

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 1

Breakfast - Meal Portions: P:4 C:4 F:4 8 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Eggs with oatmeal on the side. Enjoy!
Mid Meal - Meal Portions: P:4 C:4 F:4 1 Orange 1 tsp Mayonnaise 9 Almonds, whole 1 whole Pita 6 oz Crab	Item Portions 2.00 C 1.00 F 3.00 F 2.00 C 4.00 P Calories: 364	Preparation Suggestions: Crabmeat Sandwich Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.
Snack - Meal Portions: P:2 C:2 F:2 7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/2 Grapefruit 12 Peanuts	Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:4 C:4 F:4 6 oz Shrimp 1/2 cup Pasta 1 cup Tomato sauce 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364	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 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%) 7 grams Protein powder 1/2 cup Grapes	Item Portions 2.00 F 1.00 PC 1.00 P 1.00 C 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!

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

Have you had your Protein Smoothie today?

Notes:

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Day: 2

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 1 cup Pasta 4 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken & Pasta Salad Broil chicken breast until cooked through, then allow to cool and cut into cubes. Cook pasta, then mix all ingredients, adding celery, onion, and green pepper if desired. Add salt, pepper and garlic to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 1 cup Carrots 3/4 cup Corn, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 oz Cheese, low or non fat 1 Orange 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>Have a Protein Smoothie, be Empowered</p>		

Notes:

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Day: 3

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1/2 Nectarine 1 1/2 slice Whole grain bread 6 oz Salmon steak 4 tsp Mayonnaise</p>	<p>Item Portions 1.00 C 3.00 C 4.00 P 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 12 Peanuts</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 P 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Turkey breast, skinless 3 cups Broccoli 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

+ energized + transformed + empowered +

Notes:

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Day: 4

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Tomato vegetable soup 1 oz Cheddar cheese, light/low fat 1/2 slice Rye bread 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 1.00 P 1.00 C 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A bowl of a soup and a cheese sandwich. Basic and satisfying.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 1 cup Potato 1 1/2 cups Broccoli 1 cup Zucchini 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 C .50 C .50 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456
 ** Remember to drink between 10 and 12 glasses of water per day. **

Enter the challenge and WIN! + <http://empowerednutrition.com>

Notes:

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Day: 5

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 2 cups Milk, low fat (1%) 2/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2/3 cup Applesauce 2/3 cup Fruit cocktail 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P .50 PC .50 PC .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Slim, Slender and Sexy + www.myslimappeal.com</p>		

Notes:

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Day: 6

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>8 Egg whites 2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Salmon steak 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>14 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 2.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>1 1/3 tsp Olive or monounsaturated oil 2/3 cup Potato 4 oz Beef, lean cuts 18 spears Asparagus 1 3/4 cups Spinach</p>	<p>Item Portions 4.00 F 2.00 C 4.00 P 1.50 C .50 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 oz Cheese, low or non fat 2 cups Strawberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Strawberries & Almonds</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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Check your Vitals + www.vitalforcemulti.com

Notes:

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Day: 7

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>3 cups Broccoli 3 Eggs, whole 1 cup Milk, low fat (1%) 7 cups Spinach 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 C 3.00 P 1.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2/3 Nectarine 1 1/3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 1.33 C 2.67 C 1.00 F 3.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 1/2 oz Salmon steak 1/2 cup Yogurt, plain, low fat 1 cup Watercress 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 PC .10 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cedar-Baked Salmon with Watercress Yogurt Sauce Soak cedar shingles in water for at least 2 hours. Steam watercress leaves until bright green, then mix with yogurt, dill, salt & pepper to make sauce. Bake salmon at 425 for 10 to 15 minutes & serve!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 F 2.00 C 2.00 P Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>
<p align="center">Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">3 steps for success today: Nutrition + Training + Supplements</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 8

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1/2 cup Grapes 3 oz Turkey breast, deli style 1 cup Milk, low fat (1%) 1 oz Cheese, low or non fat 1 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 C 2.00 P 1.00 PC 1.00 P 2.00 C 2.00 F 2.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Salmon steak 1 cup Potato 2 cups Zucchini 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 C 1.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Zucchini Slice potato into wedges then coat with olive oil, salt, pepper, chili powder and garlic powder. Roast in a 400 degree oven for about an hour. After 45 minutes or so, throw the salmon in the oven as well with some seasonings of your choice on top. Chop the remaining vegetables, saute and lightly season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/4 Nectarine 1/4 Orange</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F .50 C .50 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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Put up a fight, be empowered and visit www.empoweredMMA.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 9

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Bagel 8 tsp Cream cheese, light</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 tsp Mayonnaise 1 whole Pita 1 Orange 4 oz Tuna, canned in water</p>	<p>Item Portions 4.00 F 2.00 C 2.00 C 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Mulberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 2/3 cup Potato 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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Save money, look great! www.empoweredsupplements.com

Notes:

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Day: 10

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 1 cup Yogurt, plain, low fat 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Ground beef (< 10% fat) 1 1/3 cups Potato 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries 1/4 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F .50 C .50 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins, be active & eat well. www.empowerednutrition.com</p>		

Notes:

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Day: 11

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 1 cup Yogurt, plain, low fat 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1 1/2 slice Whole grain bread 4 tsp Mayonnaise 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions 1.00 PC 3.00 C 4.00 F 3.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Salmon steak 5 cups Lettuce, romaine 1 cup Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C .38 C 2.50 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

Meal Plans That Work Are Empowered www.empowerednutritionmealplans.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 12

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>7 grams Protein powder 2 cups Tomato vegetable soup 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 3.00 A 1.00 C 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Cauliflower 6 spears Asparagus 4 oz Chicken breast, skinless 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 C .50 C 4.00 P 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Mulberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456
 ** Remember to drink between 10 and 12 glasses of water per day. **

Smoooooooooth... www.empoweredsmoothie.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 13

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%) 12 Almonds, whole 1 1/2 cups Cereal, cold</p>	<p>Item Portions 3.00 P 1.00 PC 4.00 F 3.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Chicken noodle soup</p>	<p>Item Portions 4.00 A Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 2/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 oz Cheese, low or non fat 1 Apple 6 Cashews</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

Feel the burn & incinerate the fat. www.burnerfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 14

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>8 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1 oz Cheese, low or non fat 2 cups Beef and vegetable soup 1/2 Orange 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 3.00 A 1.00 C 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Tuna, canned in water 12 spears Asparagus 2 cups Zucchini 1/2 cup Hummus 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 15

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 2/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P .50 PC .50 PC .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

Remember to take your vitamins and be empowered

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 16

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 1 cup Yogurt, plain, low fat 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2/3 Nectarine 1 1/3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 1.33 C 2.67 C 1.00 F 3.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Salmon steak 5 cups Lettuce, romaine 1 cup Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C .38 C 2.50 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 17

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>8 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 1 cup Pasta 4 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken & Pasta Salad Broil chicken breast until cooked through, then allow to cool and cut into cubes. Cook pasta, then mix all ingredients, adding celery, onion, and green pepper if desired. Add salt, pepper and garlic to taste.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 1/2 Grapefruit 12 Peanuts</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 1 cup Carrots 3/4 cup Corn, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

Burn baby burn www.burnerfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 18

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>8 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>4 tsp Mayonnaise 1 whole Pita 1 Orange 4 oz Tuna, canned in water</p>	<p>Item Portions 4.00 F 2.00 C 2.00 C 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Turkey breast, skinless 3 cups Broccoli 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 oz Cheese, low or non fat 2 cups Strawberries 6 Almonds, whole</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Strawberries & Almonds</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 19

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1/2 Nectarine 1 1/2 slice Whole grain bread 6 oz Salmon steak 4 tsp Mayonnaise</p>	<p>Item Portions 1.00 C 3.00 C 4.00 P 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 12 Peanuts</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 P 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 1 cup Potato 1 1/2 cups Broccoli 1 cup Zucchini 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 C .50 C .50 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries 1/4 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F .50 C .50 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Smooth, Slim, Simple www.slimappealfatloss.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 20

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 1 cup Yogurt, plain, low fat 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Salmon steak 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Shrimp 1/2 cup Pasta 1 cup Tomato sauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 oz Cheese, low or non fat 1 Apple 6 Cashews</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 21

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>3 cups Broccoli 3 Eggs, whole 1 cup Milk, low fat (1%) 7 cups Spinach 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 C 3.00 P 1.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1/2 cup Grapes 3 oz Turkey breast, deli style 1 cup Milk, low fat (1%) 1 oz Cheese, low or non fat 1 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 C 2.00 P 1.00 PC 1.00 P 2.00 C 2.00 F 2.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Mulberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 2/3 cup Potato 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 oz Cheese, low or non fat 1 Orange 12 Peanuts</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 22

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 2 cups Milk, low fat (1%) 2/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1 1/2 slice Whole grain bread 4 tsp Mayonnaise 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions 1.00 PC 3.00 C 4.00 F 3.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 oz Cheese, low or non fat 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Cashews</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Chicken breast, skinless 2/3 cup Applesauce 2/3 cup Fruit cocktail 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%) 7 grams Protein powder 1/2 cup Grapes</p>	<p>Item Portions 2.00 F 1.00 PC 1.00 P 1.00 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 23

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1 oz Cheese, low or non fat 2 cups Beef and vegetable soup 1/2 Orange 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 3.00 A 1.00 C 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 cup Pineapple</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Cauliflower 6 spears Asparagus 4 oz Chicken breast, skinless 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 C .50 C 4.00 P 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>12 Peanuts 1 cup Grapes 2 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 F 2.00 C 2.00 P Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 24

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Tomato vegetable soup 1 oz Cheddar cheese, light/low fat 1/2 slice Rye bread 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 1.00 P 1.00 C 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A bowl of a soup and a cheese sandwich. Basic and satisfying.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Tuna, canned in water 12 spears Asparagus 2 cups Zucchini 1/2 cup Hummus 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/4 Nectarine 1/4 Orange</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F .50 C .50 C Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 25

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Chicken noodle soup</p>	<p>Item Portions 4.00 A Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>4 1/2 oz Salmon steak 1/2 cup Yogurt, plain, low fat 1 cup Watercress 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 PC .10 C 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cedar-Baked Salmon with Watercress Yogurt Sauce Soak cedar shingles in water for at least 2 hours. Steam watercress leaves until bright green, then mix with yogurt, dill, salt & pepper to make sauce. Bake salmon at 425 for 10 to 15 minutes & serve!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 P .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 26

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Bagel 8 tsp Cream cheese, light</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>1 Orange 1 tsp Mayonnaise 9 Almonds, whole 1 whole Pita 6 oz Crab</p>	<p>Item Portions 2.00 C 1.00 F 3.00 F 2.00 C 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Crabmeat Sandwich Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews</p>	<p>Item Portions 2.00 PC 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>1 1/3 tsp Olive or monounsaturated oil 2/3 cup Potato 4 oz Beef, lean cuts 18 spears Asparagus 1 3/4 cups Spinach</p>	<p>Item Portions 4.00 F 2.00 C 4.00 P 1.50 C .50 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1/2 cup Mulberries 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 27

Breakfast - Meal Portions: P:4 C:4 F:4 8 Egg whites 2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.
Mid Meal - Meal Portions: P:4 C:4 F:4 4 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.
Snack - Meal Portions: P:2 C:2 F:2 14 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	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:4 C:4 F:4 6 oz Ground beef (< 10% fat) 1 1/3 cups Potato 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:2 C:2 F:2 2 cups Milk, low fat (1%) 12 Peanuts	Item Portions 2.00 PC 2.00 F Calories: 182	Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 28

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%) 12 Almonds, whole 1 1/2 cups Cereal, cold</p>	<p>Item Portions 3.00 P 1.00 PC 4.00 F 3.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Mid Meal - Meal Portions: P:4 C:4 F:4</p> <p>7 grams Protein powder 2 cups Tomato vegetable soup 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 3.00 A 1.00 C 1.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC .50 C .50 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:4 C:4 F:4</p> <p>6 oz Salmon steak 1 cup Potato 2 cups Zucchini 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 C 1.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Zucchini Slice potato into wedges then coat with olive oil, salt, pepper, chili powder and garlic powder. Roast in a 400 degree oven for about an hour. After 45 minutes or so, throw the salmon in the oven as well with some seasonings of your choice on top. Chop the remaining vegetables, saute and lightly season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:2 C:2 F:2</p> <p>1 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 29

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 24 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 4.00 F 1.00 P Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1/2 cup Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2/3 cup Rice 3 1/2 cups Spinach 30 Peanuts</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 30

Breakfast - Meal Portions: P:5 C:3 F:4 5 oz Cheese, low or non fat 3/4 Bagel 4 tsp Cream cheese	Item Portions 5.00 P 3.00 C 4.00 F Calories: 356	Preparation Suggestions:
Mid Meal - Meal Portions: P:5 C:3 F:5 5 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 C 2.00 F 3.00 F Calories: 383	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:3 C:2 F:3 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F 1.33 F .67 F Calories: 237	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:6 C:3 F:5 6 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C .50 C 1.50 C 5.00 F Calories: 411	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:3 C:2 F:3 3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 18 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624 ** Remember to drink between 10 and 12 glasses of water per day. **		
3 steps for success today: Nutrition + Training + Supplements		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 31

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Cereal, cold 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/3 cup Fruit cocktail 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 2/3 cup Rice 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 32

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Honeydew melon 12 Cashews</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A great way to start your day!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>1 1/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 A 1.00 PC 3.00 F 2.00 P Calories: 383</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Grapes 2 cups Cauliflower 1 1/2 cups Broccoli 1/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Apple 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 33

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 15 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .48 C .50 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Take your vitamins, be active & eat well. www.empowerednutrition.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 34

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>6 Egg whites 6 slices Turkey bacon 1 1/2 Apples 12 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 P 3.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Tuna, canned in water 1 Kiwi 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2 cups Celery 1 Kiwi 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Orange 3 tbsp Avocado</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Avocado</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Meal Plans That Work Are Empowered www.empowerednutritionmealplans.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 35

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>10 Egg whites 1 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 1 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Apple 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Smoooooooooth... www.empoweredsmoothie.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 36

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Egg substitute 1 1/2 slice Whole grain bread 4 tsp Peanut butter, natural 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 P Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>7 1/2 oz Salmon steak 1/2 cup Grapes 1 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita Mix salmon, mayonnaise or oil, and stuff into a wrap or a tortilla. For extra crunch add lettuce or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Yogurt, plain, low fat 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 P Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 2/3 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 2.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Feel the burn & incinerate the fat. www.burnerfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 37

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 3.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2/3 cup Potato 1 1/2 cups Broccoli 6 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C .50 C .50 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 P Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 38

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>5 oz Cheese, low or non fat 1 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>2 oz Cheese, low or non fat 3 oz Tuna, canned in water 1 1/2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 2.00 P 3.00 P 3.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Tuna Melt Mix tuna with mayonnaise, chopped onion (optional) or your favourite ingredients. Spread tuna mixture on bread and place in 350 degree F oven for 5 minutes, top with cheese and bake until cheese is melted.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 3 cups Broccoli 2/3 cup Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Remember to take your vitamins and be empowered

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 39

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 cup Pineapple 12 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A tasty yet simple breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>3 cups Vegetable soup 2 oz Cheddar cheese, light/low fat 6 Almonds, whole</p>	<p>Item Portions 3.00 A 2.00 P 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 3 cups Cauliflower 3/4 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P .75 C 2.25 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3/4 cup Yogurt, plain, low fat 12 grams Protein powder 1/4 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.71 P .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624
 ** Remember to drink between 10 and 12 glasses of water per day. **

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 40

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>7 1/2 oz Salmon steak 1/2 Grapefruit 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Salmon & Chickpea Salad Mix salmon with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 2/3 cup Applesauce 9 Cashews</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>1/4 cup Yogurt, plain, low fat 5 1/2 oz Tuna, steak 1/4 cup Blueberries 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P .50 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Broiled Tuna Steak with Dill Sauce and Fruit Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Burn baby burn www.burnerfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 41

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>2 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat 6 Almonds, whole</p>	<p>Item Portions 3.00 A 2.00 P 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1 cup Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>1 cup Carrots 2 cups Celery 1 Lemon 1 2/3 tsp Olive or monounsaturated oil 6 oz Salmon, canned</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 F 6.00 P Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 42

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Nectarine 24 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>9 oz Ground beef (< 10% fat) 1/2 cup Tomato sauce 1/2 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Smooth, Slim, Simple www.slimappealfatloss.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 43

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 cup Pineapple 12 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A tasty yet simple breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 1 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 2/3 cup Applesauce 9 Cashews</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>1 cup Carrots 2 cups Celery 1 Lemon 1 2/3 tsp Olive or monounsaturated oil 6 oz Salmon, canned</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 F 6.00 P Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 44

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 15 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 3 cups Broccoli 2/3 cup Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3/4 cup Yogurt, plain, low fat 12 grams Protein powder 1/4 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.71 P .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 45

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>5 oz Cheese, low or non fat 1 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>7 1/2 oz Salmon steak 1/2 Grapefruit 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Salmon & Chickpea Salad Mix salmon with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Grapes 2 cups Cauliflower 1 1/2 cups Broccoli 1/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 46

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>6 Egg whites 6 slices Turkey bacon 1 1/2 Apples 12 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 P 3.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>3 cups Vegetable soup 2 oz Cheddar cheese, light/low fat 6 Almonds, whole</p>	<p>Item Portions 3.00 A 2.00 P 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F 1.33 F .67 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 2/3 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 P Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 47

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Cereal, cold 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/3 cup Fruit cocktail 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2 cups Celery 1 Kiwi 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Have you had your Protein Smoothie today?

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 48

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 2.00 F 3.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2/3 cup Potato 1 1/2 cups Broccoli 6 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C .50 C .50 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624
*** Remember to drink between 10 and 12 glasses of water per day. ***

Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 49

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Egg substitute 1 1/2 slice Whole grain bread 4 tsp Peanut butter, natural 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 P Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 3.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>1/4 cup Yogurt, plain, low fat 5 1/2 oz Tuna, steak 1/4 cup Blueberries 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P .50 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Broiled Tuna Steak with Dill Sauce and Fruit Make the dill sauce with yogurt, seasonings, and about half a tablespoon of dill. (Dill is a spice that goes very well with most kinds of fish).</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Orange 3 tbsp Avocado</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Avocado</p>
<p>Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>+ energized + transformed + empowered +</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 50

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Honeydew melon 12 Cashews</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A great way to start your day!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Yogurt, plain, low fat 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 P Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2/3 cup Rice 3 1/2 cups Spinach 30 Peanuts</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 2.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Enter the challenge and WIN! + http://empowerednutrition.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 51

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 24 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 4.00 F 1.00 P Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>7 1/2 oz Salmon steak 1/2 cup Grapes 1 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita Mix salmon, mayonnaise or oil, and stuff into a wrap or a tortilla. For extra crunch add lettuce or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>9 oz Ground beef (< 10% fat) 1/2 cup Tomato sauce 1/2 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Apple 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 52

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>2 oz Cheese, low or non fat 3 oz Tuna, canned in water 1 1/2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 2.00 P 3.00 P 3.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Tuna Melt Mix tuna with mayonnaise, chopped onion (optional) or your favourite ingredients. Spread tuna mixture on bread and place in 350 degree F oven for 5 minutes, top with cheese and bake until cheese is melted.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1 1/2 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.50 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Check your Vitals + www.vitalforcemulti.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 53

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Nectarine 24 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>1 1/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 A 1.00 PC 3.00 F 2.00 P Calories: 383</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1 cup Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Apple 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624
 ** Remember to drink between 10 and 12 glasses of water per day. **

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 54

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>5 oz Cheese, low or non fat 3/4 Bagel 4 tsp Cream cheese</p>	<p>Item Portions 5.00 P 3.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Tuna, canned in water 1 Kiwi 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 5.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 3 cups Cauliflower 3/4 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P .75 C 2.25 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Put up a fight, be empowered and visit www.empoweredMMA.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 55

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>10 Egg whites 1 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>5 oz Chicken breast, skinless 1/2 cup Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .48 C .50 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Save money, look great! www.empoweredsupplements.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 56

<p>Breakfast - Meal Portions: P:5 C:3 F:4</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 4.00 F Calories: 356</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:3 F:5</p> <p>2 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat 6 Almonds, whole</p>	<p>Item Portions 3.00 A 2.00 P 2.00 F Calories: 383</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:3 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 2/3 cup Rice 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 5.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 13 Fat: 20 Calories: 1624

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

Take your vitamins, be active & eat well. www.empowerednutrition.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 57

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1/2 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>7 1/2 oz Turkey breast, deli style 1 cup Strawberries 1/2 cup Grapes 15 Almonds, whole</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 9 spears Asparagus 1/3 cup Potato 1 cup Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .75 C 1.00 C .33 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
 ** Remember to drink between 10 and 12 glasses of water per day. **

Meal Plans That Work Are Empowered www.empowerednutritionmealplans.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 58

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>10 Egg whites 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 1/2 slice Whole grain bread 12 Peanuts 3 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 F 3.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 1/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .48 C .50 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
*** Remember to drink between 10 and 12 glasses of water per day. ***

Smoooooooooth... www.empoweredsmoothie.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 59

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>6 Egg whites 6 slices Turkey bacon 1 Apple 12 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 1.00 F 4.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Chicken breast, skinless 1/4 cup Grapes 1 cup Cauliflower 1 cup Broccoli 1/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .25 C .33 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p align="center">Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">Feel the burn & incinerate the fat. www.burnerfatloss.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 60

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1/2 cup Blackberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1/2 cup Blueberries 30 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 1/3 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 2 oz Cheese, low or non fat 1/2 Apple 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 61

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>6 Egg whites 2 oz Cheese, low or non fat 1 cup Strawberries 1/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P 1.00 C 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Chicken breast, skinless 1/4 cup Grapes 3/4 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P .50 C 1.50 C 3.00 F 2.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1 1/2 cups Broccoli 1/2 cup Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 6.00 P .50 C 1.50 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p align="center">Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Remember to take your vitamins and be empowered</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 62

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Tuna, canned in water 2/3 Kiwi 1/3 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .67 C 1.33 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1/2 cup Celery 1 Kiwi 1/4 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C 1.00 C .75 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
 ** Remember to drink between 10 and 12 glasses of water per day. **

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 63

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1/2 Orange 24 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>7 1/2 oz Salmon steak 1 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 2.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 1/3 cup Rice 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Burn baby burn www.burnerfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 64

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>2 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts</p>	<p>Item Portions 2.00 P 3.00 P 2.00 C 2.00 F 3.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 2/3 cup Applesauce 9 Cashews</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1/3 cup Rice 3 1/2 cups Spinach 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

All the essentials for women, no hype + www.slimappealessentials.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 65

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1/2 cup Pineapple 12 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A tasty yet simple breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>7 1/2 oz Salmon steak 1/2 whole Pita 1 cup Raspberries 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 2 cups Cauliflower 1/2 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P .50 C 1.50 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Blueberries 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Smooth, Slim, Simple www.slimappealfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 66

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1/2 Nectarine 24 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>2 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 2.00 P 3.00 P 2.00 C 3.00 F 2.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1/2 cup Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F 1.33 F .67 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Fight Fat + www.empoweredMMA.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 67

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Milk, low fat (1%) 4 1/2 oz Mozzarella cheese, light/low fat 1/2 cup Cereal, cold 1/4 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P 1.00 C .50 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>4 1/2 oz Turkey breast, deli style 2 oz Cheese, low or non fat 1 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 3.00 P 2.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Deli Style Meat in a Pita Add in a handful of lettuce and onion for extra flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>9 oz Shrimp 1/4 cup Celery 1/4 cup Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .13 C .06 C 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Orange 3 tbsp Avocado</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Avocado</p>
<p>Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Your best body ever in 12 weeks! http://empowerednutrition.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 68

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Tuna, canned in water 1/4 cup Chickpeas 1/2 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>9 oz Shrimp 1/4 cup Pasta 1/2 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Meal plans work. Personalized nutrition delivers Powerful Proven Results. <http://empowerednutrition.com>

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 69

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 1/2 slice Whole grain bread 2 tsp Mayonnaise 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 F 3.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 6 spears Asparagus 1 1/2 cups Broccoli 1/3 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 70

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 1 Kiwi 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Tuna, canned in water 1/2 Pear 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/4 cup Hummus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 71

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>6 Egg whites 2 oz Cheese, low or non fat 1 cup Strawberries 1/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 P 1.00 C 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>7 1/2 oz Salmon steak 1 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1/2 cup Tomato, puree 1 cup Celery 1/2 cup Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables</p> <p>You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p align="center">Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">Have a Protein Smoothie, be Empowered</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 72

Breakfast - Meal Portions: P:5 C:2 F:4 1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1/2 Nectarine 24 Peanuts	Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320	Preparation Suggestions: A quick and tasty breakfast.
Mid Meal - Meal Portions: P:5 C:2 F:5 7 1/2 oz Salmon steak 1/2 whole Pita 1 cup Raspberries 5 tsp Mayonnaise	Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347	Preparation Suggestions: Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:3 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237	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!
Dinner - Meal Portions: P:6 C:2 F:5 9 oz Shrimp 1/4 cup Celery 1/4 cup Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P .13 C .06 C 1.00 C 1.00 C 5.00 F Calories: 375	Preparation Suggestions: Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:3 C:2 F:3 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 18 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
+ energized + transformed + empowered +		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 73

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Cheese, low or non fat 1/2 Orange 24 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>2 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts</p>	<p>Item Portions 2.00 P 3.00 P 2.00 C 2.00 F 3.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 2/3 cup Applesauce 9 Cashews</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 9 spears Asparagus 1/3 cup Potato 1 cup Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .75 C 1.00 C .33 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
 ** Remember to drink between 10 and 12 glasses of water per day. **

Enter the challenge and WIN! + <http://empowerednutrition.com>

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 74

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 1 Kiwi 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Tuna, canned in water 2/3 Kiwi 1/3 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .67 C 1.33 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 6 spears Asparagus 1 1/2 cups Broccoli 1/3 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Slim, Slender and Sexy + www.myslimappeal.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 75

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Milk, low fat (1%) 4 1/2 oz Mozzarella cheese, light/low fat 1/2 cup Cereal, cold 1/4 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 4.50 P 1.00 C .50 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>2 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 2.00 P 3.00 P 2.00 C 3.00 F 2.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Chicken breast, skinless 1/4 cup Grapes 1 cup Cauliflower 1 cup Broccoli 1/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .25 C .33 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
 ** Remember to drink between 10 and 12 glasses of water per day. **

Check your Vitals + www.vitalforcemulti.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 76

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>4 1/2 oz Turkey breast, deli style 2 oz Cheese, low or non fat 1 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 3.00 P 2.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Deli Style Meat in a Pita Add in a handful of lettuce and onion for extra flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 2 cups Cauliflower 1/2 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P .50 C 1.50 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 2 oz Cheese, low or non fat 1/2 Apple 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 77

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1/2 cup Blackberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Tuna, canned in water 1/2 Pear 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 1/3 cup Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Blueberries 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Put up a fight, be empowered and visit www.empoweredMMA.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 78

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 4 oz Cheese, low or non fat 1/2 cup Pineapple 12 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A tasty yet simple breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Chicken breast, skinless 1/4 cup Grapes 3/4 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P .50 C 1.50 C 3.00 F 2.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>9 oz Shrimp 1/4 cup Pasta 1/2 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Save money, look great! www.empoweredsupplements.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 79

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>7 1/2 oz Turkey breast, deli style 1 cup Strawberries 1/2 cup Grapes 15 Almonds, whole</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Tuna, canned in water 6 spears Asparagus 1 cup Zucchini 1/4 cup Hummus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Take your vitamins, be active & eat well. www.empowerednutrition.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 80

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 1/2 slice Whole grain bread 12 Peanuts 3 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 F 3.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 9 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1 1/2 cups Broccoli 1/2 cup Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 6.00 P .50 C 1.50 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F 1.33 F .67 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
 ** Remember to drink between 10 and 12 glasses of water per day. **

Meal Plans That Work Are Empowered www.empowerednutritionmealplans.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 81

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>6 Egg whites 6 slices Turkey bacon 1 Apple 12 Almonds, whole</p>	<p>Item Portions 3.00 P 2.00 C 2.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Eggs and bacon with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Chicken breast, skinless 1 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 1.00 F 4.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1/2 cup Celery 1 Kiwi 1/4 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C 1.00 C .75 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516
*** Remember to drink between 10 and 12 glasses of water per day. ***

Smoooooooooth... www.empoweredsmoothie.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 82

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 1/2 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Tuna, canned in water 1/4 cup Chickpeas 1/2 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 18 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 1/3 cup Rice 3 1/2 cups Spinach 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .50 C .50 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Feel the burn & incinerate the fat. www.burnerfatloss.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 83

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>10 Egg whites 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 1/2 slice Whole grain bread 2 tsp Mayonnaise 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 F 3.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 2.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Beef, lean cuts 2 cups Zucchini 1/3 cup Rice 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 Orange 3 tbsp Avocado</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Avocado</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Powerful Proven Results @ www.empowerednutrition.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1456 Calories

Day: 84

<p>Breakfast - Meal Portions: P:5 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 4.00 F Calories: 320</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:2 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1/2 cup Blueberries 30 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:2 F:5</p> <p>6 oz Chicken breast, skinless 1 2/3 cups Spinach 1 cup Zucchini 1/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .48 C .50 C 1.00 C 5.00 F Calories: 375</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:3</p> <p>3 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F Calories: 237</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>

Total Daily Portions: Protein: 22 Carbohydrates: 10 Fat: 20 Calories: 1516

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

Remember to take your vitamins and be empowered

Notes:

Grocery List

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

Protein	Carbohydrates	Fats	Other
24 Egg whites	2 2/3 cups Oatmeal	24 tsp Olive or monounsaturated oil	3 3/4 cups Yogurt, plain, low fat
6 oz Crab	3 1/6 Oranges	17 tsp Mayonnaise	10 1/2 cups Milk, low fat (1%)
77 grams Protein powder	1 whole Pita	21 Almonds, whole	2 cups Tomato vegetable soup
6 oz Shrimp	2 1/2 Grapefruits	54 Peanuts	
24 oz Chicken breast, skinless	1 1/2 cups Pasta	2 tbsps Almonds, slivered	
13 oz Cheese, low or non fat	1 cup Tomato sauce	6 Cashews	
16 1/2 oz Salmon steak	2 cups Grapes		
4 oz Turkey breast, skinless	1 1/4 cups Blueberries		
1 oz Cheddar cheese, light/low fat	3 1/2 Kiwis		
4 oz Beef, lean cuts	3 1/2 cups Strawberries		
3 Eggs, whole	1 cup Carrots		
	3/4 cup Corn, canned		
	1 1/6 Nectarines		
	5 2/3 slice Whole grain bread		
	7 1/2 cups Broccoli		
	2 cups Rice		
	1/2 slice Rye bread		
	2 cups Raspberries		
	1 2/3 cups Potato		
	1 cup Zucchini		
	1 1/6 cups Applesauce		
	2/3 cup Mandarin orange, canned		
	1 cup Fruit cocktail		
	18 spears Asparagus		
	8 3/4 cups Spinach		
	1/2 cup Pineapple		
	1 cup Watercress		

Grocery List

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

Protein	Carbohydrates	Fats	Other
84 grams Protein powder	2 1/2 cups Raspberries	20 2/3 tsp Olive or monounsaturated oil	7 cups Yogurt, plain, low fat
7 1/2 oz Turkey breast, deli style	2 3/4 cups Grapes	48 Peanuts	14 cups Milk, low fat (1%)
10 oz Cheese, low or non fat	3 1/2 slice Whole grain bread	14 tsp Mayonnaise	2 cups Tomato vegetable soup
12 oz Salmon steak	3 cups Potato	8 tsp Cream cheese, light	2 cups Chicken noodle soup
8 oz Tuna, canned in water	4 cups Zucchini	12 Cashews	2 cups Beef and vegetable soup
4 oz Beef, lean cuts	1 1/4 Nectarines	24 Almonds, whole	
16 Egg whites	1 3/4 Oranges	2 tsp Peanut butter, natural	
8 oz Chicken breast, skinless	1 Bagel		
6 oz Ground beef (< 10% fat)	1 whole Pita		
3 oz Cheddar cheese, light/low fat	1 cup Mulberries		
6 oz Shrimp	30 spears Asparagus		
	3 cups Broccoli		
	1 1/2 Apples		
	2 Kiwis		
	2 slice Rye bread		
	1 1/2 cups Strawberries		
	2 3/4 cups Pineapple		
	5 cups Lettuce, romaine		
	2 cups Celery		
	3 1/2 cups Cucumber		
	2 cups Cauliflower		
	1 cup Rice		
	1 1/2 cups Cereal, cold		
	1/2 Tangerine		
	2/3 cup Mandarin orange, canned		
	1/2 cup Hummus		
	1/4 cup Blueberries		

Grocery List

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

Protein	Carbohydrates	Fats	Other
84 grams Protein powder	5 Kiwis	24 tsp Olive or monounsaturated oil	6 3/4 cups Yogurt, plain, low fat
20 oz Chicken breast, skinless	2 2/3 Oranges	22 tsp Mayonnaise	8 1/2 cups Milk, low fat (1%)
12 oz Shrimp	7 2/3 slice Whole grain bread	60 Peanuts	
24 Egg whites	2 cups Celery	12 Almonds, whole	
18 oz Salmon steak	3 1/2 cups Cucumber	2 tsp Peanut butter, natural	
9 oz Cheese, low or non fat	2 3/4 cups Pineapple	6 Cashews	
4 oz Tuna, canned in water	2/3 cup Mandarin orange, canned		
4 oz Turkey breast, skinless	1/4 cup Blueberries		
3 Eggs, whole	1/2 cup Applesauce		
3 oz Turkey breast, deli style	1 2/3 Nectarines		
4 oz Beef, lean cuts	5 cups Lettuce, romaine		
	3 1/4 cups Grapes		
	1 1/2 cups Pasta		
	1/2 Grapefruit		
	1 cup Carrots		
	3/4 cup Corn, canned		
	1 1/3 cups Oatmeal		
	1 whole Pita		
	1 cup Raspberries		
	10 1/2 cups Broccoli		
	1 cup Rice		
	2 1/2 cups Strawberries		
	1 2/3 cups Potato		
	1 cup Zucchini		
	1/3 cup Fruit cocktail		
	1/2 Tangerine		
	1 cup Tomato sauce		
	1 Apple		
	7 cups Spinach		
	1/2 cup Mulberries		
	12 spears Asparagus		

Grocery List

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

Protein	Carbohydrates	Fats	Other
16 Egg whites	2/3 cup Mandarin orange, canned	20 2/3 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
4 1/2 oz Turkey breast, deli style	1 1/2 slice Whole grain bread	9 tsp Mayonnaise	4 cups Yogurt, plain, low fat
14 oz Cheese, low or non fat	2 1/2 cups Strawberries	12 Cashews	2 cups Beef and vegetable soup
12 oz Chicken breast, skinless	2/3 cup Applesauce	42 Peanuts	4 cups Tomato vegetable soup
77 grams Protein powder	2/3 cup Fruit cocktail	33 Almonds, whole	2 cups Chicken noodle soup
4 oz Cheddar cheese, light/low fat	1 1/2 cups Grapes	2 tbsp Almonds, slivered	
4 oz Tuna, canned in water	1 1/4 cups Blueberries	8 tsp Cream cheese, light	
10 1/2 oz Salmon steak	2 1/4 Oranges		
6 oz Crab	1/2 cup Pineapple		
4 oz Beef, lean cuts	2 cups Cauliflower		
6 oz Ground beef (< 10% fat)	36 spears Asparagus		
	2 cups Rice		
	1 1/3 cups Oatmeal		
	2 1/2 slice Rye bread		
	4 cups Zucchini		
	1/2 cup Hummus		
	3/4 Nectarine		
	3 1/2 cups Raspberries		
	1/2 Kiwi		
	1 cup Watercress		
	1 Bagel		
	1 whole Pita		
	3 cups Potato		
	1 3/4 cups Spinach		
	1/2 cup Mulberries		
	2 Grapefruits		
	1 1/2 cups Cereal, cold		
	1/2 Apple		

Grocery List

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

Protein	Carbohydrates	Fats	Other
29 oz Cheese, low or non fat	2 Oranges	142 Peanuts	9 cups Milk, low fat (1%)
189 grams Protein powder	3 cups Grapes	22 2/3 tsp Olive or monounsaturated oil	4 cups Yogurt, plain, low fat
27 oz Chicken breast, skinless	6 slice Whole grain bread	8 tsp Mayonnaise	1 1/3 cups Beef and vegetable soup
34 oz Beef, lean cuts	2 1/3 cups Rice	66 Almonds, whole	
3 oz Hard cheeses, light/low fat	5 1/6 cups Spinach	4 tsp Cream cheese	
16 Egg whites	1/4 cup Blackberries	16 Cashews	
6 slices Turkey bacon	3/4 cup Blueberries	3 tbsp Avocado	
5 oz Tuna, canned in water	3/4 Bagel	4 tbsp Almonds, slivered	
	1/2 cup Tomato, puree		
	3 cups Celery		
	1 1/2 cups Carrots		
	1 Pickle		
	4 Crackers		
	1 cup Cereal, cold		
	1/3 cup Fruit cocktail		
	3 cups Zucchini		
	1 1/2 cups Raspberries		
	3 1/2 cups Strawberries		
	1 1/3 cups Honeydew melon		
	3/4 cup Watermelon		
	2 cups Cauliflower		
	1 1/2 cups Broccoli		
	3 1/2 Apples		
	1/2 Tangerine		
	2 Kiwis		
	1/2 cup Chickpeas		
	1/2 Pear		
	1/3 cup Mandarin orange, canned		
	1 cup Potato		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1 cup Egg substitute	5 slice Whole grain bread	4 tsp Peanut butter, natural	6 cups Yogurt, plain, low fat
5 oz Cheddar cheese, light/low fat	1 1/2 cups Grapes	16 tsp Mayonnaise	6 cups Milk, low fat (1%)
15 oz Salmon steak	1 whole Pita	18 Cashews	3 cups Vegetable soup
180 grams Protein powder	2 cups Zucchini	20 tbsp Almonds, slivered	2 cups Beef and vegetable soup
24 oz Beef, lean cuts	1 5/12 cups Rice	36 Almonds, whole	
10 oz Chicken breast, skinless	2 3/4 cups Blueberries	20 1/3 tsp Olive or monounsaturated oil	
27 oz Cheese, low or non fat	1/2 Orange	2 1/2 tbsp Sour cream	
3 oz Tuna, canned in water	2 cups Mandarin orange, canned	60 Peanuts	
5 1/2 oz Tuna, steak	3/4 cup Blackberries		
8 Egg whites	1 1/3 cups Potato		
6 oz Salmon, canned	4 1/2 cups Broccoli		
9 oz Ground beef (< 10% fat)	6 spears Asparagus		
	3 1/2 cups Strawberries		
	1 1/2 Nectarines		
	1 cup Pineapple		
	1 1/2 cups Raspberries		
	3 cups Cauliflower		
	1 1/3 cups Applesauce		
	1/2 Grapefruit		
	1/2 cup Chickpeas		
	3/4 cup Watermelon		
	1 cup Mulberries		
	1 cup Carrots		
	2 cups Celery		
	1 Lemon		
	1/2 cup Tomato sauce		
	1/2 cup Pasta		

Grocery List

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

Protein	Carbohydrates	Fats	Other
27 oz Cheese, low or non fat	1 cup Pineapple	66 Almonds, whole	5 cups Yogurt, plain, low fat
28 oz Beef, lean cuts	6 slice Whole grain bread	9 tsp Mayonnaise	9 cups Milk, low fat (1%)
6 oz Salmon, canned	1 1/3 cups Applesauce	13 Cashews	3 cups Vegetable soup
166 grams Protein powder	1 cup Carrots	22 2/3 tsp Olive or monounsaturated oil	
7 1/2 oz Salmon steak	4 cups Celery	2 1/2 tbsp Sour cream	
21 oz Chicken breast, skinless	1 Lemon	15 tbsp Almonds, slivered	
14 Egg whites	1 cup Blackberries	40 Peanuts	
6 slices Turkey bacon	2 cups Blueberries	4 tsp Peanut butter, natural	
3 oz Cheddar cheese, light/low fat	2 cups Strawberries	3 tbsp Avocado	
1 cup Egg substitute	6 cups Broccoli		
5 1/2 oz Tuna, steak	1 1/3 cups Potato		
	2 cups Mandarin orange, canned		
	1/2 Grapefruit		
	1/2 cup Chickpeas		
	3 1/2 cups Grapes		
	2 cups Cauliflower		
	1 cup Rice		
	1/2 Nectarine		
	1 1/2 Apples		
	2 cups Zucchini		
	1 cup Cereal, cold		
	1/3 cup Fruit cocktail		
	1 Kiwi		
	1 1/2 cups Watermelon		
	6 spears Asparagus		
	1 Orange		

Grocery List

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

Protein	Carbohydrates	Fats	Other
29 oz Cheese, low or non fat	1 1/3 cups Honeydew melon	21 Cashews	5 cups Yogurt, plain, low fat
16 oz Chicken breast, skinless	5 slice Whole grain bread	15 tsp Mayonnaise	6 cups Milk, low fat (1%)
203 grams Protein powder	1 1/2 cups Blueberries	20 1/3 tsp Olive or monounsaturated oil	3 1/3 cups Beef and vegetable soup
30 oz Beef, lean cuts	2 3/4 cups Rice	162 Peanuts	
7 1/2 oz Salmon steak	5 1/6 cups Spinach	36 Almonds, whole	
9 oz Ground beef (< 10% fat)	1 1/2 Oranges	4 tsp Cream cheese	
8 oz Tuna, canned in water	1 cup Grapes	9 tbsp Almonds, slivered	
10 Egg whites	1 whole Pita		
3 oz Hard cheeses, light/low fat	3 cups Raspberries		
2 oz Cheddar cheese, light/low fat	5 cups Strawberries		
	1/2 cup Tomato sauce		
	1/2 cup Pasta		
	2 Apples		
	1/2 cup Tomato, puree		
	1 cup Celery		
	1 1/2 cups Carrots		
	1/2 Tangerine		
	1 Nectarine		
	1 cup Mulberries		
	1 cup Potato		
	3/4 Bagel		
	1 Kiwi		
	1/2 cup Chickpeas		
	3 cups Cauliflower		
	3 cups Zucchini		
	1 Pickle		
	4 Crackers		
	1/3 cup Mandarin orange, canned		
	1/2 Pear		

Grocery List

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

Protein	Carbohydrates	Fats	Other
46 Egg whites	2 Apples	21 2/3 tsp Olive or monounsaturated oil	9 cups Milk, low fat (1%)
7 1/2 oz Turkey breast, deli style	5 cups Strawberries	48 Almonds, whole	4 cups Yogurt, plain, low fat
19 oz Cheese, low or non fat	2 cups Grapes	186 Peanuts	
34 oz Beef, lean cuts	1 1/2 cups Raspberries	9 tbsp Almonds, slivered	
105 grams Protein powder	9 spears Asparagus	14 tsp Mayonnaise	
22 oz Chicken breast, skinless	5/6 cup Potato	2 1/2 tbsp Sour cream	
6 slices Turkey bacon	3 1/2 cups Broccoli		
3 oz Hard cheeses, light/low fat	1/2 Nectarine		
6 oz Chicken breast, deli style	3 3/4 slice Whole grain bread		
5 oz Tuna, canned in water	1/2 Tangerine		
7 1/2 oz Salmon steak	1 2/3 cups Spinach		
	5 cups Zucchini		
	1 1/3 cups Rice		
	2 cups Blueberries		
	1 Pickle		
	4 Crackers		
	1 cup Cauliflower		
	3/4 cup Blackberries		
	1 1/2 cups Watermelon		
	1/3 cup Oatmeal		
	1 2/3 Kiwis		
	1/3 cup Chickpeas		
	1/2 cup Celery		
	1/4 cup Mandarin orange, canned		
	1 Orange		
	1/3 cup Applesauce		

Grocery List

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

Protein	Carbohydrates	Fats	Other
37 oz Cheese, low or non fat	1 1/3 cups Applesauce	22 2/3 tsp Olive or monounsaturated oil	3 1/2 cups Yogurt, plain, low fat
13 1/2 oz Turkey breast, deli style	2 1/2 slice Whole grain bread	21 tsp Mayonnaise	8 1/2 cups Milk, low fat (1%)
28 oz Beef, lean cuts	5/6 cup Rice	130 Peanuts	
105 grams Protein powder	3 1/2 cups Spinach	13 Cashews	
7 1/2 oz Salmon steak	2 1/2 cups Blueberries	51 Almonds, whole	
4 1/2 oz Mozzarella cheese, light/low fat	1 1/2 cups Raspberries	5 tbsp Almonds, slivered	
18 oz Shrimp	2 cups Strawberries	3 tbsp Avocado	
24 Egg whites	2 1/2 cups Pineapple		
16 oz Tuna, canned in water	2 whole Pita		
	2 cups Cauliflower		
	1/2 Nectarine		
	2 1/2 cups Grapes		
	1/2 cup Tomato, puree		
	1 1/4 cups Celery		
	1/2 cup Carrots		
	1/2 cup Cereal, cold		
	1 Pear		
	1/4 cup Cucumber		
	2/3 cup Mandarin orange, canned		
	1 Orange		
	1/4 cup Chickpeas		
	1/4 cup Pasta		
	1/2 cup Tomato sauce		
	1/2 Tangerine		
	12 spears Asparagus		
	1 1/2 cups Broccoli		
	1/3 cup Potato		
	1 Kiwi		
	1 cup Zucchini		
	1/4 cup Hummus		

Grocery List

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

Protein	Carbohydrates	Fats	Other
22 Egg whites	3 1/2 cups Strawberries	23 2/3 tsp Olive or monounsaturated oil	2 1/2 cups Yogurt, plain, low fat
37 oz Cheese, low or non fat	1/3 cup Oatmeal	24 tsp Mayonnaise	11 1/2 cups Milk, low fat (1%)
15 oz Salmon steak	3 slice Whole grain bread	156 Peanuts	
30 oz Beef, lean cuts	3/4 cup Grapes	9 Cashews	
98 grams Protein powder	1/2 cup Tomato, puree	18 Almonds, whole	
9 oz Shrimp	1 1/4 cups Celery	10 tbsp Almonds, slivered	
13 1/2 oz Turkey breast, deli style	1/2 cup Carrots		
10 oz Tuna, canned in water	3/4 cup Blackberries		
4 1/2 oz Mozzarella cheese, light/low fat	2 1/4 cups Blueberries		
6 oz Chicken breast, skinless	1 Nectarine		
	2 whole Pita		
	2 cups Raspberries		
	1 cup Pineapple		
	1/4 cup Cucumber		
	1/3 cup Mandarin orange, canned		
	1/2 Orange		
	1 1/3 cups Applesauce		
	15 spears Asparagus		
	2/3 cup Potato		
	3 1/2 cups Broccoli		
	1 2/3 Kiwis		
	1/3 cup Chickpeas		
	1/2 cup Cereal, cold		
	3 cups Cauliflower		
	1 1/6 cups Rice		
	1/2 Tangerine		
	1/2 Apple		
	1 Pear		
	2 cups Zucchini		

Grocery List

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

Protein	Carbohydrates	Fats	Other
19 oz Cheese, low or non fat	1 1/2 cups Pineapple	81 Almonds, whole	5 cups Yogurt, plain, low fat
16 oz Chicken breast, skinless	3 3/4 cups Grapes	20 2/3 tsp Olive or monounsaturated oil	6 cups Milk, low fat (1%)
9 oz Shrimp	3 1/4 slice Whole grain bread	11 tsp Mayonnaise	
112 grams Protein powder	1/4 cup Pasta	160 Peanuts	
48 Egg whites	1/2 cup Tomato sauce	2 1/2 tbsp Sour cream	
7 1/2 oz Turkey breast, deli style	1 cup Raspberries	4 Cashews	
11 oz Tuna, canned in water	3 1/2 cups Strawberries	4 tbsp Almonds, slivered	
32 oz Beef, lean cuts	1 1/2 cups Watermelon	3 tbsp Avocado	
6 slices Turkey bacon	6 spears Asparagus		
3 oz Hard cheeses, light/low fat	4 cups Zucchini		
6 oz Chicken breast, deli style	1/4 cup Hummus		
	1/3 cup Applesauce		
	7/12 cup Mandarin orange, canned		
	1 1/2 cups Broccoli		
	1/2 cup Potato		
	2 1/4 cups Blueberries		
	1 1/2 Apples		
	1/2 cup Celery		
	1 Kiwi		
	1/4 cup Chickpeas		
	1 Pickle		
	4 Crackers		
	1 cup Rice		
	5 1/6 cups Spinach		
	1 1/2 Oranges		
	1/2 Tangerine		