6 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C .10 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 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>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 F 2.00 C 2.00 P Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 22

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 cup Mandarin orange, canned                  1 tsp Olive or monounsaturated oil</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>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  14 grams Protein powder                  1/2 Grapefruit                  12 Peanuts</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                  Mix all ingredients and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Sole                  5 cups Lettuce, romaine                  1 Tomato                  1 Pepper (bell or cubanelle)                  2 cups Cucumber                  1/2 cup Onions                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .50 C                  .50 C                  .50 C                  .50 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Sole with a Garden Salad.                  You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. 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 Raspberries                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  1.00 C                  .50 C                  .50 C                  2.00 F                  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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Lentils                  4 1/2 oz Turkey, ground                  2 cups Squash                  1 tsp Olive or monounsaturated oil</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>Lentils and Ground Turkey                  Start by boiling the lentils until done, if you are using dried lentils. Pre-heat the oven to 350 degrees, then brush the squash with olive oil, place on a pan, and start baking. When the squash is 15 minutes from done, heat a pan with oil, then add the ground turkey. Add some allspice and cinammon, then add lentils and mix. Season with salt and pepper and enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories**

**Day: 23**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>8 Egg whites          1 Egg, whole          1/4 cup Chickpeas          1/4 cup Kidney beans          2 Peppers (bell or cubanelle)          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 P          1.00 C          1.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</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 Sole          5 cups Lettuce, romaine          1 Tomato          1 Pepper (bell or cubanelle)          2 cups Cucumber          1/2 cup Onions          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .50 C          .50 C          .50 C          .50 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Sole with a Garden Salad.          You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Cottage cheese, light/low fat          1/6 Grapefruit          1/3 cup Mandarin orange, canned          2 tbsp Almonds, slivered          1/3 Apple</p>	<p>Item Portions          2.00 P          .33 C          1.00 C          2.00 F          .67 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote          In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless          3/4 cup Beans, green or yellow          1/8 cup Beans, black          1/4 cup Chickpeas          2 cups Cucumber          1 Pepper (bell or cubanelle)          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .50 C          .50 C          1.00 C          .50 C          .50 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with Seasoned Beans          Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 24**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Egg whites                  2 1/2 oz Cheese, low or non fat                  2 Peppers (bell or cubanelle)                  1 1/2 cups Tomatoes                  1 Peach                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.50 P                  2.50 P                  1.00 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</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:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                  2 cups Raspberries                  12 Peanuts</p>	<p>Item Portions                  3.00 P                  2.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Raspberries &amp; Peanuts                  A great, quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  4 oz Cheese, low or non fat                  1/2 cup Mushrooms                  2 1/2 cups Lettuce, romaine                  1/2 cup Cucumber                  1 Tomato                  1/2 Orange                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  4.00 P                  .25 C                  .25 C                  .13 C                  .50 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                  Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</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                  1/3 cup Honeydew melon                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 P                  1.00 PC                  .50 C                  .50 C                  2.00 F                  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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Cottage cheese, light/low fat                  4 oz Turkey breast, skinless                  1 1/2 cups Brussels sprouts                  1/2 cup Onions                  2 cups Mushrooms                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 P                  4.00 P                  1.00 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Vegetables                  Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

**Day: 25**

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</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>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Grapefruit 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Cucumber 1 Pepper (bell or cubanelle) 2 cups Mushrooms 9 Almonds, whole</p>	<p>Item Portions 5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese and Vegetables This meal illustrates that when you eat healthy, you can eat a lot. In fact, the amount of vegetables here might be too much unless you're really hungry, so feel free to reduce the quantity. Try dipping the veggies in the cottage cheese!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 2 tbsp Almonds, slivered 1/3 Apple</p>	<p>Item Portions 2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Lentils 4 1/2 oz Turkey, ground 2 cups Squash 1 tsp Olive or monounsaturated oil</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>Lentils and Ground Turkey Start by boiling the lentils until done, if you are using dried lentils. Pre-heat the oven to 350 degrees, then brush the squash with olive oil, place on a pan, and start baking. When the squash is 15 minutes from done, heat a pan with oil, then add the ground turkey. Add some allspice and cinammon, then add lentils and mix. Season with salt and pepper and enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

**Day: 26**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>5 Egg whites</li> <li>2 1/2 oz Cheese, low or non fat</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/2 cups Tomatoes</li> <li>1 Peach</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	<p style="text-align: center;">Item Portions</p> <p>2.50 P 2.50 P 1.00 C 1.00 C 3.00 F</p> <p style="text-align: center;">Calories: 329</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:3 C:2 F:2</b></p> <ul style="list-style-type: none"> <li>3 oz Cheese, low or non fat</li> <li>2 cups Celery</li> <li>1 1/2 cups Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	<p style="text-align: center;">Item Portions</p> <p>3.00 P 1.00 C .38 C .50 C 2.00 F</p> <p style="text-align: center;">Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>5 oz Chicken breast, skinless</li> <li>2 cups Mushrooms</li> <li>2 cups Tomato, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	<p style="text-align: center;">Item Portions</p> <p>5.00 P 1.00 C 2.00 C 3.00 F</p> <p style="text-align: center;">Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <ul style="list-style-type: none"> <li>14 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1/2 Orange</li> <li>3 Almonds, whole</li> <li>1/3 tsp Olive or monounsaturated oil</li> </ul>	<p style="text-align: center;">Item Portions</p> <p>2.00 P 1.00 C 1.00 C 1.00 F 1.00 F</p> <p style="text-align: center;">Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>3 oz Beef, lean cuts</li> <li>2 oz Cheese, low or non fat</li> <li>1/5 cup Onions</li> <li>1/4 Tomato</li> <li>1/5 Pepper (bell or cubanelle)</li> <li>1/2 whole Pita</li> <li>1/5 cup Salsa</li> <li>1/2 Orange</li> <li>6 Almonds, whole</li> <li>1/3 tsp Olive or monounsaturated oil</li> </ul>	<p style="text-align: center;">Item Portions</p> <p>3.00 P 2.00 P .40 C .13 C .10 C 1.00 C .40 C 1.00 C 2.00 F 1.00 F</p> <p style="text-align: center;">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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 27**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole 3/4 cup Hummus 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1/2 cup Mushrooms 1/2 Pepper (bell or cubanelle) 1/4 cup Onions 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Shrimp 1/2 cup Pasta 1/2 cup Tomato sauce 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>Shrimp &amp; Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce 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 Orange 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 28**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts</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><b>Mid Meal - Meal Portions: P:3 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts</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>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:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 1/3 cup Rice 2 1/2 cups Lettuce, romaine 1 cup Cucumber 1 cup Mushrooms 1 Tomato 1 Pepper (bell or cubanelle) 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .25 C .25 C .50 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit Enjoy items separately!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 29**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>8 Egg whites            1 Egg, whole            1/4 cup Chickpeas            1/4 cup Kidney beans            2 Peppers (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>4.00 P            1.00 P            1.00 C            1.00 C            3.00 F            Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            2 oz Cheese, low or non fat            1/2 cup Blueberries            12 Peanuts</p>	<p>Item Portions</p> <p>1.00 PC            2.00 P            1.00 C            2.00 F            Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts            3/4 cup Celery            1/8 cup Onions            1/4 cup Tomato, puree            1/2 cup Pasta            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>5.00 P            .38 C            .25 C            .50 C            2.00 C            3.00 F            Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. 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            1/3 cup Honeydew melon            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 P            1.00 PC            .50 C            .50 C            2.00 F            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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            3/4 cup Beans, green or yellow            1/8 cup Beans, black            1/4 cup Chickpeas            2 cups Cucumber            1 Pepper (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>5.00 P            .50 C            .50 C            1.00 C            .50 C            .50 C            3.00 F            Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with Seasoned Beans            Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 30**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>8 Egg whites            1 Egg, whole            1/4 cup Chickpeas            1/4 cup Kidney beans            2 Peppers (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>4.00 P            1.00 P            1.00 C            1.00 C            1.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            14 grams Protein powder            1/2 cup Raspberries            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC            2.00 P            .50 C            .50 C            2.00 F            Calories:            210</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 Tuna, canned in water            2 1/2 cups Lettuce, romaine            2 cups Cucumber            1/2 Tomato            1/2 cup Chickpeas            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>5.00 P            .25 C            .50 C            .25 C            2.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad            Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat            1 cup Raspberries            1 cup Strawberries            12 Peanuts</p>	<p>Item Portions</p> <p>2.00 P            1.00 C            1.00 C            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts            Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            1/2 cup Grapes            2 cups Cauliflower            1 1/2 cups Broccoli            1/3 cup Rice            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>5.00 P            1.00 C            .50 C            .50 C            1.00 C            3.00 F            Calories:            329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner            Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

Day: 31

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1 Orange          18 Peanuts</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>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 cup Grapes          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack          Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1/2 cup Mushrooms          2 1/2 cups Lettuce, romaine          1/2 cup Cucumber          1 Tomato          1/2 Orange          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          4.00 P          .25 C          .25 C          .13 C          .50 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese          Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1/2 cup Blueberries          1 cup Milk, low fat (1%)          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 P          1.00 C          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.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts          2 oz Cheese, low or non fat          1/5 cup Onions          1/4 Tomato          1/5 Pepper (bell or cubanella)          1/2 whole Pita          1/5 cup Salsa          1/2 Orange          6 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          2.00 P          .40 C          .13 C          .10 C          1.00 C          .40 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 32

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</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>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>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1/2 Tomato 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another tasty snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Cottage cheese, light/low fat 4 oz Turkey breast, skinless 1 1/2 cups Brussels sprouts 1/2 cup Onions 2 cups Mushrooms 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 33

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 2.00 A 3.00 P 1.00 C 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</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 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/6 Pepper (bell or cubanelle) 1/2 cup Pineapple 1/2 whole Pita 1/4 Tomato 1/6 cup Onions 1/4 cup Salsa 6 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .08 C 1.00 C 1.00 C .13 C .33 C .50 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

**\*\* 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 - 1379 Calories

**Day: 34**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 tsp Olive or monounsaturated oil</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>A simple, wholesome breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1/4 cup Chickpeas                  3/4 cup Cauliflower                  3/4 cup Celery                  1 cup Cucumber                  1/2 Pepper (bell or cubanelle)                  1 cup Mushrooms                  1 Tomato                  3 Cashews                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  1.00 C                  .19 C                  .38 C                  .25 C                  .25 C                  .50 C                  .50 C                  1.00 F                  2.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill the chicken while mixing together your vegetables. When the chicken is done, set on top of the salad and garnish with the cashews. A great lunch salad!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)                  1/4 cup Cottage cheese, light/low fat                  12 grams Protein powder                  1/8 Cantaloupe                  1/8 cup Honeydew melon                  1/3 cup Oatmeal                  1 tbsp Almonds, slivered                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .33 PC                  1.00 P                  1.71 P                  .50 C                  .19 C                  1.00 C                  1.00 F                  1.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser                  Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1 2/3 cups Spinach                  1 cup Zucchini                  2/3 cup Rice                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .48 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>12 Peanuts                  1 cup Grapes                  2 oz Cheese, low or non fat</p>	<p>Item Portions                  2.00 F                  2.00 C                  2.00 P                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts                  Enjoy items separately.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
 \*\* 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 - 1379 Calories

**Day: 35**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      28 grams Protein powder                      2/3 cup Oatmeal                      1 tsp Olive or monounsaturated oil</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>A simple, wholesome breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless, Grilled                      1/4 head Lettuce, iceberg                      1/2 cup Mushrooms                      1/2 Pepper (bell or cubanelle)                      1/4 cup Onions                      1 cup Peaches, canned                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad.                      You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)                      1/4 cup Cottage cheese, light/low fat                      12 grams Protein powder                      1/8 Cantaloupe                      1/8 cup Honeydew melon                      1/3 cup Oatmeal                      1 tbsp Almonds, slivered                      1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .33 PC 1.00 P 1.71 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser                      Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts                      1/3 cup Rice                      2 1/2 cups Lettuce, romaine                      1 cup Cucumber                      1 cup Mushrooms                      1 Tomato                      1 Pepper (bell or cubanelle)                      3 Almonds, whole                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .25 C .25 C .50 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad                      Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                      1/2 Cantaloupe                      12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit                      Enjoy items separately!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

Strong Like... [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 36

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Egg whites                  2 1/2 oz Cheese, low or non fat                  2 Peppers (bell or cubanelle)                  1 1/2 cups Tomatoes                  1 Peach                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.50 P                  2.50 P                  1.00 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</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:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  2 oz Cheese, low or non fat                  1/2 cup Blueberries                  12 Peanuts</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</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>7 grams Protein powder                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Peaches, canned                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  1.00 P                  .50 C                  2.00 F                  .50 C                  1.00 PC                  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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts                  2 oz Cheese, low or non fat                  1/6 Pepper (bell or cubanelle)                  1/2 cup Pineapple                  1/2 whole Pita                  1/4 Tomato                  1/6 cup Onions                  1/4 cup Salsa                  6 Almonds, whole                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 P                  .08 C                  1.00 C                  1.00 C                  .13 C                  .33 C                  .50 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

**\*\* 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 - 1379 Calories

Day: 37

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole 3/4 cup Hummus 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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 Beef, lean cuts 3/4 cup Celery 1/8 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .38 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. 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>3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/6 Pepper (bell or cubanelle) 1/2 cup Pineapple 1/2 whole Pita 1/4 Tomato 1/6 cup Onions 1/4 cup Salsa 6 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .08 C 1.00 C 1.00 C .13 C .33 C .50 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 38

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1 cup Bran cereal, all varieties          1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Almonds, whole          1 oz Cheese, low or non fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</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>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water          1/2 cup Pineapple          1/2 cup Chickpeas          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>Tuna &amp; Chickpea Salad          Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</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 Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          1.00 C          .50 C          .50 C          2.00 F          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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts          2 oz Cheese, low or non fat          1/5 cup Onions          1/4 Tomato          1/5 Pepper (bell or cubanella)          1/2 whole Pita          1/5 cup Salsa          1/2 Orange          6 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          2.00 P          .40 C          .13 C          .10 C          1.00 C          .40 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

**Day: 39**

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</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>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>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 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>Tuna &amp; Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 2.00 P 1.00 C 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .50 C 1.50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steaks with Vegetables  You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
*\*\* 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 - 1379 Calories

**Day: 40**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat            21 grams Protein powder            1/3 cup Mandarin orange, canned            1 tsp Olive or monounsaturated oil</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>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            2 oz Cheese, low or non fat            1/2 cup Grapes            12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            1 cup Pineapple            1/2 Tomato            1 cup Cucumber            3 cups Lettuce, romaine            1/2 Pepper (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad            Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</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            1/3 cup Honeydew melon            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F 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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless            3/4 cup Beans, green or yellow            1/8 cup Beans, black            1/4 cup Chickpeas            2 cups Cucumber            1 Pepper (bell or cubanelle)            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 1.00 C .50 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with Seasoned Beans            Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

Day: 41

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1 cup Bran cereal, all varieties          1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p><b>Mid Meal - Meal Portions: P:3 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Raspberries          18 Peanuts</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>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:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%)          1/4 cup Yogurt, plain, low fat          14 grams Protein powder          1/4 cup Blueberries          1/6 cup Applesauce          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .50 PC          .50 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts          1/3 cup Rice          2 1/2 cups Lettuce, romaine          1 cup Cucumber          1 cup Mushrooms          1 Tomato          1 Pepper (bell or cubanelle)          3 Almonds, whole          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          1.00 C          .25 C          .25 C          .50 C          .50 C          .50 C          1.00 F          2.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad          Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered</p>	<p>Item Portions          2.00 PC          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 42

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</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>A refreshing breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1/2 cup Mushrooms 1/2 Pepper (bell or cubanelle) 1/4 cup Onions 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/5 cup Salsa 1/4 Pepper (bell or cubanelle) 1/5 cup Onions 1/2 whole Pita 1/2 Apple 1/5 Tomato 1/3 tsp Olive or monounsaturated oil 6 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C .10 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 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>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit Enjoy items separately!</p>
<p><b>Total Daily Portions:</b> Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Explosive, Strong &amp; Powerful <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole          1/2 cup Peaches, canned          1 slice Whole grain bread          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>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 Grapefruit          12 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless          2 cups Mushrooms          2 cups Tomato, canned          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>Marinara Chicken          Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. 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 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Turkey breast, skinless          3 cups Broccoli          1/2 cup Onions          1/3 cup Applesauce          3 tbsp Almonds, slivered</p>	<p>Item Portions          5.00 P          1.00 C          1.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner          Saute and season the vegetables, then sprinkle the almonds over them.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 44

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      4 Egg whites                      2 oz Cheese, low or non fat                      1 cup Mushrooms                      1/3 cup Onions                      1 3/4 cups Spinach                      2/3 Pepper (bell or cubanelle)                      1 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      2.00 P                      .50 C                      .67 C                      .50 C                      .33 C                      3.00 F                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Florentine Omelet                      Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Strawberries                      1/4 cup Pineapple                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      .50 C                      .50 C                      2.00 F                      Calories:                      210</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 Chicken noodle soup                      3 oz Cheese, low or non fat                      1/2 cup Peaches, canned                      3 Almonds, whole</p>	<p>Item                      Portions                      2.00 A                      3.00 P                      1.00 C                      1.00 F                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/2 cup Cottage cheese, light/low fat                      1/6 Grapefruit                      1/3 cup Mandarin orange, canned                      2 tbsp Almonds, slivered                      1/3 Apple</p>	<p>Item                      Portions                      2.00 P                      .33 C                      1.00 C                      2.00 F                      .67 C                      Calories:                      182</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote                      In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                      1/2 cup Grapes                      2 cups Cauliflower                      1 1/2 cups Broccoli                      1/3 cup Rice                      1 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      5.00 P                      1.00 C                      .50 C                      .50 C                      1.00 C                      3.00 F                      Calories:                      329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                      Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 45**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>1 cup Milk, low fat (1%)</li> <li>4 Egg whites</li> <li>2 oz Cheese, low or non fat</li> <li>1 cup Mushrooms</li> <li>1/3 cup Onions</li> <li>1 3/4 cups Spinach</li> <li>2/3 Pepper (bell or cubanelle)</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	<p>Item Portions</p> <p>1.00 PC 2.00 P 2.00 P .50 C .67 C .50 C .33 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <ul style="list-style-type: none"> <li>1 cup Yogurt, plain, low fat</li> <li>6 Almonds, whole</li> <li>1 oz Cheese, low or non fat</li> </ul>	<p>Item Portions</p> <p>2.00 PC 2.00 F 1.00 P Calories: 210</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>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>5 oz Beef, lean cuts</li> <li>3/4 cup Celery</li> <li>1/8 cup Onions</li> <li>1/4 cup Tomato, puree</li> <li>1/2 cup Pasta</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	<p>Item Portions</p> <p>5.00 P .38 C .25 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <ul style="list-style-type: none"> <li>7 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 cup Milk, low fat (1%)</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	<p>Item Portions</p> <p>1.00 P 1.00 C 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.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>5 oz Turkey breast, skinless</li> <li>3 cups Broccoli</li> <li>1/2 cup Onions</li> <li>1/3 cup Applesauce</li> <li>3 tbsp Almonds, slivered</li> </ul>	<p>Item Portions</p> <p>5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 46

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</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>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>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat 1 cup Grapes 12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1/2 cup Mushrooms 2 1/2 cups Lettuce, romaine 1/2 cup Cucumber 1 Tomato 1/2 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .25 C .25 C .13 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another tasty snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/2 cup Grapes 2 cups Cauliflower 1 1/2 cups Broccoli 1/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 47

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1 cup Bran cereal, all varieties          1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          2 cups Raspberries          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Raspberries &amp; Peanuts          A great, quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Sole          5 cups Lettuce, romaine          1 Tomato          1 Pepper (bell or cubanelle)          2 cups Cucumber          1/2 cup Onions          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .50 C          .50 C          .50 C          .50 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Sole with a Garden Salad.          You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          1 cup Strawberries          2/3 tsp Olive or monounsaturated oil</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>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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts          1/2 cup Tomato, puree          1 cup Celery          1 1/2 cups Carrots          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          1.00 C          .50 C          1.50 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steaks with Vegetables          You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

**\*\* 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 - 1379 Calories

Day: 48

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Milk, low fat (1%)                  21 grams Protein powder                  1/2 cup Bran cereal, all varieties                  1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Vegetable soup                  1 cup Milk, low fat (1%)                  3 Almonds, whole                  2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions                  2.00 A                  1.00 PC                  1.00 F                  2.00 P                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Raspberries                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Shrimp                  1/2 cup Pasta                  1/2 cup Tomato sauce                  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>Shrimp &amp; Pasta                  Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce 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 Orange                  12 Peanuts</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                  A quick snack to keep you going!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

**\*\* 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 - 1379 Calories

**Day: 49**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole 3/4 cup Hummus 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 12 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .33 PC 1.00 P 1.71 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts 1/3 cup Rice 2 1/2 cups Lettuce, romaine 1 cup Cucumber 1 cup Mushrooms 1 Tomato 1 Pepper (bell or cubanelle) 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .25 C .25 C .50 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit Enjoy items separately!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 50

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 cup Pineapple 1/2 Tomato 1 cup Cucumber 3 cups Lettuce, romaine 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</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>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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Lentils 4 1/2 oz Turkey, ground 2 cups Squash 1 tsp Olive or monounsaturated oil</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>Lentils and Ground Turkey Start by boiling the lentils until done, if you are using dried lentils. Pre-heat the oven to 350 degrees, then brush the squash with olive oil, place on a pan, and start baking. When the squash is 15 minutes from done, heat a pan with oil, then add the ground turkey. Add some allspice and cinammon, then add lentils and mix. Season with salt and pepper and enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 51

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole          1/2 cup Peaches, canned          1 slice Whole grain bread          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>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</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 Chicken noodle soup          3 oz Cheese, low or non fat          1/2 cup Peaches, canned          3 Almonds, whole</p>	<p>Item Portions          2.00 A          3.00 P          1.00 C          1.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts 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 Raspberries          1 cup Strawberries          12 Peanuts</p>	<p>Item Portions          2.00 P          1.00 C          1.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts          1 cup Cauliflower          1 cup Celery          1 cup Cucumber          4 cups Lettuce, romaine          1 cup Tomatoes          1/4 Cantaloupe          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          .25 C          .50 C          .25 C          .40 C          .67 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe          Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 52

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 cup Mandarin orange, canned                  1 tsp Olive or monounsaturated oil</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>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat                  2 cups Celery                  1 1/2 cups Cucumber                  1 Pepper (bell or cubanelle)                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 C                  .38 C                  .50 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water                  1/2 cup Pineapple                  1/2 cup Chickpeas                  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>Tuna &amp; Chickpea Salad                  Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Peaches, canned                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  1.00 P                  .50 C                  2.00 F                  .50 C                  1.00 PC                  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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                  4 oz Chicken breast, skinless                  1/2 cup Salsa                  1 cup Mushrooms                  1 1/2 cups Cabbage                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  4.00 P                  1.00 C                  .50 C                  .50 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Mexicali Salad                  In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 53**

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</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>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>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 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>Tuna &amp; Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another tasty 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 1/2 cup Salsa 1 cup Mushrooms 1 1/2 cups Cabbage 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 54**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  4 oz Cheese, low or non fat                  1 Orange                  18 Peanuts</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>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                  2 cups Raspberries                  12 Peanuts</p>	<p>Item Portions                  3.00 P                  2.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Raspberries &amp; Peanuts                  A great, quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts                  3/4 cup Celery                  1/8 cup Onions                  1/4 cup Tomato, puree                  1/2 cup Pasta                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  .38 C                  .25 C                  .50 C                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1/4 cup Peaches, canned                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  1.00 P                  .50 C                  2.00 F                  .50 C                  1.00 PC                  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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Cottage cheese, light/low fat                  4 oz Turkey breast, skinless                  1 1/2 cups Brussels sprouts                  1/2 cup Onions                  2 cups Mushrooms                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 P                  4.00 P                  1.00 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Vegetables                  Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 55

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Milk, low fat (1%)                  21 grams Protein powder                  1/2 cup Bran cereal, all varieties                  1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Vegetable soup                  1 cup Milk, low fat (1%)                  3 Almonds, whole                  2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions                  2.00 A                  1.00 PC                  1.00 F                  2.00 P                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%)                  1/4 cup Yogurt, plain, low fat                  14 grams Protein powder                  1/4 cup Blueberries                  1/6 cup Applesauce                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  .50 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts                  2 oz Cheese, low or non fat                  1/5 cup Salsa                  1/4 Pepper (bell or cubanella)                  1/5 cup Onions                  1/2 whole Pita                  1/2 Apple                  1/5 Tomato                  1/3 tsp Olive or monounsaturated oil                  6 Almonds, whole</p>	<p>Item Portions                  3.00 P                  2.00 P                  .40 C                  .13 C                  .40 C                  1.00 C                  1.00 C                  .10 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 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>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  1 Orange                  12 Peanuts</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                  A quick snack to keep you going!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 56

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 tsp Olive or monounsaturated oil</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>A simple, wholesome breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:3 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1/4 cup Chickpeas                  3/4 cup Cauliflower                  3/4 cup Celery                  1 cup Cucumber                  1/2 Pepper (bell or cubanelle)                  1 cup Mushrooms                  1 Tomato                  3 Cashews                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  1.00 C                  .19 C                  .38 C                  .25 C                  .25 C                  .50 C                  .50 C                  1.00 F                  2.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill the chicken while mixing together your vegetables. When the chicken is done, set on top of the salad and garnish with the cashews. A great lunch salad!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder                  1/2 Orange                  1 cup Raspberries                  1/3 tsp Olive or monounsaturated oil                  6 Peanuts</p>	<p>Item Portions                  3.00 P                  1.00 C                  1.00 C                  1.00 F                  1.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Shrimp                  1/2 cup Pasta                  1/2 cup Tomato sauce                  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>Shrimp &amp; Pasta                  Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce 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 Orange                  12 Peanuts</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                  A quick snack to keep you going!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 57

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          4 oz Cheese, low or non fat          1 Orange          18 Peanuts</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>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          2 cups Celery          1 1/2 cups Cucumber          1 Pepper (bell or cubanelle)          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          1.00 C          .38 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. 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>14 grams Protein powder          1/2 cup Blueberries          1/2 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Turkey breast, skinless          3 cups Broccoli          1/2 cup Onions          1/3 cup Applesauce          3 tbsp Almonds, slivered</p>	<p>Item          Portions          5.00 P          1.00 C          1.00 C          1.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner          Saute and season the vegetables, then sprinkle the almonds over them.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 58

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Egg whites                  2 1/2 oz Cheese, low or non fat                  2 Peppers (bell or cubanelle)                  1 1/2 cups Tomatoes                  1 Peach                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.50 P 2.50 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</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:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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 cup Pineapple                  1/2 Tomato                  1 cup Cucumber                  3 cups Lettuce, romaine                  1/2 Pepper (bell or cubanelle)                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Cheese, low or non fat                  1 cup Raspberries                  1 cup Strawberries                  12 Peanuts</p>	<p>Item Portions 2.00 P 1.00 C 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts                  Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</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                  1/2 cup Salsa                  1 cup Mushrooms                  1 1/2 cups Cabbage                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Mexicali Salad                  In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 59**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      4 Egg whites                      2 oz Cheese, low or non fat                      1 cup Mushrooms                      1/3 cup Onions                      1 3/4 cups Spinach                      2/3 Pepper (bell or cubanelle)                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 P .50 C .67 C .50 C .33 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Florentine Omelet                      Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat                      2 cups Celery                      1 1/2 cups Cucumber                      1 Pepper (bell or cubanelle)                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .38 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Tuna, canned in water                      2 1/2 cups Lettuce, romaine                      2 cups Cucumber                      1/2 Tomato                      1/2 cup Chickpeas                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad                      Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                      1/2 cup Blueberries                      1 cup Milk, low fat (1%)                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 C 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.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                      3/4 cup Beans, green or yellow                      1/8 cup Beans, black                      1/4 cup Chickpeas                      2 cups Cucumber                      1 Pepper (bell or cubanelle)                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 1.00 C .50 C .50 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with Seasoned Beans                      Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

\*\* 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 - 1379 Calories**

**Day: 60**

<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat                  28 grams Protein powder                  2/3 cup Mango                  1 tsp Olive or monounsaturated oil</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>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%)                  6 Cashews                  1 oz Cheese, low or non fat</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  1.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews                  A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Sole                  5 cups Lettuce, romaine                  1 Tomato                  1 Pepper (bell or cubanelle)                  2 cups Cucumber                  1/2 cup Onions                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  5.00 P                  .50 C                  .50 C                  .50 C                  .50 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Sole with a Garden Salad.                  You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. 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>5 oz Beef, lean cuts                  1 cup Cauliflower                  1 cup Celery                  1 cup Cucumber                  4 cups Lettuce, romaine                  1 cup Tomatoes                  1/4 Cantaloupe                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  5.00 P                  .25 C                  .50 C                  .25 C                  .40 C                  .67 C                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe                  Grill beef and set atop this great mixed salad.                  Enjoy the cantaloupe for dessert.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 61

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts</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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Grapefruit 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 2.00 A 3.00 P 1.00 C 1.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</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 Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 C .50 C .50 C 2.00 F 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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/4 cup Cottage cheese, light/low fat 4 oz Turkey breast, skinless 1 1/2 cups Brussels sprouts 1/2 cup Onions 2 cups Mushrooms 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
*\*\* 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 - 1379 Calories

**Day: 62**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Milk, low fat (1%)                  21 grams Protein powder                  1/2 cup Bran cereal, all varieties                  1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1/4 cup Chickpeas                  3/4 cup Cauliflower                  3/4 cup Celery                  1 cup Cucumber                  1/2 Pepper (bell or cubanelle)                  1 cup Mushrooms                  1 Tomato                  3 Cashews                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .19 C .38 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill the chicken while mixing together your vegetables. When the chicken is done, set on top of the salad and garnish with the cashews. A great lunch salad!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)                  1/4 cup Cottage cheese, light/low fat                  12 grams Protein powder                  1/8 Cantaloupe                  1/8 cup Honeydew melon                  1/3 cup Oatmeal                  1 tbsp Almonds, slivered                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .33 PC 1.00 P 1.71 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser                  Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless                  1 2/3 cups Spinach                  1 cup Zucchini                  2/3 cup Rice                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>12 Peanuts                  1 cup Grapes                  2 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 F 2.00 C 2.00 P Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts                  Enjoy items separately.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

*\*\* 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 - 1379 Calories

Day: 63

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</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>A simple, wholesome breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts</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>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:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Total Daily Portions:</b> Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>Burn Fat Build MUSCLE <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 64

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole          1/2 cup Peaches, canned          1 slice Whole grain bread          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>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          2 cups Raspberries          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Raspberries &amp; Peanuts          A great, quick snack!</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>7 grams Protein powder          1 cup Milk, low fat (1%)          1 cup Strawberries          2/3 tsp Olive or monounsaturated oil</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>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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Lentils          4 1/2 oz Turkey, ground          2 cups Squash          1 tsp Olive or monounsaturated oil</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>Lentils and Ground Turkey          Start by boiling the lentils until done, if you are using dried lentils. Pre-heat the oven to 350 degrees, then brush the squash with olive oil, place on a pan, and start baking. When the squash is 15 minutes from done, heat a pan with oil, then add the ground turkey. Add some allspice and cinammon, then add lentils and mix. Season with salt and pepper and enjoy!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

All The Essentials, No Hype, NO BS [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 65

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Milk, low fat (1%)                  21 grams Protein powder                  1/2 cup Bran cereal, all varieties                  1 tsp Olive or monounsaturated oil</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>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</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 cup Pineapple                  1/2 Tomato                  1 cup Cucumber                  3 cups Lettuce, romaine                  1/2 Pepper (bell or cubanelle)                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  2.00 C                  .25 C                  .25 C                  .30 C                  .25 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2 oz Mozzarella cheese, light/low fat                  4 cups Popcorn                  2/3 tsp Butter</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Another tasty snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Beef, lean cuts                  1/2 cup Tomato, puree                  1 cup Celery                  1 1/2 cups Carrots                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  5.00 P                  1.00 C                  .50 C                  1.50 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Steaks with Vegetables                  You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

**\*\* 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 - 1379 Calories

Day: 66

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 Eggs, whole 3/4 cup Hummus 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole 1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</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>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1/2 cup Mushrooms 2 1/2 cups Lettuce, romaine 1/2 cup Cucumber 1 Tomato 1/2 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P .25 C .25 C .13 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</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 Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 C .50 C .50 C 2.00 F 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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/2 cup Grapes 2 cups Cauliflower 1 1/2 cups Broccoli 1/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

**\*\* 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 - 1379 Calories

**Day: 67**

<b>Snack - Meal Portions: P:5 C:3 F:3</b> 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>Snack - Meal Portions: P:3 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 12 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
<b>Mid Meal - Meal Portions: P:5 C:3 F:3</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Cucumber 1 Pepper (bell or cubanelle) 2 cups Mushrooms 9 Almonds, whole	Item Portions 5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Cottage Cheese and Vegetables This meal illustrates that when you eat healthy, you can eat a lot. In fact, the amount of vegetables here might be too much unless you're really hungry, so feel free to reduce the quantity. Try dipping the veggies in the cottage cheese!
<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> 3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/6 Pepper (bell or cubanelle) 1/2 cup Pineapple 1/2 whole Pita 1/4 Tomato 1/6 cup Onions 1/4 cup Salsa 6 Almonds, whole 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 2.00 P .08 C 1.00 C 1.00 C .13 C .33 C .50 C 2.00 F 1.00 F Calories: 329	<b>Preparation Suggestions:</b> 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.

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 68

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>8 Egg whites 1 Egg, whole 1/4 cup Chickpeas 1/4 cup Kidney beans 2 Peppers (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</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>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F 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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts 2 oz Cheese, low or non fat 1/5 cup Onions 1/4 Tomato 1/5 Pepper (bell or cubanelle) 1/2 whole Pita 1/5 cup Salsa 1/2 Orange 6 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P .40 C .13 C .10 C 1.00 C .40 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: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

Meal plans work. Personalized Nutrition Delivers Powerful Proven Results. <http://empowerednutrition.com/critical-bench-nutrition>

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Day: 69

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts</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><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>5 oz Chicken breast, skinless 1/4 cup Chickpeas 3/4 cup Cauliflower 3/4 cup Celery 1 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 cup Mushrooms 1 Tomato 3 Cashews 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C .19 C .38 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad Grill the chicken while mixing together your vegetables. When the chicken is done, set on top of the salad and garnish with the cashews. A great lunch salad!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, 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. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>7 1/2 oz Shrimp 1/2 cup Pasta 1/2 cup Tomato sauce 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>Shrimp &amp; Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 F 2.00 C 2.00 P Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

**Day: 70**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  4 oz Cheese, low or non fat                  1 Orange                  18 Peanuts</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>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Vegetable soup                  1 cup Milk, low fat (1%)                  3 Almonds, whole                  2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Raspberries                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Dinner - Meal Portions: P:5 C:3 F:3</b></p> <p>3 oz Beef, lean cuts                  2 oz Cheese, low or non fat                  1/5 cup Salsa                  1/4 Pepper (bell or cubanelle)                  1/5 cup Onions                  1/2 whole Pita                  1/2 Apple                  1/5 Tomato                  1/3 tsp Olive or monounsaturated oil                  6 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C .10 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 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>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                  2 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

**Total Daily Portions:** Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379

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

Have you had your Protein Smoothie today?

**Notes:**

## **Grocery List**

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
24 oz Cheese, low or non fat	2 1/2 Oranges	120 Peanuts	7 1/2 cups Milk, low fat (1%)
2 1/4 cups Cottage cheese, light/low fat	4 cups Raspberries	17 1/3 tsp Olive or monounsaturated oil	4 1/4 cups Yogurt, plain, low fat
24 oz Chicken breast, skinless	1 1/2 cups Pineapple	30 Almonds, whole	2 cups Vegetable soup
147 grams Protein powder	2 1/4 Tomatoes	9 Cashews	
4 oz Turkey breast, skinless	9 cups Cucumber	1 tsp Peanut butter, natural	
13 oz Beef, lean cuts	9 1/2 cups Lettuce, romaine	3 tbsp Almonds, slivered	
5 oz Tuna, canned in water	5 1/6 Peppers (bell or cubanelle)		
18 Egg whites	1 1/4 cups Blueberries		
6 Eggs, whole	1 1/2 cups Brussels sprouts		
2 oz Mozzarella cheese, light/low fat	19/24 cup Onions		
7 1/2 oz Shrimp	6 cups Mushrooms		
	1/2 cup Bran cereal, all varieties		
	4 cups Strawberries		
	2 1/2 cups Celery		
	1/4 cup Tomato, puree		
	1 cup Pasta		
	3/4 cup Beans, green or yellow		
	1/8 cup Beans, black		
	1 1/4 cups Chickpeas		
	1 cup Peaches, canned		
	1 Plum		
	3 1/2 cups Grapes		
	3/4 cup Salsa		
	1 1/2 cups Cabbage		
	1/3 Banana		
	1 Apple		
	3 3/4 cups Cauliflower		
	1 cup Tomatoes		
	1/4 Cantaloupe		
	1/4 cup Kidney beans		
	1/2 Grapefruit		
	1 1/2 cups Broccoli		
	1/2 whole Pita		
	1/2 slice Whole grain bread		
	1 2/3 cups Spinach		
	1 cup Zucchini		
	2/3 cup Rice		
	3/4 cup Hummus		
	1/6 cup Applesauce		
	1/2 cup Tomato sauce		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
180 grams Protein powder	1 cup Oatmeal	20 1/3 tsp Olive or monounsaturated oil	8 1/3 cups Milk, low fat (1%)
28 1/2 oz Cheese, low or non fat	3/4 cup Pineapple	6 Cashews	5 cups Yogurt, plain, low fat
5 oz Tuna, canned in water	1/2 cup Chickpeas	8 tbsp Almonds, slivered	1 cup Chicken noodle soup
5 oz Turkey breast, skinless	3/4 Cantaloupe	24 Almonds, whole	1/2 cup Lentils
3/4 cup Cottage cheese, light/low fat	11/24 cup Honeydew melon	48 Peanuts	
4 1/2 oz Turkey, ground	4 1/2 cups Broccoli	2/3 tsp Butter	
9 Egg whites	1 59/60 cups Onions		
15 oz Chicken breast, skinless	1/3 cup Applesauce		
16 oz Beef, lean cuts	2/3 cup Mandarin orange, canned		
7 1/2 oz Sole	1 1/2 cups Strawberries		
2 oz Mozzarella cheese, light/low fat	2 1/4 cups Peaches, canned		
5 Eggs, whole	1/6 Grapefruit		
	5/6 Apple		
	2 cups Squash		
	5 cups Mushrooms		
	1 3/4 cups Spinach		
	6 37/60 Peppers (bell or cubanelle)		
	2 cups Tomato, canned		
	1 cup Blueberries		
	3 1/2 cups Raspberries		
	3 9/20 Tomatoes		
	1 whole Pita		
	2/5 cup Salsa		
	1 1/2 Oranges		
	2/3 cup Mango		
	10 cups Lettuce, romaine		
	5 cups Cucumber		
	4 cups Popcorn		
	1/2 cup Grapes		
	2 cups Cauliflower		
	2/3 cup Rice		
	1 1/2 cups Tomatoes		
	1 Peach		
	3 cups Celery		
	1/2 cup Tomato, puree		
	1 1/2 cups Carrots		
	1 slice Whole grain bread		
	1 cup Bran cereal, all varieties		
	1/4 head Lettuce, iceberg		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
5 Eggs, whole	2 3/4 cups Peaches, canned	18 1/3 tsp Olive or monounsaturated oil	5 1/2 cups Milk, low fat (1%)
26 oz Cheese, low or non fat	2 slice Whole grain bread	90 Peanuts	4 3/4 cups Yogurt, plain, low fat
24 oz Chicken breast, skinless	5 1/2 cups Grapes	6 Cashews	
126 grams Protein powder	10 1/2 cups Mushrooms	30 Almonds, whole	
18 oz Beef, lean cuts	4 cups Tomato, canned	7 tbsp Almonds, slivered	
24 Egg whites	2 cups Strawberries	2 tsp Peanut butter, natural	
3 cups Cottage cheese, light/low fat	1/2 cup Tomato, puree		
5 oz Turkey breast, skinless	3 cups Celery		
5 oz Tuna, canned in water	1 1/2 cups Carrots		
	1 17/60 cups Onions		
	3 5/12 cups Spinach		
	3 5/12 Peppers (bell or cubanelle)		
	3 1/2 cups Raspberries		
	1 5/6 Apples		
	7/10 cup Salsa		
	1 1/2 cups Cabbage		
	1 cup Bran cereal, all varieties		
	6 cups Broccoli		
	6 cups Cauliflower		
	8 cups Cucumber		
	10 1/2 cups Lettuce, romaine		
	2 cups Tomatoes		
	1/2 Cantaloupe		
	2/3 cup Mango		
	1/6 Grapefruit		
	1/3 cup Mandarin orange, canned		
	1/2 cup Applesauce		
	7/10 Tomato		
	1/2 cup Chickpeas		
	3/4 cup Blueberries		
	1/4 head Lettuce, iceberg		
	1 cup Zucchini		
	2/3 cup Rice		
	1 Plum		
	1/2 Orange		
	1/2 whole Pita		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
182 grams Protein powder	1 cup Mandarin orange, canned	20 1/3 tsp Olive or monounsaturated oil	3 1/2 cups Yogurt, plain, low fat
15 oz Sole	1 1/3 Grapefruits	96 Peanuts	1 cup Lentils
9 oz Turkey, ground	15 cups Lettuce, romaine	7 tbsp Almonds, slivered	4 cups Milk, low fat (1%)
18 Egg whites	4 1/4 Tomatoes	21 Almonds, whole	
6 Eggs, whole	12 7/10 Peppers (bell or cubanelle)		
3 1/4 cups Cottage cheese, light/low fat	11 cups Cucumber		
15 oz Chicken breast, skinless	1 19/20 cups Onions		
23 oz Cheese, low or non fat	1 cup Blueberries		
4 oz Turkey breast, skinless	5 1/2 cups Raspberries		
8 oz Beef, lean cuts	2 cups Strawberries		
7 1/2 oz Shrimp	4 cups Squash		
	1/2 cup Chickpeas		
	1/4 cup Kidney beans		
	1/4 cup Pineapple		
	2/3 Apple		
	3/4 cup Beans, green or yellow		
	1/8 cup Beans, black		
	3 cups Tomatoes		
	2 Peaches		
	8 cups Mushrooms		
	2 1/2 Oranges		
	5/8 Cantaloupe		
	1/3 cup Honeydew melon		
	1 1/2 cups Brussels sprouts		
	2/3 cup Mango		
	1 1/2 cups Broccoli		
	2 cups Cauliflower		
	2 cups Celery		
	2 cups Tomato, canned		
	1/2 whole Pita		
	1/5 cup Salsa		
	3/4 cup Hummus		
	1/4 head Lettuce, iceberg		
	2 cups Peaches, canned		
	1/2 cup Pasta		
	1/2 cup Tomato sauce		
	1 Plum		
	1/3 cup Rice		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
26 Egg whites	2 cups Chickpeas	19 2/3 tsp Olive or monounsaturated oil	3 1/2 cups Yogurt, plain, low fat
2 Eggs, whole	1/2 cup Kidney beans	102 Peanuts	5 2/3 cups Milk, low fat (1%)
30 oz Cheese, low or non fat	7 11/30 Peppers (bell or cubanelle)	21 Almonds, whole	1 cup Chicken noodle soup
16 oz Beef, lean cuts	2 cups Blueberries	2/3 tsp Butter	
143 grams Protein powder	1 1/2 cups Celery	1 tsp Peanut butter, natural	
25 oz Chicken breast, skinless	1 29/120 cups Onions	3 Cashews	
10 oz Tuna, canned in water	1/4 cup Tomato, puree	2 tbsp Almonds, slivered	
2 oz Mozzarella cheese, light/low fat	1/2 cup Pasta		
3/4 cup Cottage cheese, light/low fat	7/8 Cantaloupe		
4 oz Turkey breast, skinless	7/12 cup Honeydew melon		
	3/4 cup Beans, green or yellow		
	1/8 cup Beans, black		
	8 1/2 cups Cucumber		
	1 1/2 cups Raspberries		
	1 1/2 cups Strawberries		
	10 cups Lettuce, romaine		
	4 1/2 Tomatoes		
	4 cups Grapes		
	2 3/4 cups Cauliflower		
	1 1/2 cups Broccoli		
	1 1/3 cups Rice		
	2 1/2 Oranges		
	5 cups Mushrooms		
	1 whole Pita		
	9/20 cup Salsa		
	1/3 Banana		
	4 cups Popcorn		
	1 1/2 cups Brussels sprouts		
	1/2 slice Whole grain bread		
	1 1/2 cups Peaches, canned		
	1/2 cup Pineapple		
	2 cups Oatmeal		
	1 2/3 cups Spinach		
	1 cup Zucchini		
	1/4 head Lettuce, iceberg		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
5 Egg whites	5 47/60 Peppers (bell or cubanelle)	18 2/3 tsp Olive or monounsaturated oil	9 1/4 cups Yogurt, plain, low fat
31 1/2 oz Cheese, low or non fat	1 1/2 cups Tomatoes	84 Peanuts	3 1/2 cups Milk, low fat (1%)
189 grams Protein powder	1 Peach	42 Almonds, whole	
27 oz Beef, lean cuts	1 1/4 cups Blueberries	5 tbsp Almonds, slivered	
5 Eggs, whole	3 1/2 cups Strawberries	6 Cashews	
10 oz Tuna, canned in water	1 1/4 cups Peaches, canned		
15 oz Chicken breast, skinless	3 cups Pineapple		
	2 whole Pita		
	2 9/20 Tomatoes		
	1 13/120 cups Onions		
	9/10 cup Salsa		
	3/4 cup Hummus		
	5 cups Raspberries		
	1 3/4 cups Celery		
	3/4 cup Tomato, puree		
	1/2 cup Pasta		
	1 1/2 Apples		
	2 cups Bran cereal, all varieties		
	1 1/4 cups Chickpeas		
	1 Orange		
	1/3 Banana		
	1 cup Grapes		
	1 1/2 cups Carrots		
	2/3 cup Mandarin orange, canned		
	4 cups Cucumber		
	5 1/2 cups Lettuce, romaine		
	5/8 Cantaloupe		
	1/3 cup Honeydew melon		
	3/4 cup Beans, green or yellow		
	1/8 cup Beans, black		
	1/6 cup Applesauce		
	1/3 cup Rice		
	1 1/2 cups Mushrooms		
	1/4 head Lettuce, iceberg		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
10 Eggs, whole	1 cup Peaches, canned	18 tsp Olive or monounsaturated oil	2 1/2 cups Yogurt, plain, low fat
124 grams Protein powder	1 slice Whole grain bread	60 Peanuts	12 1/3 cups Milk, low fat (1%)
15 oz Chicken breast, skinless	2/3 Grapefruit	21 Almonds, whole	1 cup Chicken noodle soup
10 oz Turkey breast, skinless	5 1/2 cups Mushrooms	12 tbsp Almonds, slivered	4 cups Vegetable soup
8 Egg whites	2 cups Tomato, canned	2/3 tsp Butter	
23 oz Cheese, low or non fat	1 cup Blueberries		
1 1/2 cups Cottage cheese, light/low fat	2 Oranges		
15 oz Beef, lean cuts	9 cups Broccoli		
6 oz Mozzarella cheese, light/low fat	2 7/24 cups Onions		
7 1/2 oz Sole	2/3 cup Applesauce		
7 1/2 oz Shrimp	3 1/2 cups Spinach		
	3 1/3 Peppers (bell or cubanelle)		
	2 cups Strawberries		
	1/4 cup Pineapple		
	1/3 cup Mandarin orange, canned		
	1/3 Apple		
	2 cups Grapes		
	4 cups Cauliflower		
	1 cup Rice		
	1 3/4 cups Celery		
	3/4 cup Tomato, puree		
	1 cup Pasta		
	1/3 Banana		
	10 cups Lettuce, romaine		
	3 1/2 cups Cucumber		
	3 Tomatoes		
	4 cups Popcorn		
	1 1/2 cups Bran cereal, all varieties		
	2 1/2 cups Raspberries		
	1 1/2 cups Carrots		
	1/2 cup Tomato sauce		
	3/4 cup Hummus		
	5/8 Cantaloupe		
	1/8 cup Honeydew melon		
	1/3 cup Oatmeal		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
10 Egg whites	1 cup Grapes	21 tsp Olive or monounsaturated oil	12 1/2 cups Milk, low fat (1%)
20 oz Cheese, low or non fat	1 1/2 slice Whole grain bread	1 tsp Peanut butter, natural	1/2 cup Lentils
18 oz Chicken breast, skinless	2 cups Pineapple	15 Cashews	3 3/4 cups Yogurt, plain, low fat
161 grams Protein powder	1 7/10 Tomatoes	12 Almonds, whole	1 cup Chicken noodle soup
4 1/2 oz Turkey, ground	4 1/2 cups Cucumber	72 Peanuts	2 cups Vegetable soup
5 Eggs, whole	7 cups Lettuce, romaine	2/3 tsp Butter	
13 oz Beef, lean cuts	2 1/4 Peppers (bell or cubanelle)		
10 oz Tuna, canned in water	3 1/2 cups Strawberries		
4 oz Mozzarella cheese, light/low fat	2 cups Squash		
1 cup Cottage cheese, light/low fat	1 1/2 cups Peaches, canned		
4 oz Turkey breast, skinless	4 1/2 cups Raspberries		
7 1/2 oz Shrimp	1 3/4 cups Cauliflower		
	4 1/2 cups Celery		
	1 cup Tomatoes		
	1/4 Cantaloupe		
	1/3 cup Mandarin orange, canned		
	1 1/4 cups Chickpeas		
	1 1/5 cups Salsa		
	5 cups Mushrooms		
	3 cups Cabbage		
	1/3 Banana		
	4 cups Popcorn		
	3 1/2 Oranges		
	33/40 cup Onions		
	1/4 cup Tomato, puree		
	1 cup Pasta		
	1 1/2 cups Brussels sprouts		
	1/2 cup Bran cereal, all varieties		
	1/4 cup Blueberries		
	1/6 cup Applesauce		
	1/2 whole Pita		
	1/2 Apple		
	2/3 cup Oatmeal		
	1/2 cup Tomato sauce		

## Grocery List

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



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
29 1/2 oz Cheese, low or non fat	1 1/2 Oranges	90 Peanuts	9 5/6 cups Milk, low fat (1%)
215 grams Protein powder	5 3/4 cups Celery	19 1/3 tsp Olive or monounsaturated oil	4 1/4 cups Yogurt, plain, low fat
9 oz Turkey breast, skinless	12 cups Cucumber	15 Almonds, whole	1 cup Chicken noodle soup
9 Egg whites	7 2/3 Peppers (bell or cubanelle)	6 tbsp Almonds, slivered	
29 oz Chicken breast, skinless	3 cups Strawberries	15 Cashews	
5 oz Tuna, canned in water	1 3/4 cups Blueberries		
7 1/2 oz Sole	3 cups Broccoli		
5 oz Beef, lean cuts	1 5/6 cups Onions		
1/2 cup Cottage cheese, light/low fat	1/2 cup Applesauce		
	2 1/2 cups Tomatoes		
	1 Peach		
	1 1/4 cups Pineapple		
	3 Tomatoes		
	14 1/2 cups Lettuce, romaine		
	3 1/2 cups Raspberries		
	1/2 cup Salsa		
	5 cups Mushrooms		
	1 1/2 cups Cabbage		
	5 1/12 cups Spinach		
	1 cup Chickpeas		
	3/4 cup Beans, green or yellow		
	1/8 cup Beans, black		
	2/3 cup Mango		
	1 Apple		
	1 3/4 cups Cauliflower		
	3/8 Cantaloupe		
	1 1/2 cups Peaches, canned		
	1 Plum		
	1/2 Grapefruit		
	1 1/2 cups Brussels sprouts		
	1/2 cup Bran cereal, all varieties		
	1/8 cup Honeydew melon		
	1 cup Oatmeal		
	2 cups Zucchini		
	1 1/3 cups Rice		
	1 cup Grapes		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1379 Calories

Protein	Carbohydrates	Fats	Other
11 Eggs, whole	1 1/2 cups Peaches, canned	15 1/3 tsp Olive or monounsaturated oil	5 1/2 cups Yogurt, plain, low fat
2 cups Cottage cheese, light/low fat	1 slice Whole grain bread	78 Peanuts	10 cups Milk, low fat (1%)
168 grams Protein powder	4 cups Raspberries	54 Almonds, whole	1/2 cup Lentils
4 1/2 oz Turkey, ground	4 1/2 cups Strawberries	2/3 tsp Butter	2 cups Vegetable soup
15 oz Chicken breast, skinless	2 cups Squash	5 tbs Almonds, slivered	
4 oz Mozzarella cheese, light/low fat	1/2 cup Bran cereal, all varieties	15 Cashews	
14 oz Beef, lean cuts	1 3/4 cups Pineapple		
27 oz Cheese, low or non fat	3 1/5 Tomatoes		
8 Egg whites	4 1/2 cups Cucumber		
7 1/2 oz Shrimp	5 1/2 cups Lettuce, romaine		
	4 37/60 Peppers (bell or cubanelle)		
	4 cups Popcorn		
	1/2 cup Tomato, puree		
	1 3/4 cups Celery		
	1 1/2 cups Carrots		
	3/4 cup Hummus		
	3 1/2 cups Mushrooms		
	2 1/2 Oranges		
	1 cup Blueberries		
	1 1/2 cups Grapes		
	4 3/4 cups Cauliflower		
	3 cups Broccoli		
	1/3 cup Rice		
	2/3 cup Mango		
	1 1/2 Apples		
	1 1/2 whole Pita		
	17/30 cup Onions		
	13/20 cup Salsa		
	1/2 cup Chickpeas		
	1/4 cup Kidney beans		
	1/8 Cantaloupe		
	1/3 cup Honeydew melon		
	1 Plum		
	1/2 cup Pasta		
	1/2 cup Tomato sauce		