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 <u>www.empowerednutrition.net/critical-bench-nutrition</u>.

Sincerely,

Mike Westerdal & Patrick McGuire

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 18 Peanuts	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Simple and healthful, this breakfast will give you a needed energy boost!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3/4 cup Cottage cheese, light/low fat 2 cups Raspberries 12 Peanuts	3.00 P 2.00 C 2.00 F Calories: 210	Cottage Cheese, Raspberries & Peanuts A great, quick snack!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
 14 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil 	2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182	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.
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	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!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
	-	noothie today?

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Bran cereal, all varieties 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	A healthy breakfast with plenty of fibre. Take you favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 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 	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
/lid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .38 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	2.00 P 1.00 C 1.00 C 2.00 F Calories: 182	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl Every handful will be a great surprise!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	5.00 P .50 C .50 C 1.00 C .50 C .50 C 3.00 F Calories: 329	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!
		tes: 13 Fat: 13 Calories: 1379 Jasses of water per day. **

Notes:

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts	5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2 7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329	Preparation Suggestions: 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.
	tein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **

Day: 4

Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:3 C:2 F:2 3 oz Cheese, low or non fat	Item Portions 3.00 P	Preparation Suggestions: Cheese and Grape Snack
1 cup Grapes 12 Peanuts	2.00 C 2.00 F Calories: 210	Enjoy items separately!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329	Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 Apple 6 Cashews	2.00 P 2.00 C 2.00 F Calories: 182	Another great, on-the-go snack!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .25 C .50 C .25 C .40 C .67 C 1.00 C 3.00 F Calories:	Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Total Daily Portions: Pro	329 tein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379
** Remember to drink i	between 10 and 12 g	plasses of water per day. **
Enter the challenge	e and WIN! + <u>www.e</u>	mpowerednutrition.net

Day:

 Breakfast - Meal Portions: P:5 C:3 F:3 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 	Item Portions 4.00 P 1.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Grapefruit 12 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3 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 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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!
Snack - Meal Portions: P:2 C:2 F:2 7 grams Protein powder 1/2 cup Blueberries 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 P 1.00 C 1.00 PC 2.00 F Calories: 182	Preparation Suggestions: 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
Dinner - Meal Portions: P:5 C:3 F:3 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	Preparation Suggestions: 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.
** Remember to drink be	in: 20 Carbohydra etween 10 and 12 g	ttes: 13 Fat: 13 Calories: 1379 glasses of water per day. **

Day:	6
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural 	5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329	Scrambled eggs with toast. A homestyle favorite.
Mid Meal - Meal Portions: P:5 C:3 F:3 2 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 2 oz Mozzarella cheese, light/low fat	Item Portions 2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Dinner - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 Orange 12 Peanuts	2.00 P 2.00 C 2.00 F Calories: 182	Cheese, Orange and Peanuts. A quick snack to keep you going!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Check your Vital		

Day:	7
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
5 Eggs, whole	Portions 5.00 P	Hummus Deviled Eggs
3/4 cup Hummus	3.00 C	Hard boil the eggs and cool slightly. Cut each
3 tbsp Almonds, slivered	3.00 F	egg in half and discard the egg yolks. Fill each
	Calories:	half of the egg with hummus. Sprinkle almonds
	329	on top and enjoy.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless	5.00 P	Grilled Chicken Salad
1/4 cup Chickpeas	1.00 C	Grill the chicken while mixing together your
3/4 cup Cauliflower	.19 C	vegetables. When the chicken is done, set on top
3/4 cup Celery	.38 C	of the salad and garnish with the cashews. A
1 cup Cucumber	.25 C	great lunch salad!
1/2 Pepper (bell or cubanelle)	.25 C	
1 cup Mushrooms	.50 C	
1 Tomato 3 Cashews	.50 C 1.00 F	
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:3 C:2 F:2	Item	Preparation Suggestions:
1/2 cup Milk, low fat (1%)	Portions .50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes
14 grams Protein powder	2.00 P	until desired consistency is reached. If a blender
1/4 cup Blueberries	.50 C	is not available mix protein powder with cold
1/6 cup Applesauce	.50 C	water and have remaining ingredients on the side
2/3 tsp Olive or monounsaturated oil	2.00 F	Enjoy!
	Calories: 210	
Dinner - Meal Portions: P:5 C:3 F:3	Item	Proportion Suggestions:
Dinner - Mear Portions: P:5 C:3 F:5	Portions	Preparation Suggestions:
7 1/2 oz Shrimp	5.00 P	Shrimp & Pasta
1/2 cup Pasta	2.00 C	Heat oil in a pan. Saute shrimp until cooked
1/2 cup Tomato sauce 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.
T isp Olive of monourisaturated on	Calories:	pasta as directed, serve with sauce on top.
	329	
Snack - Meal Portions: P:2 C:2 F:2	Item	Preparation Suggestions:
	Portions	
12 Peanuts	2.00 F 2.00 C	Cheese, Fruit & Nuts
1 cup Grapes 2 oz Cheese, low or non fat	2.00 C 2.00 P	Enjoy items separately.
	Calories:	
	182	
		tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **
3 steps for success	s today: Nutrition + T	raining + Supplements

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	A simple, wholesome breakfast.
Snack - Meal Portions: P:3 C:2 F:2 2 cups Milk, low fat (1%)	Item Portions 2.00 PC	Preparation Suggestions: Milk & Cashews
6 Cashews 1 oz Cheese, low or non fat	2.00 F 1.00 P Calories: 210	A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Tuna & 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
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	1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1/3 cup Applesauce 3 tbsp Almonds, slivered	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.

Put up a fight, be empowered and visit <u>www.empowerednutrition.net</u>

Notes:

Day:	9
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 1/3 cup Mandarin orange, canned tsp Olive or monounsaturated oil 	Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	A refreshing breakfast.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 cup Chicken noodle soup oz Cheese, low or non fat 1/2 cup Peaches, canned Almonds, whole 	2.00 A 3.00 P 1.00 C 1.00 F Calories: 329	Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Cottage cheese, light/low fat1/6 Grapefruit1/3 cup Mandarin orange, canned2 tbsp Almonds, slivered1/3 Apple	2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 1/2 cup Lentils 4 1/2 oz Turkey, ground 2 cups Squash 1 tsp Olive or monounsaturated oil 	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Save money, lot	ok great! <u>www.emp</u>	<u>Jwerednathton.net</u>

Day:	10
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC 2.00 P	Florentine Omelet
4 Egg whites 2 oz Cheese, low or non fat	2.00 P 2.00 P	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
1 cup Mushrooms	.50 C	
1/3 cup Onions	.67 C	
1 3/4 cups Spinach	.50 C	
2/3 Pepper (bell or cubanelle)	.33 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt & Almonds
6 Almonds, whole	2.00 F	Mix them together or eat them separately. Either
1 oz Cheese, low or non fat	1.00 P	way, you're on your way to a healthy lifestyle!
	Calories:	
	210	
Mid Meal - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
5 oz Chicken breast, skinless	Portions 5.00 P	Marinara Chicken
2 cups Mushrooms	1.00 P	Sauté the mushrooms and season to taste, then
2 cups Tomato, canned	2.00 C	add the canned tomatoes and simmer. Grill the
1 tsp Olive or monounsaturated oil	3.00 F	chicken and serve covered in the sauce. Enjoy!
	Calories:	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
	329	
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	.50 C 2.00 F	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed
	Calories:	container to mix it all together, then eat the fruit
	182	on the side. Enjoy!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 oz Beef, lean cuts	3.00 P	Steak Wrap
2 oz Cheese, low or non fat	2.00 P	Cut beef into 1 inch strips. In a pan heat oil. Add
1/5 cup Onions	.40 C	beef to oil along with desired seasonings and par
1/4 Tomato	.13 C	fry until cooked. You can pan fry vegetables or
1/5 Pepper (bell or cubanelle)	.10 C	have them raw. Mix all ingredients into pita or
1/2 whole Pita	1.00 C	tortilla and serve.
1/5 cup Salsa	.40 C	
1/2 Orange	1.00 C	
6 Almonds, whole 1/3 tsp Olive or monounsaturated oil	2.00 F 1.00 F	
To top Onve of monoursaturated on	Calories:	
	329	
		ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Take your vitamins, be a	ictive & eat well. wi	ww.empowerednutrition.net

Day:	1'	1

1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mango 1.00 PC 4.00 P Protein Shake 9ut all ingredients in blender over ice and ble Add water to create desired consistency. Enj 4d water to create desind flow fat 4d water to create desired consistency. Enj	Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
Shack - Meal Portions: P:3 C:2 F:2 Portions 1/2 cup Yogurt, plain, low fat 2.00 P 2 oz Cheese, low or non fat 1.00 PC 1/2 cup Blueberries 1.00 C 12 Peanuts 2.00 F Calories: 210 Mid Meal - Meal Portions: P:5 C:3 F:3 Item Portions 5.00 P 5 cups Lettuce, romaine 5.00 P 1 Tomato .50 C 1 Tomato .50 C 1/2 cup Solue or monounsaturated oil 3.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Item Portions 1.00 C 1/2 cup Solue or monounsaturated oil 3.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Item Portions 2.00 P 2 oz Mozzarella cheese, light/low fat 2.00 P 2 oz Mozzarella cheese, light/low fat 2.00 F Calories: 182 Dinner - Meal Portions: P:5 C:3 F:3 Chicken Dinner Portions 1.00 C 3 cup Sopcorn 2.00 F Calories: 182 Dinner - M	28 grams Protein powder 2/3 cup Mango	1.00 PC 4.00 P 2.00 C 3.00 F Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
1/2 cup Yogurt, plain, low fat 1.00 PC Cate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1/2 cup Blueberries 2.00 F State the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1/2 cup Blueberries 2.00 F Calories: 210 Mid Meal - Meal Portions: P:5 C:3 F:3 Preparation Suggestions: Baked Sole with a Garden Salad. You can make a salad dressing out of olive of vinegar, and seasoning if you choose. Enjoy! 7 1/2 cup Sole .50 C .50 C .50 C 1 Tomato .50 C .50 C .50 C 1 Tomato .50 C .50 C .50 C 1/2 cup Onions 1.00 C .300 F Calories: 2 cups Cucumber .50 C .00 P .200 F 1/2 cup Onions 1.00 C .00 F Calories: 2 oz Mozzarella cheese, light/low fat 2.00 F Calories: Preparation Suggestions: 2 oz Mozzarella cheese, light/low fat 2.00 F Calories: Another tasty snack! 0 Inner - Meal Portions: P:5 C:3 F:3 Portions Sou P Chicken Dinner 5 oz Chicken breast, skinless 5.00 P .00 C .50 C	Snack - Meal Portions: P:3 C:2 F:2		Preparation Suggestions:
Mid Meal - Meal Portions: P:5 C:3 F:3 Portions Preparation Suggestions: 7 1/2 oz Sole 5.00 P .50 C Baked Sole with a Garden Salad. 5 cups Lettuce, romaine .50 C .50 C Vinegar, and seasoning if you choose. Enjoy! 1 Pepper (bell or cubanelle) .50 C .50 C .50 C 2 cups Cucumber .50 C .50 C .50 C 1/2 cup Onions 1.00 C 1.00 C .50 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: .329 Snack - Meal Portions: P:2 C:2 F:2 Item Preparation Suggestions: Another tasty snack! 2 oz Mozzarella cheese, light/low fat 2.00 P 2.00 F Another tasty snack! 4 cups Popcorn 2.00 F Calories: 182 Dinner - Meal Portions: P:5 C:3 F:3 Item Preparation Suggestions: 5 oz Chicken breast, skinless 5.00 P Chicken Dinner 1/2 cup Grapes 1.00 C .50 C Mix oil with your spices of choice to add flavo 1 1/2 cups Broccoli .50 C .50 C Mix oil with your spices of choice to add flavo 1 1/2 cup Rice 1.00 C .50 C Mix oil with your spices of	2 oz Cheese, low or non fat 1/2 cup Blueberries	1.00 PC 2.00 P 1.00 C 2.00 F Calories:	
7 1/2 oz Sole 5.00 P 5 cups Lettuce, romaine 5.00 P 1 Tomato .50 C 1 Pepper (bell or cubanelle) .50 C 2 cups Cucumber .50 C 1/2 cup Onions 1.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Item 2 oz Mozzarella cheese, light/low fat 2.00 P 4 cups Popcorn 2.00 F 2/3 tsp Butter 2.00 F Calories: 182 Dinner - Meal Portions: P:5 C:3 F:3 Item 5 oz Chicken breast, skinless 5.00 P 1/2 cup Grapes 1.00 C 2 cups Cauliflower 5.00 P 1/2 cup Grapes 1.00 C 2 cups Cauliflower 5.00 P 1/2 cup Grapes 1.00 C 2 not procesi 5.00 P 1/2 cup Broccoli .50 C 1/3 cup Rice 1.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 1.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 1.00 C <td>Mid Meal - Meal Portions: P:5 C:3 F:3</td> <td></td> <td>Preparation Suggestions:</td>	Mid Meal - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
1 tsp Olive or monounsaturated oil 3.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Item 2 oz Mozzarella cheese, light/low fat 2.00 P 4 cups Popcorn 2.00 F 2/3 tsp Butter 2.00 F Calories: 182 Dinner - Meal Portions: P:5 C:3 F:3 Item 5 oz Chicken breast, skinless 5.00 P 1/2 cup Grapes 1.00 C 2 cups Cauliflower 5.00 C 1/2 cup Grapes 5.00 P 1/2 cup Grapes 1.00 C 1 //2 cups Broccoli 5.00 F 1/3 cup Rice 1.00 C 1 tsp Olive or monounsaturated oil 3.00 F	5 cups Lettuce, romaine 1 Tomato 1 Pepper (bell or cubanelle) 2 cups Cucumber	5.00 P .50 C .50 C .50 C .50 C	Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!
Shack - Meal Portions: P:2 C:2 F:2PortionsPreparation Suggestions:2 oz Mozzarella cheese, light/low fat2.00 PAnother tasty snack!4 cups Popcorn2.00 C2.00 F2/3 tsp Butter2.00 FCalories:182182Preparation Suggestions:Dinner - Meal Portions: P:5 C:3 F:3Item5 oz Chicken breast, skinless5.00 P1/2 cup Grapes1.00 C2 cups Cauliflower.50 C1/2 cup Broccoli.50 C1/3 cup Rice1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:Calories:		3.00 F Calories:	
2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter2.00 P 2.00 C 2.00 F Calories: 182Another tasty snack!Dinner - Meal Portions: P:5 C:3 F:3Item Portions 5 oz Chicken breast, skinless 1/2 cup Grapes 2 cups Cauliflower 1 1/2 cups Broccoli 1 1/2 cups Broccoli 1 1/2 cup Rice 1 tsp Olive or monounsaturated oilPreparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chic Mix oil with your spices of choice to add flavo So C 1.00 C So C	Snack - Meal Portions: P:2 C:2 F:2		Preparation Suggestions:
Dinner - Meal Portions: P:5 C:3 F:3 Preparation Suggestions: 5 oz Chicken breast, skinless 5.00 P 1/2 cup Grapes 5.00 P 2 cups Cauliflower 1.00 C 1 1/2 cups Broccoli .50 C 1/3 cup Rice 1.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: Calories:	4 cups Popcorn	2.00 P 2.00 C 2.00 F Calories:	Another tasty snack!
1/2 cup Grapes1.00 CBrush chicken lightly with oil, broil or grill chic2 cups Cauliflower.50 CMix oil with your spices of choice to add flavo1 1/2 cups Broccoli.50 C.50 C1/3 cup Rice1.00 C3.00 F1 tsp Olive or monounsaturated oilCalories:	Dinner - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
	1/2 cup Grapes2 cups Cauliflower1 1/2 cups Broccoli1/3 cup Rice1 tsp Olive or monounsaturated oil	5.00 P 1.00 C .50 C 1.00 C 3.00 F Calories: 329	Brush chicken lightly with oil, broil or grill chicken Mix oil with your spices of choice to add flavour.
Total Daily Portions: Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379 ** Remember to drink between 10 and 12 glasses of water per day. **			

reakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 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 	Portions 2.50 P 2.50 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	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.
nack - Meal Portions: P:3 C:2 F:2 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	Item Portions 3.00 P 1.00 C .38 C .50 C 2.00 F Calories: 210	Preparation Suggestions: Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
lid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 PC 4.00 P .25 C .25 C .13 C .50 C 1.00 C 3.00 F Calories: 329	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.
nack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
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%)	1.00 P .50 C 2.00 F .50 C 1.00 PC Calories: 182	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!
inner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C .50 C 1.50 C 3.00 F Calories: 329	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Total Daily Portions: Protein: ** Remember to drink betw	20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
	www.empowere	

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 Eggs, whole1/2 cup Peaches, canned1 slice Whole grain bread1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Toasted egg sandwich with fruit.
Mid Meal - Meal Portions: P:5 C:3 F:3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2 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	Portions .33 PC 1.00 P 1.71 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C 1.00 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and par fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:2 C:2 F:2 2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	Preparation Suggestions: Cheese, Nuts & Fruit Enjoy items separately!
		tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **
Feel the burn & incin	erate the fat. www.e	empowerednutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
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	5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: 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.
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 1.00 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: 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).
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered	2.00 PC 2.00 F Calories: 182	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Powerful Proven Res	sults @ <u>www.em</u>	powerednutrition.net

Day:	15
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2 cups Tomato, canned 2.00 C add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy 1 tsp Olive or monounsaturated oil 3.00 F chicken and serve covered in the sauce. Enjoy Snack - Meal Portions: P:2 C:2 F:2 Item Preparation Suggestions: 7 grams Protein powder 1.00 P Protein Shake with Fruit 1 cup Milk, low fat (1%) 1.00 PC Put all ingredients in a blender over ice and blender is not available, set aside the fruit and Calories: 2/3 tsp Olive or monounsaturated oil 2.00 F blender is not available, set aside the fruit and calories: Dinner - Meal Portions: P:5 C:3 F:3 Item Preparation Suggestions: 5 oz Beef, lean cuts 5.00 P Steaks with Vegetables 1/2 cup Tomato, puree 1.00 C Steaks with Vegetables	Breakfast - Meal Portions: P:5 C:3 F:3 5 Eggs, whole 1/2 cup Peaches, canned 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Toasted egg sandwich with fruit.
Mid Meal - Meal Portions: P:5 C:3 F:3 Preparation Suggestions: 5 oz Chicken breast, skinless 5.00 P 2 cups Mushrooms 1.00 C 2 cups Tomato, canned 2.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 329 329 329 Snack - Meal Portions: P:2 C:2 F:2 Item 7 grams Protein powder 1.00 PC 1 cup Milk, low fat (1%) 1.00 PC 1 cup Strawberries 1.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F Dinner - Meal Portions: P:5 C:3 F:3 Item 5 oz Beef, lean cuts 5.00 P 1/2 cup Tomato, puree 1.00 C	3 oz Cheese, low or non fat 1 cup Grapes	Portions 3.00 P 2.00 C 2.00 F Calories: 210	Cheese and Grape Snack
Shack - Meal Portions: P:2 C:2 F:2 Portions 7 grams Protein powder 1.00 P 1 cup Milk, low fat (1%) 1.00 PC 1 cup Strawberries 1.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F blender is not available, set aside the fruit and Calories: shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Dinner - Meal Portions: P:5 C:3 F:3 Item Portions 5 oz Beef, lean cuts 5.00 P 1/2 cup Tomato, puree 1.00 C	5 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Tomato, canned	Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories:	
Dinner - Meal Portions: P:5 C:3 F:3 Portions 5 oz Beef, lean cuts 5.00 P 1/2 cup Tomato, puree 1.00 C	7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries	Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories:	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
1 cup Celery.50 CYou can season your vegetables with a little s1 1/2 cups Carrots1.50 Cpepper, and basil, if you like.1 tsp Olive or monounsaturated oil3.00 FCalories:329329329	5 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots	Portions 5.00 P 1.00 C .50 C 1.50 C 3.00 F Calories:	Steaks with Vegetables You can season your vegetables with a little salt,
Total Daily Portions: Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379 ** Remember to drink between 10 and 12 glasses of water per day. **		20 Carbohydrat	

Day:	16
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 Breakfast - Meal Portions: P:5 C:3 F:3 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 	Portions 1.00 PC 2.00 P .50 C .50 C .33 C 3.00 F Calories: 329	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Tomato, canned 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: 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!
Snack - Meal Portions: P:2 C:2 F:2 2 oz Cheese, low or non fat 1 Apple 6 Cashews	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	Preparation Suggestions: Another great, on-the-go snack!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329	Preparation Suggestions: 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.
		tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **

Dav: 1	17
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 6 Almonds, whole 1 oz Cheese, low or non fat	2.00 PC 2.00 F 1.00 P Calories: 210	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
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%)	1.00 P .50 C 2.00 F .50 C 1.00 PC Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P .25 C .50 C .25 C .40 C .67 C 1.00 C 3.00 F Calories:	Preparation Suggestions: Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Total Daily Portions: Protein: 2	329	tes: 13 Fat: 13 Calories: 1379
** Remember to drink betwe	een 10 and 12 g	lasses of water per day. **
Burn Fat Build MUS	CLE <u>www.emp</u>	<u>owerednutrition.net</u>

Day:	18
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Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat28 grams Protein powder2/3 cup Mango1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat 1 cup Grapes 12 Peanuts	3.00 P 2.00 C 2.00 F Calories: 210	Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:2 C:2 F:2 1/2 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 2 tbsp Almonds, slivered 1/3 Apple	Item Portions 2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182	Preparation Suggestions: 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 nut around cheese. Sprinkle paprika and enjoy!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1/3 cup Applesauce 3 tbsp Almonds, slivered	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
		tes: 13 Fat: 13 Calories: 1379
		lasses of water per day. **

Day:	19
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10 Egg whites 5.00 P 10 Egg whites 5.00 P 12 slice Whole grain bread 2.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F 1 tsp Peanut butter, natural 2.00 F Snack - Meal Portions: P:3 C:2 F:2 Item 1/2 cup Yogurt, plain, low fat 1.00 PC 2 oz Cheese, low or non fat 1.00 C 1/2 cup Grapes 1.00 PC 2 oz Cheese, low or non fat 2.00 F 1/2 cup Grapes 1.00 PC 2 oz Cheese, low or non fat 2.00 F 1/2 cup Grapes 2.00 F 1/2 cup Grapes 2.00 F 2 1/2 cup Lettuce, romaine 2.00 F 2 cup Cucumber .25 C 1/2 cup Chickpeas 2.00 C 1 tsp Olive or monounsaturated oil 2.00 C 1 tsp Olive or monounsaturated oil 2.00 C 1 tsp Olive or monounsaturated oil 2.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Portions 7 grams Protein powder 1.00 P 1/2 cup Blueberries 1.00 P 2/3 tsp Olive or monounsaturated oil 2.00 F	Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
Snack - Meal Portions: P:3 C: 2 F:2 Item Portions 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1/2 cup Grapes 1.00 C 2.00 F Calories: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1/2 cup Grapes 1.00 C 2.00 F Calories: Preparation Suggestions: 5 oz Tuna, canned in water 2 cups Cucumber 5.00 P .1/2 cup Lettuce, romaine 2.1/2 cups Lettuce, romaine Preparation Suggestions: Tuna Garden Salad 1/2 Tomato .50 C .25 C .200 C Tuna Garden Salad 1/2 top Chickpeas .200 C .25 C .300 F Calories: .329 7 grams Protein powder 1/2 cup Blueberries 1.00 P 1.00 C 1.00 P Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cu us and all desired consistency is reached. If a ble is not available mix protein powder with cold water and have remaining ingredients on the is not available mix protein powder with cold water and have remaining ingredients on the is not available mix protein powder with cold water and have remaining ingredients on the is not available mix protein powder with cold water and have remaining ingredients on the is not available mix protein powder with cold water and have remaining ingredients on the is not available mix protein powder monounsaturated oil 1 cup Cauliflower 1 c	1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil	2.00 C 1.00 C 2.00 F 1.00 F Calories:	Scrambled eggs with toast. A homestyle favorite
1/2 cup Yogurt, plain, low fat 1.00 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1/2 cup Grapes 1.00 PC ingredients for a uniquely enjoyable snack. 1/2 cup Grapes 2.00 F Calories: 2/10 210 Preparation Suggestions: Mid Meal - Meal Portions: P:5 C:3 F:3 Item Portions 5 oz Tuna, canned in water 5.00 P .50 C 2 /1/2 cups Lettuce, romaine .25 C Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of choppe onion and celery. 1/2 cup Chickpeas 2.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Portions 7 grams Protein powder 1.00 PC Blend all ingredients together and add ice cu until desired consistency is reached. If a ble is not available mix protein powder with cold water and have remaining ingredients on the 2.00 F 2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 100 PC 1.00 PC 1.00 PC 2/3 tsp Olive or monounsaturated oil 2.00 F Erabether and add ice cu until desired consistency is reached. If a ble is not available mix protein powder with cold water and have remaining ingredients on the 2.00 F 1 cup Calliflower 2.00 F Calories:	Snack - Meal Portions: P:3 C:2 F:2	Item	Preparation Suggestions:
Mid Meal - Meal Portions: P:5 C:3 F:3 Portions 5 oz Tuna, canned in water 5.00 P 2 1/2 cups Lettuce, romaine 2.5 C 2 cups Cucumber 5.00 C 1/2 Tomato 2.5 C 1/2 cup Chickpeas 2.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Preparation Suggestions: 7 grams Protein powder 1.00 P 1/2 cup Blueberries 1.00 P 2/3 tsp Olive or monounsaturated oil 1.00 P 2/3 tsp Olive or monounsaturated oil 0.00 F Calories: 329 Dinner - Meal Portions: P:5 C:3 F:3 Portions 5 oz Beef, lean cuts 5.00 P 1 cup Cauliflower 2.5 C 1 cup Cucumber 2.5 C 4 cups Lettuce, romaine 4.0 C 1 cup Tomatoes 6.67 C 1/4 Cantaloupe 1.00 C	2 oz Cheese, low or non fat 1/2 cup Grapes	1.00 PC 2.00 P 1.00 C 2.00 F Calories:	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Snack - Meal Portions: P:2 C:2 F:2Preparation Suggestions:7 grams Protein powder1.00 P1/2 cup Blueberries1.00 P1 cup Milk, low fat (1%)1.00 PC2/3 tsp Olive or monounsaturated oil1.00 PC2/3 tsp Olive or monounsaturated oil2.00 Fbinner - Meal Portions: P:5 C:3 F:3Item5 oz Beef, lean cuts5.00 P1 cup Cauliflower2.5 C1 cup Cauliflower2.5 C1 cup Cucumber2.5 C4 cups Lettuce, romaine.40 C1 cup Tomatoes.67 C1/4 Cantaloupe1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:329	5 oz Tuna, canned in water 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1/2 Tomato 1/2 cup Chickpeas	Portions 5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories:	Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped
1/2 cup Blueberries1.00 CBlend all ingredients together and add ice cu1 cup Milk, low fat (1%)1.00 PCuntil desired consistency is reached. If a ble2/3 tsp Olive or monounsaturated oil2.00 Fis not available mix protein powder with cold2/3 tsp Olive or monounsaturated oil2.00 Fis not available mix protein powder with cold2/3 tsp Olive or monounsaturated oil2.00 Fis not available mix protein powder with cold2/3 tsp Olive or monounsaturated oil2.00 Fis not available mix protein powder with cold2/3 tsp Olive or monounsaturated oil1.00 PCwater and have remaining ingredients on the1 cup Cauliflower1.00 PCGrilled Beef Salad with Cantaloupe1 cup Cauliflower.25 CGrilled Beef and set atop this great mixed salad1 cup Cucumber.25 CEnjoy the cantaloupe for dessert.1 cup Tomatoes.67 C1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:329	Snack - Meal Portions: P:2 C:2 F:2		Preparation Suggestions:
Dinner - Meal Portions: P:5 C:3 F:3 Preparation Suggestions: 5 oz Beef, lean cuts 5.00 P 1 cup Cauliflower .25 C 1 cup Clery .50 C 1 cup Cucumber .25 C 4 cups Lettuce, romaine .40 C 1 cup Tomatoes .67 C 1/4 Cantaloupe 1.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 329	1/2 cup Blueberries 1 cup Milk, low fat (1%)	1.00 C 1.00 PC 2.00 F Calories:	Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender
1 cup Cauliflower.25 CGrill beef and set atop this great mixed salad1 cup Celery.50 CEnjoy the cantaloupe for dessert.1 cup Cucumber.25 C4 cups Lettuce, romaine.40 C1 cup Tomatoes.67 C1/4 Cantaloupe1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:.329	Dinner - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
329	1 cup Cauliflower 1 cup Celery 1 cup Cucumber 4 cups Lettuce, romaine 1 cup Tomatoes 1/4 Cantaloupe	5.00 P .25 C .50 C .25 C .40 C .67 C 1.00 C 3.00 F	Grill beef and set atop this great mixed salad.
Total Daily Portions: Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379		329	
** Remember to drink between 10 and 12 glasses of water per day. **			
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural 	Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329	Scrambled eggs with toast. A homestyle favorite
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions .50 PC .50 PC 2.00 P .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:2 C:2 F:2 1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 F Calories: 182	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Fight Fa	t <u>www.empoweredr</u>	nutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3 5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:
Mid Meal - Meal Portions: P:5 C:3 F:3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: 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.
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C 1.00 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and par fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:2 C:2 F:2 12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat	Item Portions 2.00 F 2.00 C 2.00 P Calories:	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
		tes: 13 Fat: 13 Calories: 1379 Jasses of water per day. **

Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 1/3 cup Mandarin orange, canned tsp Olive or monounsaturated oil 	Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories:	A refreshing breakfast.
	329	
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Grapefruit 12 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
 14 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil 	2.00 P 1.00 C .50 C 2.00 F Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 1/2 cup Lentils 4 1/2 oz Turkey, ground 2 cups Squash 1 tsp Olive or monounsaturated oil 	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
		esults. http://empowerednutrition.com/critical-bench
Notes:		

Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 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 	Portions 4.00 P 1.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2 1/2 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 2 tbsp Almonds, slivered 1/3 Apple	Item Portions 2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P .50 C .50 C 1.00 C .50 C .50 C 3.00 F Calories: 329	Preparation Suggestions: 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!
		tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **
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Day:	24
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 Egg whites	2.50 P	Cheese omelet with fruit on the side. If you like
2 1/2 oz Cheese, low or non fat	2.50 P	things a bit spicier, try adding some crushed chili
2 Peppers (bell or cubanelle)	1.00 C	peppers along with some salt and pepper.
1 1/2 cups Tomatoes	1.00 C	
1 Peach	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3/4 cup Cottage cheese, light/low fat	3.00 P	Cottage Cheese, Raspberries & Peanuts
2 cups Raspberries	2.00 C	A great, quick snack!
12 Peanuts	2.00 F	
	Calories:	
	210	
Mid Meal - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Chef's Salad Topped with Cheese
4 oz Cheese, low or non fat	4.00 P	Chop ingredients and toss with olive oil and
1/2 cup Mushrooms 2 1/2 cups Lettuce, romaine	.25 C .25 C	vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to
1/2 cup Cucumber	.25 C	reduce quantity.
1 Tomato	.50 C	
1/2 Orange	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
· ··· ··· ····························	Calories:	
	329	
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder	1.00 P	Protein Shake with Fruit
1/2 cup Yogurt, plain, low fat	1.00 PC	Put all ingredients in a blender over ice and blend
1/8 Cantaloupe	.50 C	adding water to create desired consistency. If a
1/3 cup Honeydew melon	.50 C	blender is not available, set aside the fruit and
2/3 tsp Olive or monounsaturated oil	2.00 F	shake up the remaining ingredients in a closed
	Calories:	container to mix it all together, then eat the fruit
	182	on the side. Enjoy!
Dinner - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1/4 cup Cottage cheese, light/low fat	Portions 1.00 P	Turkey with Vegetables
4 oz Turkey breast, skinless	4.00 P	Rub the poultry with a seasoning mix of salt,
1 1/2 cups Brussels sprouts	1.00 C	cayenne pepper, chili powder and a dash of
1/2 cup Onions	1.00 C	thyme, then grill or bake. Saute the vegetables,
2 cups Mushrooms	1.00 C	mix with cottage cheese and season to taste.
1 tsp Olive or monounsaturated oil	3.00 F	Enjoy!
	Calories:	
	329	
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Have you h	ad your Protein Sm	ioothie today?

Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Grapefruit 12 Peanuts	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3 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 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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!
Snack - Meal Portions: P:2 C:2 F:2 1/2 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 2 tbsp Almonds, slivered 1/3 Apple	Item Portions 2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3 1/2 cup Lentils 4 1/2 oz Turkey, ground 2 cups Squash 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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!
Total Daily Portions: Protein: ** Remember to drink betw		tes: 13 Fat: 13 Calories: 1379
Have a Prote	in Smoothie, be	Empowered

Day:	26
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	2.50 P 2.50 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	3.00 P 1.00 C .38 C .50 C 2.00 F Calories: 210	Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Tomato, canned 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: 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!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
 14 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil 	2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182	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.
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	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	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and par fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
	: 20 Carbohydra	ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 Eggs, whole	5.00 P	Hummus Deviled Eggs
3/4 cup Hummus	3.00 C	Hard boil the eggs and cool slightly. Cut each
3 tbsp Almonds, slivered	3.00 F	egg in half and discard the egg yolks. Fill each
	Calories:	half of the egg with hummus. Sprinkle almonds
	329	on top and enjoy.
Nid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless, Grilled	5.00 P	Grilled Chicken with a Tossed Salad.
1/4 head Lettuce, iceberg	.13 C	You can easily make a tasty salad dressing with
1/2 cup Mushrooms	.13 C	oil, vinegar, and seasonings of your choice.
1/2 Pepper (bell or cubanelle)	.25 C	on, vinegar, and seasonings of your choice.
1/4 cup Onions	.50 C	Enjoy the fruit for dessert.
1 cup Peaches, canned	2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:3 C:2 F:2	ltem	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend
1/2 cup Raspberries 1/2 cup Strawberries	.50 C .50 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed
2/3 tsp Olive of monoursaturated of	Calories:	container to mix it all together, then eat the fruit
	210	on the side. Enjoy!
Dinner - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
7 1/2 oz Shrimp	5.00 P	Shrimp & Pasta
1/2 cup Pasta	2.00 C	Heat oil in a pan. Saute shrimp until cooked
1/2 cup Tomato sauce	1.00 C	through. Stir in tomato sauce and simmer. Cook
1 tsp Olive or monounsaturated oil	3.00 F	pasta as directed, serve with sauce on top.
	Calories:	
	329 Item	
Snack - Meal Portions: P:2 C:2 F:2	Portions	Preparation Suggestions:
2 oz Cheese, low or non fat	2.00 P	Cheese, Orange and Peanuts.
1 Orange	2.00 C	A quick snack to keep you going!
12 Peanuts	2.00 F	
	Calories: 182	
Total Daily Portions: Prote		tes: 13 Fat: 13 Calories: 1379
** Remember to drink be	etween 10 and 12 g	lasses of water per day. **
		mpowerednutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts	Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	
Mid Meal - Meal Portions: P:5 C:3 F:3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 18 Peanuts	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P 1.00 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329	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).
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts	2.00 P 2.00 C 2.00 F Calories: 182	Cheese, Nuts & Fruit Enjoy items separately!
Total Daily Portions: Prot ** Remember to drink b	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Notes:		

Day:	29
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	4.00 P 1.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard, turmeric and chili powder to the mix!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1/2 cup Blueberries12 Peanuts	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .38 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2 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	Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .50 C .50 C 1.00 C .50 C .50 C 3.00 F Calories: 329	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!
	tein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379
	between 10 and 12 g	glasses of water per day. **

Day:	30
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 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 	Portions 4.00 P 1.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	A great Mexican style omelet, especially when you add a bit of black pepper, hot sauce, mustard turmeric and chili powder to the mix!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 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 	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329	Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.
Snack - Meal Portions: P:2 C:2 F:2 2 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	Item Portions 2.00 P 1.00 C 1.00 C 2.00 F Calories: 182	Preparation Suggestions: Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl Every handful will be a great surprise!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P 1.00 C .50 C 1.00 C 3.00 F Calories: 329	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
		tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **
		raining + Supplements
Notes:		

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 18 Peanuts	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Simple and healthful, this breakfast will give you a needed energy boost!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat 1 cup Grapes 12 Peanuts	3.00 P 2.00 C 2.00 F Calories: 210	Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.00 PC 4.00 P .25 C .25 C .13 C .50 C 1.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder 1/2 cup Blueberries 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil	1.00 P 1.00 C 1.00 PC 2.00 F Calories: 182	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
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	3.00 P 2.00 P .40 C .13 C .10 C 1.00 C 2.00 F 1.00 F Calories: 329	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.
	in: 20 Carbohydra	l tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Day:	32
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Item Portions	Preparation Suggestions:
2.00 PC 3.00 P	Protein Shake with Fruit Blend all ingredients together and add ice cubes
3.00 C 3.00 F Calories: 329	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!
Item Portions	Preparation Suggestions:
1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Item Portions	Preparation Suggestions:
5.00 P .25 C .50 C .25 C 2.00 C 3.00 F Calories: 329	Tuna Garden Salad Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped onion and celery.
Item Portions	Preparation Suggestions:
2.00 P 2.00 C 2.00 F Calories: 182	Another tasty snack!
Item Portions	Preparation Suggestions:
1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	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!
-	Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210 Item Portions 5.00 P .25 C .50 C .25 C .50 C .25 C .200 C 3.00 F Calories: 329 Item Portions 2.00 C 3.00 F Calories: 329 Item Portions 2.00 C 2.00 F Calories: 329 Item Portions 1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.0

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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
10 Egg whites	Portions 5.00 P	Scrambled eggs with toast. A homestyle favorite.
1 cup Grapes	2.00 F	
1/2 slice Whole grain bread	1.00 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
1 tsp Peanut butter, natural	1.00 F	
r top r oundt buttor, natural	Calories:	
	329	
Deserve March Destinger D.D. 0.0 E.0	Item	Description Occurrentianes
Snack - Meal Portions: P:3 C:2 F:2	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Grate the cheese and mix with the remaining
2 oz Cheese, low or non fat	2.00 P	ingredients for a uniquely enjoyable snack.
1/2 cup Grapes	1.00 C	
12 Peanuts	2.00 F	
	Calories:	
	210	
Mid Meal - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Chicken noodle soup	2.00 A	Soup with grated cheese on top. Enjoy fruit and
3 oz Cheese, low or non fat	3.00 P	nuts for dessert.
1/2 cup Peaches, canned	1.00 C	
3 Almonds, whole	1.00 F	
	Calories: 329	
	Item	
Snack - Meal Portions: P:2 C:2 F:2	Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and
1/2 Orange	1.00 C	add ice cubes until desired consistency is
3 Almonds, whole	1.00 F	reached. If a blender is not available mix protein
1/3 tsp Olive or monounsaturated oil	1.00 F	powder with cold water and have remaining
	Calories:	ingredients on the side. Nuts on the side.
	182	
Dinner - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
3 oz Beef, lean cuts	3.00 P	Steak Wrap
2 oz Cheese, low or non fat	2.00 P	Cut beef into 1 inch strips. In a pan heat oil. Add
1/6 Pepper (bell or cubanelle)	.08 C	beef to oil along with desired seasonings and par
1/2 cup Pineapple 1/2 whole Pita	1.00 C 1.00 C	fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or
		č
1/4 Tomato 1/6 cup Onions	.13 C .33 C	tortilla and serve.
1/4 cup Salsa	.50 C	
6 Almonds, whole	2.00 F	
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
	329	
		ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Take your vitamins, be	active & eat well. w	ww.empowerednutrition.net

Day:	34
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Oatmeal	1.00 PC 4.00 P 2.00 C	A simple, wholesome breakfast.
1 tsp Olive or monounsaturated oil	2.00 C 3.00 F Calories: 329	
Mid Meal - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless	Item Portions 5.00 P	Preparation Suggestions: Grilled Chicken Salad
 1/4 cup Chickpeas 3/4 cup Cauliflower 3/4 cup Celery 1 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 cup Mushroama 	1.00 C .19 C .38 C .25 C .25 C .50 C	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!
1 cup Mushrooms 1 Tomato 3 Cashews 2/3 tsp Olive or monounsaturated oil	.50 C .50 C 1.00 F 2.00 F Calories: 329	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	.33 PC 1.00 P 1.71 P .50 C .19 C 1.00 C	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
1 tbsp Almonds, slivered 1/3 tsp Olive or monounsaturated oil	1.00 F 1.00 F Calories: 210	
Dinner - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless	Item Portions 5.00 P	Preparation Suggestions: Chicken Dinner
1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil	.48 C .50 C 2.00 C 3.00 F Calories: 329	Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:2 C:2 F:2 12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat	Item Portions 2.00 F 2.00 C 2.00 P Calories: 182	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Meal Plans That Work A	vre Empowered www	vw.empowerednutrition.net

Day:	35
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1 cup Milk, low fat (1%) 1.00 PC A simple, wholesome breakfast. 2/3 cup Oatmeal 2.00 C 3.00 F 1 tsp Olive or monounsaturated oil 3.00 F Soz Chicken breast, skinless, Grilled 5.00 P 1/4 head Lettuce, iceberg 1.32 C 1/2 cup Mushrooms 2.5 C 1/2 cup Mushrooms 2.5 C 1/2 cup Mushrooms 2.5 C 1/2 cup Paeches, canned 2.00 C 1 tsp Olive or monounsaturated oil 3.00 F Calories: 329 Snack - Meal Portions: P:3 C:2 F:2 Item 1/3 cup Milk, low fat (1%) 3.00 F 1/3 cup Milk, low fat (1%) 3.3 PC 1/3 cup Milk, low fat (1%) 3.3 PC 1/3 cup Oatmeal 1.00 C 1/3 cup Oatmeal 1.00 F 1/3 cup Milk, low fat (1%) 1.9 C 1/3 cup Oatmeal 1.00 C 1/3 cup Oatmeal 1.00 C 1/3 cup Oatmeal 1.00 C 1/3 cup Rice 2.5 C 2/2 cups	Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:		
Mid Meal - Meal Portions: P:5 C:3 F:3 Item Preparation Suggestions: 5 oz Chicken breast, skinless, Grilled 1.3 C Grilled Chicken with a Tossed Salad. 1/2 cup Mushrooms 1.3 C You can easily make a tasty salad dressing wit 1/2 cup Mushrooms 2.5 C 1/4 cup Onions 50 C 1 cup Peaches, canned 2.00 C 1 tsp Olive or monounsaturated oil 3.00 F 1/3 cup Mik, low fat (1%) .33 PC 1/3 cup Cottage cheese, light/low fat 1.00 P 1/8 cantaloupe 5.00 F 1/8 cup Honeydew melon .50 C 1/8 cup Honeydew melon 1.00 F 1/3 cup Mike 1.00 C 1/3 tsp Olive or monounsaturated oil 1.00 F 1/3 cup Cutage cheese, light/low fat 1.00 C 1/8 can cuts 5.00 P 1/3 cup Outmeal 1.00 C 1/3 tsp Olive or monounsaturated oil 1.00 C 1/3 cup Use freic 2.00 C 2 oz Cuember 5.00 P 1/3 cup Outmeal 5.00 P 1/3 cup Outmeal 5.00 P 1/3 cup Outmeal 5.00 P 1/3 cup Rice 2.50 C	28 grams Protein powder 2/3 cup Oatmeal	1.00 PC 4.00 P 2.00 C 3.00 F	A simple, wholesome breakfast.		
Mid Meal - Meal Portions: P:3 C.3 F:3 Profilons Preparation Suggestions: 5 oz Chicken breast, skinless, Grilled 5.00 P Grilled Chicken with a Tossed Salad. 1/2 cup Mushrooms 2.25 C					
Snack - Meal Portions: P:3 C:2 F:2 Portions Preparation Suggestions: 1/3 cup Milk, low fat (1%) .33 PC Melon Shake with a Chaser 1/4 cup Cottage cheese, light/low fat 1.00 P Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal an almonds on top of cottage cheese and eat 1/8 Cartaloupe .50 C almonds on top of cottage cheese and eat 1/8 cup Honeydew melon .19 C separately. 1/3 tup Oatmeal 1.00 F separately. 1/3 tup Almonds, slivered 1.00 F separately. 1/3 tup Cup cartered controls: P:5 C:3 F:3 Portions Preparation Suggestions: 5 oz Beef, lean cuts 5.00 P Steak and Salad 1/3 cup Rice 2.5 C Vinegar dressing (or a low-fat dressing of your choice). 1 Tomato .50 C separately 1 Amods, whole .00 F .25 C 2/3 tsp Olive or monounsaturated oil .20 F Calories: 329 Soack - Meal Portions: P:2 C:2 F:2 Item Portions Preparation Suggestions: 2/2 cups Lettuce, romaine .200 F Calories: 329 2/3 tsp Olive or monounsaturated oil .00 F .00 F 2/3 tsp Olive or monoun	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	Portions 5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.		
1/4 cup Cottage cheese, light/low fat 1.00 P 1/2 grams Protein powder 1.71 P 1/8 Cantaloupe 50 C 1/8 Cup Honeydew melon 1.9 C 1/3 cup Oatmeal 1.00 F 1/3 tsp Olive or monounsaturated oil 1.00 F 1/3 tsp Olive or monounsaturated oil 1.00 F Dinner - Meal Portions: P:5 C:3 F:3 Item 5 oz Beef, lean cuts 5.00 P 1/3 cup Rice 1.00 C 21/2 cups Lettuce, romaine 2.50 C 1/2 cup Mushrooms 5.00 P 1/3 cup Rice 1.00 C 1 cup Mushrooms 5.00 P 1 cup Locumber 2.5 C 1 cup Mushrooms 5.00 C 1 Tomato 5.00 C 1 Pepper (bell or cubanelle) 5.00 C 3 Almonds, whole 1.00 F 2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 329 2 oz Cheese, low or non fat 2.00 F 1/2 Cantaloupe 2.00 F 2 noy Cheese, low or non fat 2.00 F 1/2 Peanuts 2.00 F 1/2 Daily Portions: 2.00 F	Snack - Meal Portions: P:3 C:2 F:2		Preparation Suggestions:		
Dinner - Meal Portions: P:S C:3 F:3 Portions Preparation Suggestions: 5 oz Beef, lean cuts 5.00 P Steak and Salad 1/3 cup Rice 1.00 C 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). 1 cup Cucumber .50 C .50 C 1 cup Mushrooms .50 C .50 C 1 Tomato .50 C .50 C 1 Pepper (bell or cubanelle) .50 C .50 C 3 Almonds, whole 1.00 F .50 C 2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 329 Snack - Meal Portions: P:2 C:2 F:2 Item Preparation Suggestions: 1/2 Cantaloupe 2.00 P Cheese, Nuts & Fruit 1/2 Peanuts 2.00 F Calories: 182 12 Peanuts 2.00 F Cheese, Nuts & Fruit 1/2 Cantaloupe 2.00 F Calories: 182 182 Total Daily Portions: Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379	 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 	1.00 P 1.71 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories:	Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat		
Shack - Meal Portions: P:2 C:2 F:2 Preparation Suggestions: 2 oz Cheese, low or non fat 2.00 P Cheese, Nuts & Fruit 1/2 Cantaloupe 2.00 C Enjoy items separately! 12 Peanuts 2.00 F Calories: 182 182	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	Portions 5.00 P 1.00 C .25 C .25 C .50 C .50 C 1.00 F 2.00 F Calories:	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		
2 oz Cheese, low or non fat 2.00 P Cheese, Nuts & Fruit 1/2 Cantaloupe 2.00 C Enjoy items separately! 12 Peanuts 2.00 F Calories: 182 182 Total Daily Portions:	Snack - Meal Portions: P:2 C:2 F:2		Preparation Suggestions:		
	1/2 Cantaloupe	2.00 P 2.00 C 2.00 F Calories:			
	Total Daily Portions: Protein: 20 Carbohydrates: 13 Fat: 13 Calories: 1379				
Strong Like www.empowerednutrition.net		-			

5 Egg whites2.2 1/2 oz Cheese, low or non fat2.2 Peppers (bell or cubanelle)1.1 1/2 cups Tomatoes1.1 Peach1.1 tsp Olive or monounsaturated oil3.CallSnack - Meal Portions: P:3 C:2 F:21/2 cup Yogurt, plain, low fat2 oz Cheese, low or non fat2.1/2 cup Blueberries1.1/2 cup Blueberries1.1/2 rep Strawberries1.9 Almonds, whole3.CallCallSnack - Meal Portions: P:2 C:2 F:2Po7 grams Protein powder1.1/2 cup Strawberries.2/3 tsp Olive or monounsaturated oil2.1/4 cup Peaches, canned.1/4 cup Peaches, canned.1/4 cup Milk, low fat (1%)1.0Call.3 oz Beef, lean cuts3.2 oz Cheese, low or non fat2.	Treparation Suggestions: 50 P 51 P 52 P 60 C 50 P 50 P 6 Rate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 50 P 50 P 50 P 50 P 6 Rate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 50 P 6 Preparation Suggestions: 710 6 P 6 P 7 Fruit Yogurt Smoothie 50 P 7 Fruit Yogurt Smoothie 50 P 60 C 50 F <
Shack - Meal Portions: P.3 C.2 F.2Po1/2 cup Yogurt, plain, low fat1.02 oz Cheese, low or non fat2.1/2 cup Blueberries1.12 Peanuts2.CaiMid Meal - Meal Portions: P:5 C:3 F:31 cup Yogurt, plain, low fat2.021 grams Protein powder3.1 cup Strawberries1.9 Almonds, whole3.CaiSnack - Meal Portions: P:2 C:2 F:27 grams Protein powder1.1/2 cup Strawberries.52/3 tsp Olive or monounsaturated oil2.1/4 cup Peaches, canned.51 cup Milk, low fat (1%)1.0Cai.52 oz Cheese, low or non fat3.2 oz Cheese, low or non fat2.	Preparation Suggestions. 0 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 00 P ingredients for a uniquely enjoyable snack. 00 C 00 F 00 F ories: 210 Preparation Suggestions: em Preparation Suggestions: 0 PC Fruit Yogurt Smoothie 00 P Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie 00 F freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt. em Preparation Suggestions: 00 P Protein Shake with Fruit 00 C 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
Mid Meal - Meal Portions: P:5 C:3 F:3 Po 1 cup Yogurt, plain, low fat 2.0 21 grams Protein powder 3. 1 cup Strawberries 1. 9 Almonds, whole 3. C:2 F:2 7 grams Protein powder 1/2 cup Strawberries .5 2/3 tsp Olive or monounsaturated oil 2. 1/4 cup Peaches, canned .5 1 cup Milk, low fat (1%) 1.0 Cal .5 2/3 tsp Olive or monounsaturated oil 2. 1 cup Milk, low fat (1%) 1.0 Cal .5 2/3 tsp Olive or monounsaturated oil .5 1 cup Milk, low fat (1%) 1.0 Cal .5 2 oz Beef, lean cuts 3. 2 oz Cheese, low or non fat 2.	Preparation Suggestions:0 PCFruit Yogurt Smoothie00 PMix all ingredients in a blender until desired00 Cconsistency is reached. For a frozen smoothie00 Ffreeze fruit or add ice cubes. If a blender is not00 reise:available stir protein powder and chopped fruit29and nuts into yogurt.emPreparation Suggestions:00 PProtein Shake with Fruit0 CBlend all ingredients together and add ice cubes00 Funtil desired consistency is reached. If a blender0 Cis not available mix protein powder with cold0 PCwater and have remaining ingredients on the side
1 cup Yogurt, plain, low fat2.021 grams Protein powder3.1 cup Strawberries1.9 Almonds, whole3.CalCalSnack - Meal Portions: P:2 C:2 F:2Po7 grams Protein powder1.1/2 cup Strawberries.52/3 tsp Olive or monounsaturated oil2.1/4 cup Peaches, canned.51 cup Milk, low fat (1%)1.0Cal.53 oz Beef, lean cuts3.2 oz Cheese, low or non fat2.	0 PC Fruit Yogurt Smoothie 00 P Mix all ingredients in a blender until desired 00 C consistency is reached. For a frozen smoothie 00 F freeze fruit or add ice cubes. If a blender is not 00 F: available stir protein powder and chopped fruit 029 and nuts into yogurt. em Preparation Suggestions: 00 P Protein Shake with Fruit 0 C Blend all ingredients together and add ice cubes 00 F until desired consistency is reached. If a blender 0 C is not available mix protein powder with cold 0 PC water and have remaining ingredients on the side
Shack - Meal Portions: P:2 C:2 F:2 Po 7 grams Protein powder 1. 1/2 cup Strawberries .5 2/3 tsp Olive or monounsaturated oil 2. 1/4 cup Peaches, canned .5 1 cup Milk, low fat (1%) 1.0 Ca .7 Dinner - Meal Portions: P:5 C:3 F:3 Po 3 oz Beef, lean cuts 3. 2 oz Cheese, low or non fat 2.	em tionsPreparation Suggestions:00 PProtein Shake with Fruit0 CBlend all ingredients together and add ice cubes00 Funtil desired consistency is reached. If a blender0 Cis not available mix protein powder with cold0 PCwater and have remaining ingredients on the side
7 grams Protein powder 1. 1/2 cup Strawberries .5 2/3 tsp Olive or monounsaturated oil 2. 1/4 cup Peaches, canned .5 1 cup Milk, low fat (1%) 1.0 Ca .5 Dinner - Meal Portions: P:5 C:3 F:3 Po 3 oz Beef, lean cuts 3. 2 oz Cheese, low or non fat 2.	 Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender o C is not available mix protein powder with cold o PC water and have remaining ingredients on the side
Dinner - Meal Portions: P:5 C:3 F:3Po3 oz Beef, lean cuts3.2 oz Cheese, low or non fat2.	82
3 oz Beef, lean cuts3.2 oz Cheese, low or non fat2.	em rtions Preparation Suggestions:
1/2 cup Pineapple1.1/2 whole Pita1.1/4 Tomato.11/6 cup Onions.31/6 cup Salsa.56 Almonds, whole2.1/3 tsp Olive or monounsaturated oil1.Cal	00 P Steak Wrap 00 P Cut beef into 1 inch strips. In a pan heat oil. Add 8 C beef to oil along with desired seasonings and par 00 C fry until cooked. You can pan fry vegetables or 00 C have them raw. Mix all ingredients into pita or 3 C tortilla and serve. 3 C 0 C 00 F O 00 F ories:
Total Daily Portions: Protein: 20 Car	pohydrates: 13 Fat: 13 Calories: 1379
** Remember to drink between 10 a	and 12 glasses of water per day. **

Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
5 Eggs, whole	Portions 5.00 P	Hummus Deviled Eggs
3/4 cup Hummus	3.00 C	Hard boil the eggs and cool slightly. Cut each
3 tbsp Almonds, slivered	3.00 F	egg in half and discard the egg yolks. Fill each
•	Calories:	half of the egg with hummus. Sprinkle almonds
	329	on top and enjoy.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and
2/3 tsp Olive or monounsaturated oil	2.00 F	shake up the remaining ingredients in a closed
	Calories: 210	container to mix it all together, then eat the fruit on the side. Enjoy!
	ltem	
Mid Meal - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
5 oz Beef, lean cuts	5.00 P	Beef and vegetable pasta. Enjoy!
3/4 cup Celery	.38 C	
1/8 cup Onions	.25 C	
1/4 cup Tomato, puree 1/2 cup Pasta	.50 C 2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
T top Onve of monourisaturated on	Calories:	
	329	
Snack - Meal Portions: P:2 C:2 F:2	Item	Preparation Suggestions:
2 oz Cheese, low or non fat	Portions 2.00 P	Another great, on-the-go snack!
1 Apple	2.00 C	
6 Cashews	2.00 F	
	Calories:	
	182	
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 oz Beef, lean cuts	3.00 P	Steak Wrap
2 oz Cheese, low or non fat	2.00 P	Cut beef into 1 inch strips. In a pan heat oil. Add
1/6 Pepper (bell or cubanelle)	.08 C	beef to oil along with desired seasonings and par
1/2 cup Pineapple	1.00 C	fry until cooked. You can pan fry vegetables or
1/2 whole Pita	1.00 C	have them raw. Mix all ingredients into pita or tortilla and serve.
1/4 Tomato 1/6 cup Onions	.13 C .33 C	tortina and serve.
1/4 cup Salsa	.50 C	
6 Almonds, whole	2.00 F	
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
Total Daily Destinger Destain	329	
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Powerful Proven Re	esults @ <u>www.em</u>	powerednutrition.net
Notes:		

Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 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 	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:3 C:2 F:2 1 cup Yogurt, plain, low fat 6 Almonds, whole 1 oz Cheese, low or non fat	Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:5 C:3 F:3 5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Tuna & 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.
Snack - Meal Portions: P:2 C:2 F:2 14 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 C .50 C 2.00 F Calories: 182	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blender 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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 3.00 P 2.00 P .40 C .13 C .10 C 1.00 C 2.00 F 1.00 F Calories: 329	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and par fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Total Daily Portions: Prote ** Remember to drink b	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **
Take v	your vitamins. Be en	npowered

Snack - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories:	Preparation Suggestions: 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.
	329 Item	Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts	Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Tuna & 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	2.00 P 1.00 C 1.00 C 2.00 F Calories: 182	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C .50 C 1.50 C 3.00 F Calories: 329	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Total Daily Portions: Prote	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **

Dinner - Meal Portions: P:5 C:3 F:3	ltem	on the side. Enjoy! Preparation Suggestions:
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	1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182	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. Enjoyd
Snack - Meal Portions: P:2 C:2 F:2	329 Item Portions	Preparation Suggestions:
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories:	Preparation Suggestions: 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.
1/2 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1/2 cup Grapes12 Peanuts	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 1/3 cup Mandarin orange, canned tsp Olive or monounsaturated oil 	Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories:	Preparation Suggestions: A refreshing breakfast.

Day: 4

1 cup Milk, low fat (1%)1.00 PCA healthy breakfast with plenty of fibre. And dash of olive oil to your cereal along with r ashold.Mid Meal - Meal Portions: P:5 C:3 F:3Item Portions1/2 cup Milk, low fat (1%) 1/4 cup Polyent powder50 PC 2.00 F1/4 cup Alueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil50 PC 2.00 F2/3 tsp Olive or monounsaturated oil2.00 F 2.00 F2/3 tsp Olive or monounsatu	Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
Mid Meal - Meal Portions: P:5 C:3 F:3Portions1/2 cup Yogurt, plain, low fat1.00 PC28 grams Protein powder4.00 P2 cups Raspberries2.00 C18 Peanuts3.00 F12 cup Milk, low fat3.00 F12 cup Milk, low fat (1%).50 PC1/2 cup Milk, low fat (1%).50 PC1/4 cup Yogurt, plain, low fat.50 PC1/4 cup Yogurt, plain, low fat.50 PC1/4 cup Blueberries.50 C1/4 cup Blueberries.50 C1/4 cup Blueberries.50 C1/4 cup Blueberries.50 C1/3 cup Applesauce.50 C2/3 tsp Olive or monounsaturated oil2.00 F2/3 tsp Olive or monounsaturated oil.50 C1/3 cup Rice1.00 C2 /12 cups Lettuce, romaine.25 C1/2 cup Mushrooms.50 C1/3 cup Rice.50 C2 /12 cups Lettuce, romaine.50 C1/3 tup Rice.50 C2 /12 cups Lettuce, romaine.50 C1/2 cup Mushrooms.50 C1/3 tup Rice.50 C2 /12 cups Lettuce, romaine.50 C1 cup Mushrooms.50 C	4 oz Cheese, low or non fat 1 cup Bran cereal, all varieties	1.00 PC 4.00 P 2.00 C 3.00 F Calories:	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.
Shack - Meal Portions: P:3 C:2 F:2PortionsPreparation Suggestions:1/2 cup Milk, low fat (1%).50 PCProtein Shake with Fruit1/4 cup Yogurt, plain, low fat.50 PCBlend all ingredients together and add ice14 grams Protein powder2.00 Puntil desired consistency is reached. If a bit is not available mix protein powder with cc1/6 cup Applesauce.50 Cis not available mix protein powder with cc2/3 tsp Olive or monounsaturated oil2.00 FEnjoy!Calories:2/3 tsp Olive or monounsaturated oil2.00 F5 oz Beef, lean cuts5.00 PSteak and Salad1/3 cup Rice1.00 CGrill or broil steak, prepare salad with amod2 1/2 cups Lettuce, romaine.25 Cvinegar dressing (or a low-fat dressing of y1 cup Mushrooms.50 C.50 C1 Tomato.50 C1 Pepper (bell or cubanelle).50 C3 Almonds, whole1.00 F2/3 tsp Olive or monounsaturated oil2.00 F	1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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
Dinner - Meal Portions: P:5 C:3 F:3Preparation Suggestions:5 oz Beef, lean cuts5.00 PSteak and Salad1/3 cup Rice1.00 CGrill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil2 1/2 cups Lettuce, romaine.25 Clettuce to your satisfaction and mix with oil1 cup Cucumber.25 Cvinegar dressing (or a low-fat dressing of your satisfaction and mix with oil1 cup Mushrooms.50 C.50 C1 Tomato.50 C.50 C3 Almonds, whole1.00 F2/3 tsp Olive or monounsaturated oil2.00 F	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	Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories:	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
329	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	Portions 5.00 P 1.00 C .25 C .50 C .50 C 1.00 F 2.00 F Calories: 329	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
Snack - Meal Portions: P:2 C:2 F:2Item PortionsPreparation Suggestions:1 cup Yogurt, plain, low fat2.00 PCYogurt & Slivered Almonds2 tbsp Almonds, slivered2.00 FMix them together or eat them separately.	1 cup Yogurt, plain, low fat	Portions 2.00 PC	

Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 1/3 cup Mandarin orange, canned tsp Olive or monounsaturated oil 	Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	A refreshing breakfast.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P .13 C .25 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts 	3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	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.
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C 1.00 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and par fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1/2 Cantaloupe 12 Peanuts	2.00 P 2.00 C 2.00 F Calories: 182	Cheese, Nuts & Fruit Enjoy items separately!
Total Daily Portions: Protein: 2 ** Remember to drink betwee	20 Carbohydra	
		powerednutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 5 Eggs, whole 1/2 cup Peaches, canned 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat14 grams Protein powder1/2 Grapefruit12 Peanuts	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Tomato, canned 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
 14 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil 	2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182	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.
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1/3 cup Applesauce 3 tbsp Almonds, slivered	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Total Daily Portions: Prot ** Remember to drink h	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **
	at www.empoweredr	

Day:	44
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 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 	Portions 1.00 PC 2.00 P .50 C .67 C .33 C 3.00 F Calories: 329	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 cup Chicken noodle soup oz Cheese, low or non fat 1/2 cup Peaches, canned Almonds, whole 	2.00 A 3.00 P 1.00 C 1.00 F Calories: 329	Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Cottage cheese, light/low fat1/6 Grapefruit1/3 cup Mandarin orange, canned2 tbsp Almonds, slivered1/3 Apple	2.00 P .33 C 1.00 C 2.00 F .67 C Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	Portions 5.00 P 1.00 C .50 C 1.00 C 3.00 F Calories: 329	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Total Daily Portions: Protein: 2 ** Remember to drink betwee	0 Carbohydrat	
		empowerednutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 Egg whites 2 oz Cheese, low or non fat	1.00 PC 2.00 P 2.00 P	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
1 cup Mushrooms 1/3 cup Onions 1 3/4 cups Spinach	.50 C .67 C .50 C	
2/3 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil	.33 C 3.00 F Calories: 329	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 cup Yogurt, plain, low fat Almonds, whole oz Cheese, low or non fat 	2.00 PC 2.00 F 1.00 P Calories: 210	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
/lid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts 3/4 cup Celery 1/8 cup Onions	5.00 P .38 C .25 C	Beef and vegetable pasta. Enjoy!
1/4 cup Tomato, puree 1/2 cup Pasta 1 tsp Olive or monounsaturated oil	.50 C 2.00 C 3.00 F Calories: 329	
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder 1/2 cup Blueberries 1 cup Milk, low fat (1%)	1.00 P 1.00 C 1.00 PC	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender
2/3 tsp Olive or monounsaturated oil	2.00 F Calories: 182	is not available mix protein powder with cold water and have remaining ingredients on the side
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1/3 cup Applesauce 3 tbsp Almonds, slivered	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories:	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Total Daily Portions: Prote	329	tes: 13 Fat: 13 Calories: 1379
** Remember to drink b	etween 10 and 12 g	lasses of water per day. **
leal plans work. Personalized Nutrition Delivers	Powerful Proven Re <u>nutrition</u>	sults. http://empowerednutrition.com/critical-bench
Notes:		

Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat 1 cup Grapes 12 Peanuts	3.00 P 2.00 C 2.00 F Calories: 210	Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 1.00 PC 4.00 P .25 C .25 C .13 C .50 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter	2.00 P 2.00 C 2.00 F Calories: 182	Another tasty snack!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	5.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 329	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
		tes: 13 Fat: 13 Calories: 1379 Jasses of water per day. **
	d Prizes <u>http://empor</u>	

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 cup Milk, low fat (1%) oz Cheese, low or non fat cup Bran cereal, all varieties tsp Olive or monounsaturated oil 	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3/4 cup Cottage cheese, light/low fat 2 cups Raspberries 12 Peanuts	3.00 P 2.00 C 2.00 F Calories: 210	Cottage Cheese, Raspberries & Peanuts A great, quick snack!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C .50 C 1.50 C 3.00 F Calories: 329	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
		ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Have you b	ad your Protein Sm	poothie today?

Breakfast - Meal Portions: P:5 C:3 F:3 2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Bran cereal, all varieties 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 2 oz Mozzarella cheese, light/low fat	2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329	A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
7 1/2 oz Shrimp 1/2 cup Pasta 1/2 cup Tomato sauce 1 tsp Olive or monounsaturated oil	Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Shrimp & 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 Orange 12 Peanuts	2.00 P 2.00 C 2.00 F Calories: 182	Cheese, Orange and Peanuts. A quick snack to keep you going!
Total Daily Portions: Protein: 2 ** Remember to drink betwe		
	n Smoothie, be	

+ energiz	ed + transformed + e	mpowered +
** Remember to drink l	between 10 and 12 g	tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **
	Calories: 182	
1/2 Cantaloupe 12 Peanuts	2.00 C 2.00 F	Enjoy items separately!
2 oz Cheese, low or non fat	Portions 2.00 P	Cheese, Nuts & Fruit
Snack - Meal Portions: P:2 C:2 F:2	329 Item	Preparation Suggestions:
2/3 tsp Olive or monounsaturated oil	2.00 F Calories:	
1 Pepper (bell or cubanelle) 3 Almonds, whole	.50 C 1.00 F	
1 Tomato	.50 C	
1 cup Cucumber 1 cup Mushrooms	.25 C .50 C	vinegar dressing (or a low-fat dressing of your choice).
2 1/2 cups Lettuce, romaine	.25 C	lettuce to your satisfaction and mix with oil and
1/3 cup Rice	1.00 C	Grill or broil steak, prepare salad with amount of
5 oz Beef, lean cuts	5.00 P	Steak and Salad
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
	210	
its the of monoursaturated of	1.00 F Calories:	
1 tbsp Almonds, slivered 1/3 tsp Olive or monounsaturated oil	1.00 F 1.00 F	
1/3 cup Oatmeal	1.00 C	
1/8 cup Honeydew melon	.19 C	separately.
12 grams Protein powder 1/8 Cantaloupe	.50 C	almonds on top of cottage cheese and eat
1/4 cup Cottage cheese, light/low fat	1.00 P 1.71 P	Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and
1/3 cup Milk, low fat (1%)	.33 PC	Melon Shake with a Chaser
Snack - Meal Portions: P:3 C:2 F:2	Portions	Preparation Suggestions:
	329 Item	
	Calories:	
2 oz Mozzarella cheese, light/low fat	2.00 P	
1 cup Milk, low fat (1%) 3 Almonds, whole	1.00 PC	healthful. Enjoy the nuts for dessert.
2 cups Vegetable soup	2.00 A 1.00 PC	A bowl of soup and a glass of milk - simple but
Mid Meal - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
Mid March, March Darthan an D.C. 0.0 E.0	329 Item	on top and enjoy.
	Calories:	half of the egg with hummus. Sprinkle almonds
3 tbsp Almonds, slivered	3.00 F	egg in half and discard the egg yolks. Fill each
3/4 cup Hummus	3.00 C	Hard boil the eggs and cool slightly. Cut each
5 Eggs, whole	Portions 5.00 P	Hummus Deviled Eggs
Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:

Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1/2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 1 tsp Peanut butter, natural 	Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat	2.00 PC 2.00 F 1.00 P Calories: 210	Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Lentils4 1/2 oz Turkey, ground2 cups Squash1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
		ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
	-	empowerednutrition.net
Notes:		

Breakfast - Meal Portions: P:5 C:3 F:3	ltem	Preparation Suggestions:
5 Eggs, whole	Portions 5.00 P	Toasted egg sandwich with fruit.
1/2 cup Peaches, canned	1.00 C	Toasted egg sandwich with huit.
1 slice Whole grain bread	2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:3 C:2 F:2	Item	Preparation Suggestions:
1/2 our Vogurt plain low fot	Portions 1.00 PC	Protein Shake with Fruit
1/2 cup Yogurt, plain, low fat 14 grams Protein powder	2.00 PC	Put all ingredients in a blender over ice and blend
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and
2/3 tsp Olive or monounsaturated oil	2.00 F	shake up the remaining ingredients in a closed
	Calories:	container to mix it all together, then eat the fruit
	210	on the side. Enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Chicken noodle soup	2.00 A	Soup with grated cheese on top. Enjoy fruit and
3 oz Cheese, low or non fat	3.00 P	nuts for dessert.
1/2 cup Peaches, canned	1.00 C	
3 Almonds, whole	1.00 F	
	Calories:	
	329	-
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat	2.00 P	Cheese, Berries and Peanuts
1 cup Raspberries	1.00 C	Dice the cheese and throw everything into a bowl
1 cup Strawberries	1.00 C	Every handful will be a great surprise!
12 Peanuts	2.00 F	
	Calories:	
	182	
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts	5.00 P	Grilled Beef Salad with Cantaloupe
1 cup Cauliflower	.25 C	Grill beef and set atop this great mixed salad.
1 cup Celery	.50 C	Enjoy the cantaloupe for dessert.
1 cup Cucumber	.25 C	
4 cups Lettuce, romaine	.40 C	
1 cup Tomatoes	.67 C	
1/4 Cantaloupe	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 329	
	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379
** Remember to drink b	between 10 and 12 g	glasses of water per day. **
Be BIG. Be HUGE. B	Be Empowered <u>www</u>	empowerednutrition.net
Notes:		

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 1/3 cup Mandarin orange, canned tsp Olive or monounsaturated oil 	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	A refreshing breakfast.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 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 	3.00 P 1.00 C .38 C .50 C 2.00 F Calories: 210	Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Tuna & 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
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%)	1.00 P .50 C 2.00 F .50 C 1.00 PC Calories: 182	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329	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.
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Day:	53
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Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:3 C:2 F:2 2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat	Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:3 F:3 5 oz Tuna, canned in water 1/2 cup Pineapple 1/2 cup Chickpeas 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Tuna & 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.
Snack - Meal Portions: P:2 C:2 F:2 2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	Preparation Suggestions: Another tasty snack!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329	Preparation Suggestions: 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.
	n: 20 Carbohydrat	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **

Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Cottage cheese, light/low fat 2 cups Raspberries 12 Peanuts	329 Item Portions 3.00 P	Preparation Suggestions:
2 cups Raspberries	3.00 P	
	2.00 C 2.00 F Calories: 210	Cottage Cheese, Raspberries & Peanuts A great, quick snack!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
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	Portions 5.00 P .38 C .25 C .50 C 2.00 C 3.00 F Calories: 329	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2 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%)	Item Portions 1.00 P .50 C 2.00 F .50 C 1.00 PC Calories: 182	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 P 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	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!
Total Daily Portions: Protein: 2 ** Remember to drink betwee	20 Carbohydra	

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Bran cereal, all varieties 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 2 oz Mozzarella cheese, light/low fat	2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329	A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 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 	.50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C 1.00 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 Orange 12 Peanuts	2.00 P 2.00 C 2.00 F Calories: 182	Cheese, Orange and Peanuts. A quick snack to keep you going!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Notes:		

Day:	56
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	A simple, wholesome breakfast.
28 grams Protein powder	4.00 P	
2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	2.00 C 3.00 F	
I isp olive of monoursaturated of	Calories:	
	329	
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless	5.00 P	Grilled Chicken Salad
1/4 cup Chickpeas	1.00 C	Grill the chicken while mixing together your
3/4 cup Cauliflower	.19 C	vegetables. When the chicken is done, set on to
3/4 cup Celery	.38 C	of the salad and garnish with the cashews. A
1 cup Cucumber	.25 C	great lunch salad!
1/2 Pepper (bell or cubanelle)	.25 C	
1 cup Mushrooms	.50 C	
1 Tomato	.50 C	
3 Cashews	1.00 F	
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
1/2 Orange	1.00 C	Blend all ingredients together, except nuts, and
1 cup Raspberries	1.00 C	add ice cubes until desired consistency is
1/3 tsp Olive or monounsaturated oil	1.00 F	reached. If a blender is not available mix protein
6 Peanuts	1.00 F	powder with cold water and have remaining
	Calories:	ingredients on the side. Nuts on the side.
	210	
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
7 1/2 oz Shrimp	5.00 P	Shrimp & Pasta
1/2 cup Pasta	2.00 C	Heat oil in a pan. Saute shrimp until cooked
1/2 cup Tomato sauce	1.00 C	through. Stir in tomato sauce and simmer. Cool
1 tsp Olive or monounsaturated oil	3.00 F	pasta as directed, serve with sauce on top.
	Calories:	
	329	
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat	2.00 P	Cheese, Orange and Peanuts.
1 Orange	2.00 C	A quick snack to keep you going!
12 Peanuts	2.00 F	
	Calories:	
	182	
		tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **
	Jerween To and Tz g	idosos or water per day.
Take your vitamins, be	active & eat well. wy	vw.empowerednutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 18 Peanuts	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Simple and healthful, this breakfast will give you a needed energy boost!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 3.00 P 1.00 C .38 C .50 C 2.00 F Calories: 210	Preparation Suggestions: Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2 14 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182	Preparation Suggestions: 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.
Dinner - Meal Portions: P:5 C:3 F:3 5 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1/3 cup Applesauce 3 tbsp Almonds, slivered	Item Portions 5.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Total Daily Portions: Prot ** Remember to drink b	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **

Day:	58
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
 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 	Portions 2.50 P 2.50 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2 2 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	Item Portions 2.00 P 1.00 C 1.00 C 2.00 F Calories: 182	Preparation Suggestions: Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 1.00 PC 4.00 P 1.00 C .50 C .50 C 3.00 F Calories: 329	Preparation Suggestions: 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.
	tein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
	e www.empowere	

Day:	59
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Breakfast - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 Egg whites	Portions 1.00 PC 2.00 P	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs,
2 oz Cheese, low or non fat	2.00 P	season and cook til set. Enjoy!
1 cup Mushrooms	.50 C	
1/3 cup Onions	.67 C	
1 3/4 cups Spinach	.50 C	
2/3 Pepper (bell or cubanelle)	.33 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 329	
	ltem	
Snack - Meal Portions: P:3 C:2 F:2	Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	Sliced vegetables with olive oil and balsamic
2 cups Celery	1.00 C	vinegar dip. Feel free to reduce the quantity of
1 1/2 cups Cucumber	.38 C	vegetables if you'd like. Enjoy!
1 Pepper (bell or cubanelle)	.50 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories: 210	
/id Meal - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
5 oz Tuna, canned in water	5.00 P	Tuna Garden Salad
2 1/2 cups Lettuce, romaine 2 cups Cucumber	.25 C .50 C	Mix all ingredients with a little salt, pepper, vinegar, and a couple tablespoons of chopped
1/2 Tomato	.50 C	onion and celery.
1/2 cup Chickpeas	2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
·	Calories:	
	329	
nack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder	1.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together and add ice cubes
1 cup Milk, low fat (1%)	1.00 PC	until desired consistency is reached. If a blender
2/3 tsp Olive or monounsaturated oil	2.00 F	is not available mix protein powder with cold
	Calories:	water and have remaining ingredients on the side
	182	
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless	5.00 P	Grilled Chicken with Seasoned Beans
3/4 cup Beans, green or yellow	.50 C	Let beans and vegetables marinate in olive oil,
1/8 cup Beans, black	.50 C	balsamic vinegar and seasoning for at least a
1/4 cup Chickpeas	1.00 C	couple hours. Grill the chicken, rubbing first with
2 cups Cucumber	.50 C	a seasoning mixture of salt, lemon pepper, and
 Pepper (bell or cubanelle) tsp Olive or monounsaturated oil 	.50 C 3.00 F	rosemary (optional). Enjoy!
	Calories:	
	329	
		tes: 13 Fat: 13 Calories: 1379 lasses of water per day. **
Feel the burn & inciner	ate the fat. www.	empowerednutrition.net

Snack - Meal Portions: P:5 C:3 F:3 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	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheese, low or non fat	Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!
Snack - Meal Portions: P:2 C:2 F:2 2 oz Cheese, low or non fat 1 Apple 6 Cashews	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	Preparation Suggestions: Another great, on-the-go snack!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P .25 C .50 C .25 C .40 C .67 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
	tein: 20 Carbohydra	l Ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **

Breakfast - Meal Portions: P:5 C:3 F:3 5 oz Cheese, low or non fat 1 cup Peaches, canned 1 Plum 18 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Grapefruit 12 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3 1 cup Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	Item Portions 2.00 A 3.00 P 1.00 C 1.00 F Calories: 329	Preparation Suggestions: Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:2 C:2 F:2 14 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 C .50 C 2.00 F Calories: 182	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 1.00 P 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: 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!
	ein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Bran cereal, all varieties 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 1.00 C .19 C .38 C .25 C .25 C .50 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 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	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	Preparation Suggestions: Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Dinner - Meal Portions: P:5 C:3 F:3 5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:2 C:2 F:2 12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat	Item Portions 2.00 F 2.00 C 2.00 P Calories: 182	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
		ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Today's checklist: 1.	Protein 2. Multi 3.	Eat 4. Train 5. GROW!

Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	A simple, wholesome breakfast.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat28 grams Protein powder2 cups Raspberries18 Peanuts	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
 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 	.50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 tsp Olive or monounsaturated oil	5.00 P .48 C .50 C 2.00 C 3.00 F Calories: 329	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:2 C:2 F:2 1 cup Yogurt, plain, low fat	Item Portions 2.00 PC	Preparation Suggestions: Yogurt & Slivered Almonds
2 tbsp Almonds, slivered	2.00 F Calories: 182	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	tein: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 Jasses of water per day. **

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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 Eggs, whole 1/2 cup Peaches, canned	5.00 P 1.00 C	Toasted egg sandwich with fruit.
1 slice Whole grain bread	2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 329	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3/4 cup Cottage cheese, light/low fat	3.00 P	Cottage Cheese, Raspberries & Peanuts
2 cups Raspberries	2.00 C	A great, quick snack!
12 Peanuts	2.00 F Calories:	
	210	
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Fruit Yogurt Smoothie
21 grams Protein powder	3.00 P	Mix all ingredients in a blender until desired
1 cup Strawberries	1.00 C	consistency is reached. For a frozen smoothie
9 Almonds, whole	3.00 F Calories:	freeze fruit or add ice cubes. If a blender is not
	329	available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
7 grams Protein powder	1.00 P	Protein Shake with Fruit
1 cup Milk, low fat (1%)	1.00 PC	Put all ingredients in a blender over ice and blend
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and
	Calories: 182	shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit
	102	on the side. Enjoy!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Lentils	2.00 PC	Lentils and Ground Turkey
4 1/2 oz Turkey, ground	3.00 P	Start by boiling the lentils until done, if you are
2 cups Squash	1.00 C	using dried lentils. Pre-heat the oven to 350
1 tsp Olive or monounsaturated oil	3.00 F Calories:	degrees, then brush the squash with olive oil, place on a pan, and start baking. When the
	329	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.
Total Daily Partiana, Drot	Lainy 20 Carbabydra	Season with salt and pepper and enjoy!
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
		···· [·· ··· ·

Breakfast - Meal Portions: P:5 C:3 F:3 2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Bran cereal, all varieties 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 2.00 C .25 C .25 C .30 C .25 C 3.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2 2 oz Mozzarella cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter	Item Portions 2.00 P 2.00 C 2.00 F Calories: 182	Preparation Suggestions: Another tasty snack!
Dinner - Meal Portions: P:5 C:3 F:3 5 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C .50 C 1.50 C 3.00 F Calories: 329	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
	: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **

Day:	66
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Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 Eggs, whole 3/4 cup Hummus 3 tbsp Almonds, slivered	5.00 P 3.00 C 3.00 F Calories:	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
	329	on top and enjoy.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt & Almonds
6 Almonds, whole	2.00 F	Mix them together or eat them separately. Either
1 oz Cheese, low or non fat	1.00 P	way, you're on your way to a healthy lifestyle!
	Calories: 210	
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Chef's Salad Topped with Cheese
4 oz Cheese, low or non fat	4.00 P	Chop ingredients and toss with olive oil and
1/2 cup Mushrooms	.25 C	vinegar dressing. Make the salad with as much
2 1/2 cups Lettuce, romaine	.25 C	lettuce as you are comfortable with, it's okay to
1/2 cup Cucumber	.13 C	reduce quantity.
1 Tomato	.50 C	
1/2 Orange	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 329	
Snack - Meal Portions: P:2 C:2 F:2	Item	Preparation Suggestions:
14 grama Bratain powdar	Portions 2.00 P	Protein Shake with Fruit
14 grams Protein powder 1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blender
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and
2/3 tsp Olive or monounsaturated oil	2.00 F	shake up the remaining ingredients in a closed
	Calories:	container to mix it all together, then eat the fruit
	182	on the side. Enjoy!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless	5.00 P	Chicken Dinner
1/2 cup Grapes	1.00 C	Brush chicken lightly with oil, broil or grill chicken
2 cups Cauliflower	.50 C	Mix oil with your spices of choice to add flavour.
1 1/2 cups Broccoli 1/3 cup Rice	.50 C 1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	329	
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Fight Fa	at <u>www.empoweredr</u>	iutinion.net

Snack - Meal Portions: P:5 C:3 F:3 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:	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2	329 Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1/2 cup Blueberries12 Peanuts	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	5.00 P .50 C .50 C .50 C .50 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:2 C:2 F:2	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 1 Apple 6 Cashews	2.00 P 2.00 C 2.00 F Calories: 182	Another great, on-the-go snack!
Dinner - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
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	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	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.
	in: 20 Carbohydra	tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
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Day: 68

Meal plans work. Personalized Nutrition Delivers	Powerful Proven Re nutrition	esults. http://empowerednutrition.com/critical-bench-
** Remember to drink b	etween 10 and 12 g	tes: 13 Fat: 13 Calories: 1379 plasses of water per day. **
	Calories: 329	tas: 13 Eat: 13 Calories: 1370
6 Almonds, whole1/3 tsp Olive or monounsaturated oil	2.00 F 1.00 F	
1/2 Orange	1.00 C	
1/5 cup Salsa	.40 C	
1/2 whole Pita	1.00 C	tortilla and serve.
1/5 Pepper (bell or cubanelle)	.10 C	have them raw. Mix all ingredients into pita or
1/4 Tomato	.40 C	fry until cooked. You can pan fry vegetables or
2 oz Cheese, low or non fat 1/5 cup Onions	2.00 P .40 C	Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan
3 oz Beef, lean cuts 2 oz Cheese, low or non fat	3.00 P	Steak Wrap Cut beef into 1 inch strips. In a pap heat oil Add
	Portions	
Dinner - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	182	on the side. Enjoy!
	Calories:	container to mix it all together, then eat the fruit
1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil	.50 C 2.00 F	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed
1/8 Cantaloupe	.50 C	adding water to create desired consistency. If a
1/2 cup Yogurt, plain, low fat	1.00 PC	Put all ingredients in a blender over ice and blend
7 grams Protein powder	1.00 P	Protein Shake with Fruit
	Portions	Preparation Suggestions:
Snack - Meal Portions: P:2 C:2 F:2	Item	
	329	and nuts into yogurt.
9 Almonds, whole	3.00 F Calories:	available stir protein powder and chopped fruit
1 cup Strawberries	1.00 C 3.00 F	consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not
21 grams Protein powder	3.00 P	Mix all ingredients in a blender until desired
1 cup Yogurt, plain, low fat	2.00 PC	Fruit Yogurt Smoothie
Mid Meal - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
Mid Maal Maal Dartiana - D.5 0.0 5-0	Item	Dranovation Cumposting
	210	
1 oz Cheese, low or non fat	1.00 P Calories:	handful of cashews!
6 Cashews	2.00 F	A cold, refreshing glass of milk, topped off with a
2 cups Milk, low fat (1%)	2.00 PC	Milk & Cashews
Snack - Meal Portions: P:3 C:2 F:2	Portions	Preparation Suggestions:
	ltem	
	Calories: 329	
1 tsp Olive or monounsaturated oil	3.00 F	
2 Peppers (bell or cubanelle)	1.00 C	
1/4 cup Kidney beans	1.00 C	
1/4 cup Chickpeas	1.00 C	turmeric and chili powder to the mix!
1 Egg, whole	1.00 P	you add a bit of black pepper, hot sauce, mustard
8 Egg whites	4.00 P	A great Mexican style omelet, especially when
Breakfast - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:

Breakfast - Meal Portions: P:5 C:3 F:3 5 oz Cheese, low or non fat 1 cup Peaches, canned	Item Portions 5.00 P 2.00 C 1.00 C	Preparation Suggestions:
1 Plum 18 Peanuts	3.00 F Calories: 329	
Mid Meal - Meal Portions: P:5 C:3 F:3 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	Item Portions 5.00 P 1.00 C .19 C .38 C .25 C .25 C .50 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: 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.
Dinner - Meal Portions: P:5 C:3 F:3 7 1/2 oz Shrimp 1/2 cup Pasta 1/2 cup Tomato sauce 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Shrimp & 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.
Snack - Meal Portions: P:2 C:2 F:2 12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat	Item Portions 2.00 F 2.00 C 2.00 P Calories: 182	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
		tes: 13 Fat: 13 Calories: 1379 glasses of water per day. **
WIN Cash and	d Prizes <u>http://empo</u>	werednutrition.net

Breakfast - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 18 Peanuts	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost!
Mid Meal - Meal Portions: P:5 C:3 F:3 2 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 2 oz Mozzarella cheese, light/low fat	Item Portions 2.00 A 1.00 PC 1.00 F 2.00 P Calories: 329	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: 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!
Dinner - Meal Portions: P:5 C:3 F:3 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	Item Portions 3.00 P 2.00 P .40 C .13 C .40 C 1.00 C 1.00 C 1.00 C 1.00 F 2.00 F Calories: 329	Preparation Suggestions: 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.
Snack - Meal Portions: P:2 C:2 F:2 1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 F Calories: 182	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	in: 20 Carbohydra	ites: 13 Fat: 13 Calories: 1379 glasses of water per day. **
Have you h	ad your Protein Sm	noothie today?

Grocery List

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

Carbohydrates

24 oz Cheese, low or non fat 2 1/4 cups Cottage cheese, light/low fat 24 oz Chicken breast, skinless 147 grams Protein powder 4 oz Turkey breast, skinless 13 oz Beef, lean cuts 5 oz Tuna, canned in water 18 Egg whites 6 Eggs, whole 2 oz Mozzarella cheese, light/low fat 7 1/2 oz Shrimp

2 1/2 Oranges 4 cups Raspberries 1 1/2 cups Pineapple 2 1/4 Tomatoes 9 cups Cucumber 9 1/2 cups Lettuce, romaine 5 1/6 Peppers (bell or cubanelle) 1 1/4 cups Blueberries 1 1/2 cups Brussels sprouts 19/24 cup Onions 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

120 Peanuts 17 1/3 tsp Olive or monounsaturated oil 30 Almonds, whole 9 Cashews 1 tsp Peanut butter, natural 3 tbsp Almonds, slivered

Fats

Other

7 1/2 cups Milk, low fat (1%) 4 1/4 cups Yogurt, plain, low fat 2 cups Vegetable soup

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

Carbohydrates

180 grams Protein powder 28 1/2 oz Cheese, low or non fat 5 oz Tuna, canned in water 5 oz Turkey breast, skinless 3/4 cup Cottage cheese, light/low fat 4 1/2 oz Turkey, around 9 Egg whites 15 oz Chicken breast, skinless 16 oz Beef, lean cuts 7 1/2 oz Sole 2 oz Mozzarella cheese, light/low fat 5 Eggs, whole

1 cup Oatmeal 3/4 cup Pineapple 1/2 cup Chickpeas 3/4 Cantaloupe 11/24 cup Honeydew melon 4 1/2 cups Broccoli 1 59/60 cups Onions 1/3 cup Applesauce 2/3 cup Mandarin orange, canned 1 1/2 cups Strawberries 2 1/4 cups Peaches, canned 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

Fats

Other

20 1/3 tsp Olive or monounsaturated oil 6 Cashews 8 tbsp Almonds, slivered 24 Almonds, whole 48 Peanuts 2/3 tsp Butter 8 1/3 cups Milk, low fat (1%) 5 cups Yogurt, plain, low fat 1 cup Chicken noodle soup 1/2 cup Lentils

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

Carbohydrates

5 Eggs, whole
26 oz Cheese, low or non fat
24 oz Chicken breast, skinless
126 grams Protein powder
18 oz Beef, lean cuts
24 Egg whites
3 cups Cottage
cheese, light/low fat
5 oz Turkey breast, skinless
5 oz Tuna, canned in water

2 3/4 cups Peaches, canned 2 slice Whole grain bread 5 1/2 cups Grapes 10 1/2 cups Mushrooms 4 cups Tomato, canned 2 cups Strawberries 1/2 cup Tomato, puree 3 cups Celery 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 15/6 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

18 1/3 tsp Olive or monounsaturated oil 90 Peanuts 6 Cashews 30 Almonds, whole 7 tbsp Almonds, slivered 2 tsp Peanut butter, natural

Fats

Other

5 1/2 cups Milk, low fat (1%) 4 3/4 cups Yogurt, plain, low fat

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

Carbohydrates

182 grams Protein powder 15 oz Sole 9 oz Turkey, ground 18 Egg whites 6 Eggs, whole 3 1/4 cups Cottage cheese, light/low fat 15 oz Chicken breast, skinless 23 oz Cheese, low or non fat 4 oz Turkey breast, skinless 8 oz Beef, lean cuts 7 1/2 oz Shrimp

1 cup Mandarin orange, canned 1 1/3 Grapefruits 15 cups Lettuce, romaine 4 1/4 Tomatoes 12 7/10 Peppers (bell or cubanelle) 11 cups Cucumber 1 19/20 cups Onions 1 cup Blueberries 5 1/2 cups Raspberries 2 cups Strawberries 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

20 1/3 tsp Olive or monounsaturated oil 96 Peanuts 7 tbsp Almonds, slivered 21 Almonds, whole

Fats

Other

3 1/2 cups Yogurt, plain, low fat 1 cup Lentils 4 cups Milk, low fat (1%)

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

Carbohydrates

26 Egg whites 2 Eggs, whole 30 oz Cheese, low or non fat 16 oz Beef, lean cuts 143 grams Protein powder 25 oz Chicken breast, skinless 10 oz Tuna, canned in water 2 oz Mozzarella cheese, light/low fat 3/4 cup Cottage cheese, light/low fat 4 oz Turkey breast, skinless

2 cups Chickpeas 1/2 cup Kidney beans 7 11/30 Peppers (bell or cubanelle) 2 cups Blueberries 1 1/2 cups Celery 1 29/120 cups Onions 1/4 cup Tomato, puree 1/2 cup Pasta 7/8 Cantaloupe 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

19 2/3 tsp Olive or monounsaturated oil 102 Peanuts 21 Almonds, whole 2/3 tsp Butter 1 tsp Peanut butter, natural 3 Cashews 2 tbsp Almonds, slivered

Fats

Other

3 1/2 cups Yogurt, plain, low fat 5 2/3 cups Milk, low fat (1%) 1 cup Chicken noodle soup

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

ProteinCarbohydratesFatsOther5 Egg whites5 47/60 Peppers (bell or cubanelle)18 2/3 tsp Olive or9 1/4 cups Yogurt,1 1/2 or Cheese low1 1/2 cups Tomatoesmonounsaturated oilplain low fat

31 1/2 oz Cheese, low or non fat
189 grams Protein powder
27 oz Beef, lean cuts
5 Eggs, whole
10 oz Tuna, canned in water
15 oz Chicken breast, skinless

1 1/2 cups Tomatoes 1 Peach 1 1/4 cups Blueberries 3 1/2 cups Strawberries 1 1/4 cups Peaches, canned 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

18 2/3 tsp Olive or monounsaturated oil 84 Peanuts
42 Almonds, whole 5 tbsp Almonds, slivered 6 Cashews 9 1/4 cups Yogurt, plain, low fat 3 1/2 cups Milk, low fat (1%)

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

Carbohydrates

10 Eggs, whole 124 grams Protein powder 15 oz Chicken breast, skinless 10 oz Turkey breast, skinless 8 Egg whites 23 oz Cheese, low or non fat 1 1/2 cups Cottage cheese, light/low fat 15 oz Beef, lean cuts 6 oz Mozzarella cheese, light/low fat 7 1/2 oz Sole 7 1/2 oz Shrimp

1 cup Peaches, canned 1 slice Whole grain bread 2/3 Grapefruit 5 1/2 cups Mushrooms 2 cups Tomato, canned 1 cup Blueberries 2 Oranges 9 cups Broccoli 2 7/24 cups Onions 2/3 cup Applesauce 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

Fats

18 tsp Olive or monounsaturated oil 60 Peanuts 21 Almonds, whole 12 tbsp Almonds, slivered 2/3 tsp Butter Other

2 1/2 cups Yogurt, plain, low fat 12 1/3 cups Milk, low fat (1%) 1 cup Chicken noodle soup 4 cups Vegetable soup

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

Carbohydrates

10 Egg whites 20 oz Cheese, low or non fat 18 oz Chicken breast, skinless 161 grams Protein powder 4 1/2 oz Turkey, ground 5 Eggs, whole 13 oz Beef, lean cuts 10 oz Tuna, canned in water 4 oz Mozzarella cheese, light/low fat 1 cup Cottage cheese, light/low fat 4 oz Turkey breast, skinless 7 1/2 oz Shrimp

1 cup Grapes 1 1/2 slice Whole grain bread 2 cups Pineapple 17/10 Tomatoes 4 1/2 cups Cucumber 7 cups Lettuce, romaine 2 1/4 Peppers (bell or cubanelle) 3 1/2 cups Strawberries 2 cups Squash 1 1/2 cups Peaches, canned 4 1/2 cups Raspberries 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

21 tsp Olive or

Fats

monounsaturated oil 1 tsp Peanut butter, natural 15 Cashews 12 Almonds, whole 72 Peanuts 2/3 tsp Butter

Other

12 1/2 cups Milk, low fat (1%) 1/2 cup Lentils 3 3/4 cups Yogurt, plain, low fat 1 cup Chicken noodle soup 2 cups Vegetable soup

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

Carbohydrates

29 1/2 oz Cheese, low or non fat 215 grams Protein powder 9 oz Turkey breast, skinless 9 Egg whites 29 oz Chicken breast, skinless 5 oz Tuna, canned in water 7 1/2 oz Sole 5 oz Beef, lean cuts 1/2 cup Cottage cheese, light/low fat

1 1/2 Oranges 5 3/4 cups Celery 12 cups Cucumber 7 2/3 Peppers (bell or cubanelle) 3 cups Strawberries 1 3/4 cups Blueberries 3 cups Broccoli 1 5/6 cups Onions 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

90 Peanuts 19 1/3 tsp Olive or monounsaturated oil 15 Almonds, whole 6 tbsp Almonds, slivered 15 Cashews

Fats

Other

- 9 5/6 cups Milk, low fat (1%) 4 1/4 cups Yogurt,
- plain, low fat 1 cup Chicken noodle soup

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

Carbohydrates

11 Eggs, whole 2 cups Cottage cheese, light/low fat 168 grams Protein powder 4 1/2 oz Turkey, ground 15 oz Chicken breast, skinless 4 oz Mozzarella cheese, light/low fat 14 oz Beef, lean cuts 27 oz Cheese, low or non fat 8 Egg whites 7 1/2 oz Shrimp

1 1/2 cups Peaches, canned 1 slice Whole grain bread 4 cups Raspberries 4 1/2 cups Strawberries 2 cups Squash 1/2 cup Bran cereal, all varieties 1 3/4 cups Pineapple 3 1/5 Tomatoes 4 1/2 cups Cucumber 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

Fats

slivered

Other

15 1/3 tsp Olive or 5 1/2 cups Yogurt, monounsaturated oil plain, low fat 78 Peanuts 10 cups Milk, low 54 Almonds, whole fat (1%) 2/3 tsp Butter 1/2 cup Lentils 2 cups Vegetable 5 tbsp Almonds, soup 15 Cashews