

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 1**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder                  2 cups Milk, low fat (1%)                  2/3 cup Oatmeal                  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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  1 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 P                  1.00 PC                  1.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Won ton soup</p>	<p>Item                  Portions                  4.00 A                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 tsp Olive or monounsaturated oil                  1 cup Strawberries                  1/2 cup Pineapple</p>	<p>Item                  Portions                  2.00 P                  1.00 PC                  3.00 F                  1.00 C                  1.00 C                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken breast, skinless                  1 1/3 tsp Olive or monounsaturated oil                  1 2/3 cups Spinach                  1 cup Zucchini                  1 cup Rice</p>	<p>Item                  Portions                  4.00 P                  4.00 F                  .48 C                  .50 C                  3.00 C                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547

*\*\* 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 - 1547 Calories

**Day: 2**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>4 Eggs, whole            1 1/2 cups Onions            1 1/2 cups Tomatoes            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><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1 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><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Bass, freshwater            12 spears Asparagus            3 cups Broccoli            1 cup Onions            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><b>Preparation Suggestions:</b></p> <p>Bass with Vegetables            Prepare the fish any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder            1 tsp Olive or monounsaturated oil            3 cups Strawberries</p>	<p>Item Portions 3.00 P 3.00 F 3.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Beef, lean cuts            1 cup Potato            6 spears Asparagus            1 1/2 cups Broccoli            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><b>Preparation Suggestions:</b></p> <p>Steak Dinner            Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547

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Have a Protein Smoothie, be Empowered

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 3**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Orange</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 cups Vegetable soup</p>	<p>Item Portions 4.00 A Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1/3 Banana 1/2 Orange</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 tsp Olive or monounsaturated oil 1 cup Sweet potato 3 cups Broccoli 4 oz Beef, lean cuts</p>	<p>Item Portions 4.00 F 3.00 C 1.00 C 4.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547

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+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 4

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  1 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  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><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>6 oz Cod                  1 1/2 cups Brussels sprouts                  2 cups Zucchini                  2/3 cup Applesauce                  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><b>Preparation Suggestions:</b></p> <p>Pan-fried cod with vegetables and applesauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 tsp Olive or monounsaturated oil                  1/2 Orange                  1 cup Strawberries</p>	<p>Item Portions                  2.00 P                  1.00 PC                  3.00 F                  1.00 C                  1.00 C                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Beef, lean cuts                  2 cups Mushrooms                  1 1/2 cups Brussels sprouts                  1 cup Onions                  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><b>Preparation Suggestions:</b></p> <p>Mushroom Steak with Vegetables                  Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>

**Total Daily Portions:** Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547

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

**Notes:**

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Day: 5

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil 4 Eggs, whole</p>	<p>Item Portions 4.00 C 4.00 F 4.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken breast, skinless 2 cups Mushrooms 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><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Pineapple 1 cup Strawberries</p>	<p>Item Portions 3.00 P 3.00 F 2.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></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><b>Total Daily Portions:</b> Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Slim, Slender and Sexy + <a href="http://www.myslimappeal.com">www.myslimappeal.com</a></p>		

Notes:

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 6**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Mushrooms                  1 1/3 tsp Olive or monounsaturated oil                  1 1/4 Oranges                  1/4 cup Onions                  4 Eggs, whole</p>	<p>Item Portions                  1.00 C                  4.00 F                  2.50 C                  .50 C                  4.00 P                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Early Riser Vegetable Omelet                  This tasty vegetable omelet gives you the energy to kick-start your day!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  2/3 tsp Olive or monounsaturated oil                  1 cup Strawberries</p>	<p>Item Portions                  1.00 P                  1.00 PC                  2.00 F                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken, dark meat, skinless                  3/4 cup Pasta                  2 cups Cucumber                  1 cup Celery                  4 tsp Mayonnaise</p>	<p>Item Portions                  4.00 P                  3.00 C                  .50 C                  .50 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad                  Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>6 oz Salmon steak                  24 spears Asparagus                  1 cup Onions                  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><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus                  Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 tsp Olive or monounsaturated oil                  1/2 Orange                  1/3 Banana</p>	<p>Item Portions                  2.00 P                  1.00 PC                  3.00 F                  1.00 C                  1.00 C                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Check your Vitals + [www.vitalforcemulti.com](http://www.vitalforcemulti.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 7**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder 4 cups Strawberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 Orange</p>	<p>Item Portions 2.00 P 2.00 F 1.00 C 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Chicken &amp; 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><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce 1 cup Strawberries</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 17 Carbohydrates: 17 Fat: 17 Calories: 1547 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>3 steps for success today: Nutrition + Training + Supplements</p>		

**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 8**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>4 cups Mushrooms          3 cups Tomatoes          1 1/3 tsp Olive or monounsaturated oil          4 Eggs, whole</p>	<p>Item Portions          2.00 C          2.00 C          4.00 F          4.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          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><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken breast, skinless          1 3/4 cups Broccoli          1 1/2 cups Tomatoes          1 1/3 tsp Olive or monounsaturated oil          2 cups Mushrooms          1 1/2 cups Snow peas          1/4 cup Onions</p>	<p>Item Portions          4.00 P          .58 C          1.00 C          4.00 F          1.00 C          1.00 C          .50 C          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry          Try using some thyme in this for extra flavor!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          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><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>6 oz Ground beef (&lt; 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><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner          Prepare a beef patty using your favorite spices.</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](http://www.empoweredMMA.com)

**Notes:**



Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 9**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 cups Oatmeal          1 1/3 tsp Olive or monounsaturated oil          2 Eggs, whole          2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          4.00 C          4.00 F          2.00 P          2.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/3 Banana          7 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1 cup Milk, low fat (1%)</p>	<p>Item Portions          1.00 C          1.00 P          2.00 F          1.00 PC          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 1/2 cups Lettuce, romaine          1 cup Milk, low fat (1%)          1/2 cup Cucumber          1/2 cup Mushrooms          1 Tomato          1 Orange          1 1/3 tsp Olive or monounsaturated oil          3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          .25 C          1.00 PC          .13 C          .25 C          .50 C          2.00 C          4.00 F          3.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese          Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          2/3 tsp Olive or monounsaturated oil          1 cup Strawberries</p>	<p>Item Portions          1.00 P          1.00 PC          2.00 F          1.00 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Steak Dinner          Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

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

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

Save money, look great! [www.empoweredsupplements.com](http://www.empoweredsupplements.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 10

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>3 Eggs, whole            1 cup Mushrooms, sliced            1 Tomato, diced            1 1/3 tsp Olive or monounsaturated oil            1 oz Mozzarella cheese, light/low fat            1/2 cup Onions            3 cups Broccoli            1/3 Banana</p>	<p>Item            Portions            3.00 P            .50 C            .50 C            4.00 F            1.00 P            1.00 C            1.00 C            1.00 C            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet            This one tastes especially good with Italian seasonings, like basil and oregano. If you like things a bit spicier, try adding some crushed chili peppers or some Tabasco sauce.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1 cup Strawberries            2/3 tsp Olive or monounsaturated oil            1 cup Milk, low fat (1%)</p>	<p>Item            Portions            1.00 P            1.00 C            2.00 F            1.00 PC            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise            Blend powder, milk, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>3 cups Vegetable soup            4 Crackers            1/3 tsp Olive or monounsaturated oil            1 oz Mozzarella cheese, light/low fat</p>	<p>Item            Portions            3.00 A            1.00 C            1.00 F            1.00 P            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1 cup Strawberries            2/3 tsp Olive or monounsaturated oil            1 cup Milk, low fat (1%)</p>	<p>Item            Portions            1.00 P            1.00 C            2.00 F            1.00 PC            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></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>

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

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

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

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 11

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 cups Oatmeal          1 1/3 tsp Olive or monounsaturated oil          4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          4.00 C          4.00 F          4.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 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><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 tsp Olive or monounsaturated oil          1 1/2 cups Broccoli          2 Tomatoes          4 cups Lettuce, romaine          1 cup Milk, low fat (1%)          2 cups Cucumber          1 cup Celery          3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          4.00 F          .50 C          1.00 C          .40 C          1.00 PC          .50 C          .50 C          3.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese          Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          2/3 tsp Olive or monounsaturated oil          1/3 Banana</p>	<p>Item Portions          1.00 P          1.00 PC          2.00 F          1.00 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Beef, lean cuts          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><b>Preparation Suggestions:</b></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>

**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](http://www.empowerednutritionmealplans.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 12

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          1 cup Pineapple          1 1/3 tsp Olive or monounsaturated oil          2 cups Milk, low fat (1%)</p>	<p>Item Portions          2.00 P          2.00 C          4.00 F          2.00 PC          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1 cup Strawberries          1/2 Orange</p>	<p>Item Portions          2.00 P          2.00 F          1.00 C          1.00 C          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 cups Vegetable soup</p>	<p>Item Portions          4.00 A          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          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><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></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>

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

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Smoooooooooth... [www.empoweredsmoothie.com](http://www.empoweredsmoothie.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 13**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)            1 1/3 tsp Olive or monounsaturated oil            1 Grapefruit            2 Eggs, whole</p>	<p>Item Portions            2.00 PC            4.00 F            2.00 C            2.00 P            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1 cup Milk, low fat (1%)            2/3 tsp Olive or monounsaturated oil            1/3 Banana</p>	<p>Item Portions            1.00 P            1.00 PC            2.00 F            1.00 C            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Won ton soup</p>	<p>Item Portions            4.00 A            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Mushrooms            1/2 cup Onions            4 oz Chicken breast, skinless            3 cups Tomatoes            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 C            1.00 C            4.00 P            2.00 C            4.00 F            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder            2/3 Banana            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            2.00 C            2.00 F            Calories:            182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas            If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>

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

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Feel the burn & incinerate the fat. [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 14

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder 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><b>Preparation Suggestions:</b></p> <p>Grandma's Oatmeal Add 3 cups of salted water to 1/3 of the oatmeal. Bring to a boil, let simmer for 30 minutes. Add the protein powder after cooking the oatmeal to fortify it.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Orange</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>3 cups Vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 1.00 PC 1.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 cup Potato 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C 3.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%) 7 grams Protein powder 1/2 cup Pineapple</p>	<p>Item Portions 2.00 F 1.00 PC 1.00 P 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 15

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 cups Oatmeal                  1 1/3 tsp Olive or monounsaturated oil                  2 Eggs, whole                  2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  4.00 C                  4.00 F                  2.00 P                  2.00 P                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  1 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 P                  1.00 PC                  1.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 tsp Olive or monounsaturated oil                  1 1/2 cups Broccoli                  2 Tomatoes                  4 cups Lettuce, romaine                  1 cup Milk, low fat (1%)                  2 cups Cucumber                  1 cup Celery                  3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  4.00 F                  .50 C                  1.00 C                  .40 C                  1.00 PC                  .50 C                  .50 C                  3.00 P                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                  Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  2/3 tsp Olive or monounsaturated oil                  1 cup Strawberries</p>	<p>Item Portions                  1.00 P                  1.00 PC                  2.00 F                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 tsp Olive or monounsaturated oil                  1 cup Sweet potato                  3 cups Broccoli                  4 oz Beef, lean cuts</p>	<p>Item Portions                  4.00 F                  3.00 C                  1.00 C                  4.00 P                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 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 - 1547 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Mushrooms                  1 1/3 tsp Olive or monounsaturated oil                  1 1/4 Oranges                  1/4 cup Onions                  4 Eggs, whole</p>	<p>Item Portions                  1.00 C                  4.00 F                  2.50 C                  .50 C                  4.00 P                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Early Riser Vegetable Omelet                  This tasty vegetable omelet gives you the energy to kick-start your day!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  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><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Won ton soup</p>	<p>Item Portions                  4.00 A                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  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><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Beef, lean cuts                  1 cup Potato                  6 spears Asparagus                  1 1/2 cups Broccoli                  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><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456                  ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula</p>		

**Notes:**



Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 17

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder 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><b>Preparation Suggestions:</b></p> <p>Grandma's Oatmeal Add 3 cups of salted water to 1/3 of the oatmeal. Bring to a boil, let simmer for 30 minutes. Add the protein powder after cooking the oatmeal to fortify it.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Orange</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Bass, freshwater 12 spears Asparagus 3 cups Broccoli 1 cup Onions 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><b>Preparation Suggestions:</b></p> <p>Bass with Vegetables Prepare the fish any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Beef, lean cuts 2 cups Mushrooms 1 1/2 cups Brussels sprouts 1 cup Onions 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><b>Preparation Suggestions:</b></p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>

**Total Daily Portions:** Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456  
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Burn baby burn [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 18**

<b>Breakfast - Meal Portions: P:4 C:4 F:4</b> 4 Eggs, whole 1 1/2 cups Onions 1 1/2 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 3.00 C 1.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 cup Pineapple	Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>Mid Meal - Meal Portions: P:4 C:4 F:4</b> 4 cups Vegetable soup	Item Portions 4.00 A Calories: 364	<b>Preparation Suggestions:</b> A tasty and simple meal of soup.
<b>Snack - Meal Portions: P:2 C:2 F:2</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Dinner - Meal Portions: P:4 C:4 F:4</b> 4 oz Turkey breast, skinless 3 cups Broccoli 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b> 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.

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

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

All the essentials for women, no hype + [www.slimappealessentials.com](http://www.slimappealessentials.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 19

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>1/3 Banana          7 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1 cup Milk, low fat (1%)</p>	<p>Item Portions          1.00 C          1.00 P          2.00 F          1.00 PC          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken, dark meat, skinless          3/4 cup Pasta          2 cups Cucumber          1 cup Celery          4 tsp Mayonnaise</p>	<p>Item Portions          4.00 P          3.00 C          .50 C          .50 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad          Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder          2 cups Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise          Blend powder, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Steak Dinner          Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 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 - 1547 Calories

**Day: 20**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          1 cup Pineapple          1 1/3 tsp Olive or monounsaturated oil          2 cups Milk, low fat (1%)</p>	<p>Item Portions          2.00 P          2.00 C          4.00 F          2.00 PC          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 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><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 cups Vegetable soup</p>	<p>Item Portions          4.00 A          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Pork, lean          6 spears Asparagus          1/4 cup Onions          1 cup Potato          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          .50 C          .50 C          3.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Rosemary Pork Tenderloin          Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder          1 cup Milk, low fat (1%)          1 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 P          1.00 PC          1.00 C          2.00 F          Calories:          182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**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 - 1547 Calories**

**Day: 21**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>3 Eggs, whole            1 cup Mushrooms, sliced            1 Tomato, diced            1 1/3 tsp Olive or monounsaturated oil            1 oz Mozzarella cheese, light/low fat            1/2 cup Onions            3 cups Broccoli            1/3 Banana</p>	<p>Item Portions 3.00 P .50 C .50 C 4.00 F 1.00 P 1.00 C 1.00 C 1.00 C Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet            This one tastes especially good with Italian seasonings, like basil and oregano. If you like things a bit spicier, try adding some crushed chili peppers or some Tabasco sauce.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder            1 cup Milk, low fat (1%)            2/3 tsp Olive or monounsaturated oil            1/3 Banana</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 1/2 cups Lettuce, romaine            1 cup Milk, low fat (1%)            1/2 cup Cucumber            1/2 cup Mushrooms            1 Tomato            1 Orange            1 1/3 tsp Olive or monounsaturated oil            3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions .25 C 1.00 PC .13 C .25 C .50 C 2.00 C 4.00 F 3.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese            Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Chicken Dinner            Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder            2/3 Banana            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas            If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 16 Carbohydrates: 16 Fat: 16 Calories: 1456            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Your best body ever in 12 weeks! <a href="http://empowerednutrition.com">http://empowerednutrition.com</a></p>		

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 22

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 4 Eggs, whole</p>	<p>Item Portions 2.00 C 2.00 C 4.00 F 4.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>6 oz Cod 1 1/2 cups Brussels sprouts 2 cups Zucchini 2/3 cup Applesauce 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><b>Preparation Suggestions:</b></p> <p>Pan-fried cod with vegetables and applesauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 1.00 P 1.00 C 2.00 F 1.00 PC Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></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>

**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 - 1547 Calories

Day: 23

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder 4 cups Strawberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1 cup Strawberries</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken breast, skinless 2 cups Mushrooms 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><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder 1 cup Milk, low fat (1%) 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><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>6 oz Ground beef (&lt; 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><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 24**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>1 1/3 cups Oatmeal                  1 1/3 tsp Olive or monounsaturated oil                  4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 C 4.00 F 4.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  2/3 tsp Olive or monounsaturated oil                  1/2 Orange</p>	<p>Item Portions 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>3 cups Vegetable soup                  4 Crackers                  1/3 tsp Olive or monounsaturated oil                  1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 A 1.00 C 1.00 F 1.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  1 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 1.00 PC 1.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Beef, lean cuts                  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><b>Preparation Suggestions:</b></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>

**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 - 1547 Calories

Day: 25

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  1 1/3 tsp Olive or monounsaturated oil                  1 Grapefruit                  2 Eggs, whole</p>	<p>Item Portions                  2.00 PC                  4.00 F                  2.00 C                  2.00 P                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Strawberries                  2/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  1.00 P                  1.00 C                  2.00 F                  1.00 PC                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise                  Blend powder, milk, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Won ton soup</p>	<p>Item Portions                  4.00 A                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  2/3 tsp Olive or monounsaturated oil                  1/3 Banana</p>	<p>Item Portions                  1.00 P                  1.00 PC                  2.00 F                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></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>

**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 - 1547 Calories

Day: 26

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  1 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>7 grams Protein powder                  1 cup Milk, low fat (1%)                  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><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></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><b>Preparation Suggestions:</b></p> <p>Chicken &amp; 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><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                  2/3 Banana                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 C                  2.00 F                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas                  If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken breast, skinless                  1 1/3 tsp Olive or monounsaturated oil                  1 2/3 cups Spinach                  1 cup Zucchini                  1 cup Rice</p>	<p>Item Portions                  4.00 P                  4.00 F                  .48 C                  .50 C                  3.00 C                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 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 - 1547 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder                  2 cups Milk, low fat (1%)                  2/3 cup Oatmeal                  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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1 cup Strawberries                  1/2 Orange</p>	<p>Item Portions                  2.00 P                  2.00 F                  1.00 C                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Chicken breast, skinless                  1 3/4 cups Broccoli                  1 1/2 cups Tomatoes                  1 1/3 tsp Olive or monounsaturated oil                  2 cups Mushrooms                  1 1/2 cups Snow peas                  1/4 cup Onions</p>	<p>Item Portions                  4.00 P                  .58 C                  1.00 C                  4.00 F                  1.00 C                  1.00 C                  .50 C                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry                  Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>6 oz Salmon steak                  24 spears Asparagus                  1 cup Onions                  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><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus                  Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>2/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  7 grams Protein powder                  1/2 cup Pineapple</p>	<p>Item Portions                  2.00 F                  1.00 PC                  1.00 P                  1.00 C                  Calories:                  182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**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 - 1547 Calories

Day: 28

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil 4 Eggs, whole</p>	<p>Item Portions 4.00 C 4.00 F 4.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 Orange</p>	<p>Item Portions 2.00 P 2.00 F 1.00 C 1.00 C Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>3 cups Vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 1.00 PC 1.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p><b>Dinner - Meal Portions: P:4 C:4 F:4</b></p> <p>2 cups Mushrooms 1/2 cup Onions 4 oz Chicken breast, skinless 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 C 1.00 C 4.00 P 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p><b>Snack - Meal Portions: P:2 C:2 F:2</b></p> <p>14 grams Protein powder 2/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 2.00 F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>

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

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

Slim, Slender and Sexy + [www.myslimappeal.com](http://www.myslimappeal.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 29**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                      4 oz Mozzarella cheese, light/low fat                      1 1/3 tsp Olive or monounsaturated oil                      2/3 cup Applesauce</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 F 2.00 C Calories: 356</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Strawberries</p>	<p>Item Portions 1.00 PC 2.00 P 4.00 F 1.00 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken, dark meat, skinless                      1/2 cup Pasta                      2 cups Cucumber                      1 cup Celery                      5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C .50 C .50 C 5.00 F Calories: 411</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad                      Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1/2 Orange</p>	<p>Item Portions 1.00 PC 2.00 P 4.00 F 1.00 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                      1 1/2 cups Bok choy                      1 1/2 cups Scallions (green onions)                      2/3 cup Water chestnuts                      1 1/2 cups Snow peas                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 1.00 C 5.00 F Calories: 447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Chicken and Vegetables</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

Check your Vitals + [www.vitalforcemulti.com](http://www.vitalforcemulti.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 30**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                  28 grams Protein powder                  1 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil                  1/2 Orange</p>	<p>Item Portions                  1.00 PC                  4.00 P                  1.00 C                  4.00 F                  1.00 C                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>9 oz Salmon steak                  3 cups Lettuce, romaine                  3/4 cup Cucumber                  2/3 Banana                  1 Tomato                  1 2/3 tsp Olive or monounsaturated oil                  2 cups Alfalfa sprouts</p>	<p>Item Portions                  6.00 P                  .30 C                  .19 C                  2.00 C                  .50 C                  5.00 F                  .20 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Garden Salad                  Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 Grapefruit</p>	<p>Item Portions                  1.00 PC                  2.00 P                  4.00 F                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>9 oz Salmon steak                  1 1/2 cups Brussels sprouts                  12 spears Asparagus                  4 cups Mushrooms                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  2.00 C                  5.00 F                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Dinner                  Cook the salmon any way you like, cooking vegetables with olive oil and water. Here's one great cooking tip: use an untreated cedar plank as a baking tray for salmon. It adds a superb flavor. Season with lemon juice, garlic, salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**

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**Day: 31**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>3/4 cup Mushrooms          1 Orange          1/4 cup Onions          1 1/3 tsp Olive or monounsaturated oil          2 oz Cheddar cheese, light/low fat          3 Eggs, whole</p>	<p>Item          Portions          .38 C          2.00 C          .50 C          4.00 F          2.00 P          3.00 P          Calories:          356</p>	<p><b>Preparation Suggestions:</b></p> <p>Early Riser Vegetable Omelet          This tasty vegetable omelet gives you the energy to kick-start your day!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder          2 cups Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          2.00 C          4.00 F          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Beef, lean cuts          3/4 cup Celery          1/8 cup Onions          1/2 cup Pasta          1 2/3 tsp Olive or monounsaturated oil          1 Tomato</p>	<p>Item          Portions          6.00 P          .38 C          .25 C          2.00 C          5.00 F          .50 C          Calories:          411</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Milk, low fat (1%)          1/2 cup Pineapple</p>	<p>Item          Portions          2.00 P          4.00 F          1.00 PC          1.00 C          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless          6 spears Asparagus          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil          1 1/2 cups Broccoli</p>	<p>Item          Portions          6.00 P          .50 C          3.00 C          5.00 F          .50 C          Calories:          447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 32

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                      1 cup Strawberries                      1 1/3 tsp Olive or monounsaturated oil                      4 oz Cheddar cheese, light/low fat                      1/2 Grapefruit</p>	<p>Item Portions 1.00 PC 1.00 C 4.00 F 4.00 P 1.00 C Calories: 356</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Strawberries                      1 cup Milk, low fat (1%)</p>	<p>Item Portions 2.00 P 4.00 F 1.00 C 1.00 PC Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise                      Blend powder, milk, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>4 oz Cheddar cheese, light/low fat                      4 Crackers                      1 tsp Olive or monounsaturated oil                      2 cups Vegetable soup</p>	<p>Item Portions 4.00 P 1.00 C 3.00 F 2.00 A Calories: 411</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1/2 cup Pineapple                      1 cup Milk, low fat (1%)</p>	<p>Item Portions 2.00 P 4.00 F 1.00 C 1.00 PC Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>1 cup Milk, low fat (1%)                      6 oz Haddock                      6 spears Asparagus                      1/2 cup Applesauce                      1 2/3 tsp Olive or monounsaturated oil                      1/4 cup Beans, mixed, various</p>	<p>Item Portions 1.00 PC 4.00 P .50 C 1.50 C 5.00 F 1.00 PC Calories: 447</p>	<p><b>Preparation Suggestions:</b></p> <p>Pan-Fried Haddock                      Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Save money, look great! <a href="http://www.empoweredsupplements.com">www.empoweredsupplements.com</a></p>		

Notes:



Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 33

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)          1 1/3 tsp Olive or monounsaturated oil          4 oz Cheddar cheese, light/low fat          2/3 Banana</p>	<p>Item Portions          1.00 PC          4.00 F          4.00 P          2.00 C          Calories:          356</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder          1 Orange          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          2.00 C          4.00 F          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken breast, skinless          2 1/2 cups Lettuce, romaine          1/4 cup Onions          1/4 Tomato          1/2 cup Mushrooms          2/3 tsp Olive or monounsaturated oil          3 tsp Mayonnaise          2/3 Banana</p>	<p>Item Portions          6.00 P          .25 C          .50 C          .13 C          .25 C          2.00 F          3.00 F          2.00 C          Calories:          411</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Greek Salad          Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat feta cheese.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/2 Grapefruit          1 cup Milk, low fat (1%)</p>	<p>Item Portions          2.00 P          4.00 F          1.00 C          1.00 PC          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Turkey breast, skinless          2 cups Celery          2/3 cup Water chestnuts          1 2/3 tsp Olive or monounsaturated oil          2 cups Cherry tomatoes</p>	<p>Item Portions          6.00 P          1.00 C          2.00 C          2.00 C          5.00 F          1.00 C          Calories:          447</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers          Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 34**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>2 cups Milk, low fat (1%)                  1 1/3 tsp Olive or monounsaturated oil                  1/3 cup Applesauce                  3 Eggs, whole</p>	<p>Item Portions                  2.00 PC                  4.00 F                  1.00 C                  3.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1/2 Orange</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken breast, skinless                  1 cup Pineapple                  1/2 Tomato                  1 cup Cucumber                  3 cups Lettuce, romaine                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  2.00 C                  .25 C                  .25 C                  .30 C                  5.00 F                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                  1 3/4 cups Broccoli                  1 1/4 cups Mushrooms                  2/3 cup Onions                  1 1/4 cups Celery                  1 2/3 tsp Olive or monounsaturated oil                  1 cup Brussels sprouts</p>	<p>Item Portions                  6.00 P                  .58 C                  .63 C                  1.33 C                  .63 C                  5.00 F                  .67 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stirfry                  Sauté all vegetables in water and season to taste. Cube chicken and cook with vegetables til done. Easy to throw in a container and take with you anywhere!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1 cup Strawberries</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

Meal Plans That Work Are Empowered [www.empowerednutritionmealplans.com](http://www.empowerednutritionmealplans.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 35

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>4 cups Mushrooms                  1 1/2 cups Tomatoes                  1 1/3 tsp Olive or monounsaturated oil                  3 Eggs, whole                  2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  2.00 C                  1.00 C                  4.00 F                  3.00 P                  2.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1 cup Strawberries</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Tuna, canned in water                  2 1/2 cups Lettuce, romaine                  1 cup Cucumber                  1/2 Tomato                  1 cup Pineapple                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  .25 C                  .25 C                  .25 C                  2.00 C                  5.00 F                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad                  Prepare salad with oil and vinegar dressing or a low-fat dressing of your choice, then crumble the tuna on top.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>8 oz Whitefish                  2 1/2 cups Carrots                  2 1/2 cups Celery                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  2.50 C                  1.25 C                  5.00 F                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Sweet and Sour Whitefish                  Saute chopped vegetables until tender. Add tomato sauce 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><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder                  1 Orange                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

Smoooooooooth... [www.empoweredsmoothie.com](http://www.empoweredsmoothie.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 36

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>2 cups Strawberries            1 1/3 tsp Olive or monounsaturated oil            3 oz Cheddar cheese, light/low fat            2 Eggs, whole            1/3 Banana</p>	<p>Item Portions            2.00 C            4.00 F            3.00 P            2.00 P            1.00 C            Calories:            356</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/3 Banana</p>	<p>Item Portions            1.00 PC            2.00 P            4.00 F            1.00 C            Calories:            264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>8 oz Whitefish            1/2 cup Pasta            1 2/3 tsp Olive or monounsaturated oil            3 cups Scallions (green onions)</p>	<p>Item Portions            6.00 P            2.00 C            5.00 F            1.00 C            Calories:            411</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta with Smoked Whitefish            You don't have to use smoked fish, but it tastes the best! Lightly saute chopped vegetables, then add crumbled fish. Season with parsley, garlic, salt and pepper. Mix with pasta and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder            1/2 cup Strawberries            1 1/3 tsp Olive or monounsaturated oil            1 cup Milk, low fat (1%)            1/4 Orange</p>	<p>Item Portions            2.00 P            .50 C            4.00 F            1.00 PC            .50 C            Calories:            264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Beef, lean cuts            24 spears Asparagus            2 cups Cherry tomatoes            1 2/3 tsp Olive or monounsaturated oil            1 cup Carrots</p>	<p>Item Portions            6.00 P            2.00 C            1.00 C            5.00 F            1.00 C            Calories:            447</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

Feel the burn & incinerate the fat. [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 37**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>2 cups Milk, low fat (1%)                  1 Tomato                  1/2 cup Celery                  1 1/3 tsp Olive or monounsaturated oil                  3 Eggs, whole</p>	<p>Item Portions                  2.00 PC                  .50 C                  .25 C                  4.00 F                  3.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet                  Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1/3 cup Applesauce</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Beef, lean cuts                  1/2 cup Onions                  3 cups Broccoli                  1 2/3 tsp Olive or monounsaturated oil                  1/3 cup Rice</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  5.00 F                  1.00 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef                  Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></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><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Turkey breast, skinless                  3 cups Broccoli                  1/2 cup Onions                  2/3 cup Applesauce                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  2.00 C                  5.00 F                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner                  Saute and season the vegetables, then sprinkle the almonds over them.</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 38

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)          1 1/3 tsp Olive or monounsaturated oil          4 Eggs, whole          2/3 Banana</p>	<p>Item Portions          1.00 PC          4.00 F          4.00 P          2.00 C          Calories:          356</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder          1 Orange          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          2.00 C          4.00 F          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>9 oz Haddock          5 cups Lettuce, romaine          1 1/2 cups Tomatoes          1 1/2 cups Cucumber          1 1/2 cups Broccoli          1 2/3 tsp Olive or monounsaturated oil          1 cup Celery</p>	<p>Item Portions          6.00 P          .50 C          1.00 C          .38 C          .50 C          5.00 F          .50 C          Calories:          411</p>	<p><b>Preparation Suggestions:</b></p> <p>Haddock with a Salad          Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder          1/2 Orange          1 cup Milk, low fat (1%)          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          1.00 C          1.00 PC          4.00 F          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Orange Surprise          Blend powder, milk and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless          1/2 cup Cucumber          1 1/2 cups Mushrooms          1 1/2 cups Broccoli          2 3/4 cups Cherry tomatoes          1 2/3 tsp Olive or monounsaturated oil          1/2 cup Onions</p>	<p>Item Portions          6.00 P          .13 C          .75 C          .50 C          1.38 C          5.00 F          1.00 C          Calories:          447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs          Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

*\*\* 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 - 1547 Calories**

**Day: 39**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Strawberries                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil                  3 oz Cheddar cheese, light/low fat                  2 Eggs, whole</p>	<p>Item Portions                  1.00 C                  2.00 C                  4.00 F                  3.00 P                  2.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/3 cup Applesauce                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Trout                  2 cups Mushrooms                  3 1/2 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1/2 cup Onions</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  5.00 F                  1.00 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Blackened Trout                  Heat a skillet or pan on the stove until extremely hot. Coat fish with seasoning (Cajun mixes are good) and lay on pan, turning over to blacken all sides thoroughly.                  Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Pineapple                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                  1/2 cup Onions                  12 spears Asparagus                  1 2/3 tsp Olive or monounsaturated oil                  2 Tomatoes                  2 cups Mushrooms</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  5.00 F                  1.00 C                  1.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* 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 - 1547 Calories**

**Day: 40**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>14 grams Protein powder                  1 cup Pineapple                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  2 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  2.00 P                  2.00 C                  4.00 F                  1.00 PC                  2.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy the cheese on the side!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Pineapple                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken breast, skinless                  2 cups Mushrooms                  1 2/3 tsp Olive or monounsaturated oil                  2 Tomatoes                  1/2 cup Onions</p>	<p>Item                  Portions                  6.00 P                  1.00 C                  5.00 F                  1.00 C                  1.00 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken                  Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1/2 cup Strawberries                  1/4 Orange</p>	<p>Item                  Portions                  2.00 P                  4.00 F                  1.00 PC                  .50 C                  .50 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Pork, lean                  3 1/2 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1 cup Water chestnuts</p>	<p>Item                  Portions                  6.00 P                  1.00 C                  5.00 F                  3.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork with Water Chestnuts                  Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

Burn baby burn [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 41**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>21 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            2 cups Milk, low fat (1%)            1/3 Banana</p>	<p>Item Portions            3.00 P            4.00 F            2.00 PC            1.00 C            Calories:            356</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1 cup Strawberries            1/2 cup Pineapple</p>	<p>Item Portions            3.00 P            4.00 F            1.00 C            1.00 C            Calories:            264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken, dark meat, skinless            1/2 cup Pasta            2 cups Cucumber            1 cup Celery            5 tsp Mayonnaise</p>	<p>Item Portions            6.00 P            2.00 C            .50 C            .50 C            5.00 F            Calories:            411</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad            Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless            12 spears Asparagus            1 cup Rice            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            6.00 P            1.00 C            3.00 C            5.00 F            Calories:            447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner            Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/2 cup Pineapple</p>	<p>Item Portions            1.00 PC            2.00 P            4.00 F            1.00 C            Calories:            264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

All the essentials for women, no hype + [www.slimappealessentials.com](http://www.slimappealessentials.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 42

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)          1 1/3 tsp Olive or monounsaturated oil          1 cup Strawberries          1/3 Banana          4 Eggs, whole</p>	<p>Item Portions 1.00 PC 4.00 F 1.00 C 1.00 C 4.00 P Calories: 356</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/2 cup Pineapple</p>	<p>Item Portions 1.00 PC 2.00 P 4.00 F 1.00 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>9 oz Salmon steak          1 1/2 cups Lettuce, romaine          1 cup Cucumber          1 Tomato          2/3 Banana          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .15 C .25 C .50 C 2.00 C 5.00 F Calories: 411</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Garden Salad          Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless          1 cup Carrots          1 2/3 tsp Olive or monounsaturated oil          3 cups Broccoli          12 spears Asparagus          1 1/2 cups Snow peas</p>	<p>Item Portions 6.00 P 1.00 C 5.00 F 1.00 C 1.00 C 1.00 C Calories: 447</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/4 Orange          1 1/3 tsp Olive or monounsaturated oil          1/4 cup Pineapple</p>	<p>Item Portions 1.00 PC 2.00 P .50 C 4.00 F .50 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>21 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  2 cups Milk, low fat (1%)                  1/3 Banana</p>	<p>Item Portions                  3.00 P                  4.00 F                  2.00 PC                  1.00 C                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 Orange</p>	<p>Item Portions                  1.00 PC                  2.00 P                  4.00 F                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>9 oz Salmon steak                  3 cups Lettuce, romaine                  3/4 cup Cucumber                  2/3 Banana                  1 Tomato                  1 2/3 tsp Olive or monounsaturated oil                  2 cups Alfalfa sprouts</p>	<p>Item Portions                  6.00 P                  .30 C                  .19 C                  2.00 C                  .50 C                  5.00 F                  .20 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Garden Salad                  Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Pineapple                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                  1/2 cup Cucumber                  1 1/2 cups Mushrooms                  1 1/2 cups Broccoli                  2 3/4 cups Cherry tomatoes                  1 2/3 tsp Olive or monounsaturated oil                  1/2 cup Onions</p>	<p>Item Portions                  6.00 P                  .13 C                  .75 C                  .50 C                  1.38 C                  5.00 F                  1.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs                  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

Fight Fat + [www.empoweredMMA.com](http://www.empoweredMMA.com)

**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 44**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Strawberries                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil                  3 oz Cheddar cheese, light/low fat                  2 Eggs, whole</p>	<p>Item Portions                  1.00 C                  2.00 C                  4.00 F                  3.00 P                  2.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Tuna, canned in water                  2 1/2 cups Lettuce, romaine                  1 cup Cucumber                  1/2 Tomato                  1 cup Pineapple                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  .25 C                  .25 C                  .25 C                  2.00 C                  5.00 F                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Garden Salad                  Prepare salad with oil and vinegar dressing or a low-fat dressing of your choice, then crumble the tuna on top.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1/2 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1/4 Orange</p>	<p>Item Portions                  2.00 P                  .50 C                  4.00 F                  1.00 PC                  .50 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                  1/2 cup Onions                  12 spears Asparagus                  1 2/3 tsp Olive or monounsaturated oil                  2 Tomatoes                  2 cups Mushrooms</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  5.00 F                  1.00 C                  1.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 45

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                  1 1/3 tsp Olive or monounsaturated oil                  1 Grapefruit                  4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 PC                  4.00 F                  2.00 C                  4.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1/2 Orange</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken breast, skinless                  2 1/2 cups Lettuce, romaine                  1/4 cup Onions                  1/4 Tomato                  1/2 cup Mushrooms                  2/3 tsp Olive or monounsaturated oil                  3 tsp Mayonnaise                  2/3 Banana</p>	<p>Item Portions                  6.00 P                  .25 C                  .50 C                  .13 C                  .25 C                  2.00 F                  3.00 F                  2.00 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Greek Salad                  Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat feta cheese.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 cup Pineapple                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 C                  1.00 PC                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Turkey breast, skinless                  2 cups Celery                  2/3 cup Water chestnuts                  1 2/3 tsp Olive or monounsaturated oil                  1 1/2 cups Tomatoes</p>	<p>Item Portions                  6.00 P                  1.00 C                  2.00 C                  2.00 C                  5.00 F                  1.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers                  Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* 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 - 1547 Calories

Day: 46

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>2 cups Milk, low fat (1%)                  1 1/3 tsp Olive or monounsaturated oil                  3 Eggs, whole                  1/3 cup Applesauce</p>	<p>Item Portions                  2.00 PC                  4.00 F                  3.00 P                  1.00 C                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1 cup Strawberries</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>9 oz Haddock                  5 cups Lettuce, romaine                  1 1/2 cups Tomatoes                  1 1/2 cups Cucumber                  1 1/2 cups Broccoli                  1 2/3 tsp Olive or monounsaturated oil                  1 cup Celery</p>	<p>Item Portions                  6.00 P                  .50 C                  1.00 C                  .38 C                  .50 C                  5.00 F                  .50 C                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Haddock with a Salad                  Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Strawberries</p>	<p>Item Portions                  1.00 PC                  2.00 P                  4.00 F                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Turkey breast, skinless                  3 cups Broccoli                  1/2 cup Onions                  2/3 cup Applesauce                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  2.00 C                  5.00 F                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner                  Saute and season the vegetables, then sprinkle the almonds over them.</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 47**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>4 cups Mushrooms          1 1/2 cups Tomatoes          1 1/3 tsp Olive or monounsaturated oil          3 Eggs, whole          2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          2.00 C          1.00 C          4.00 F          3.00 P          2.00 P          Calories:          356</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          4.00 F          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken breast, skinless          1 cup Pineapple          1/2 Tomato          1 cup Cucumber          3 cups Lettuce, romaine          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          .25 C          .25 C          .30 C          5.00 F          Calories:          411</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad          Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/2 cup Pineapple          1 cup Milk, low fat (1%)</p>	<p>Item Portions          2.00 P          4.00 F          1.00 C          1.00 PC          Calories:          264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Beef, lean cuts          24 spears Asparagus          2 cups Cherry tomatoes          1 2/3 tsp Olive or monounsaturated oil          1 cup Carrots</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          5.00 F          1.00 C          Calories:          447</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* 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 - 1547 Calories

**Day: 48**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Strawberries                  1/2 cup Pineapple</p>	<p>Item Portions 3.00 P 4.00 F 1.00 C 1.00 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken, dark meat, skinless                  1/2 cup Pasta                  2 cups Cucumber                  1 cup Celery                  5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C .50 C .50 C 5.00 F Calories: 411</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad                  Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                  2 cups Broccoli                  1 1/2 cups Mushrooms                  2/3 cup Onions                  1 1/2 cups Celery                  1 2/3 tsp Olive or monounsaturated oil                  1 cup Zucchini</p>	<p>Item Portions 6.00 P .67 C .75 C 1.33 C .75 C 5.00 F .50 C Calories: 447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stirfry                  Sauté all vegetables in water and season to taste. Cube chicken and cook with vegetables til done. Easy to throw in a container and take with you anywhere!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder                  1 Orange                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 2.00 C 4.00 F Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

*\*\* 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 - 1547 Calories

**Day: 49**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)            1 1/3 tsp Olive or monounsaturated oil            1 cup Strawberries            1/3 Banana            4 Eggs, whole</p>	<p>Item Portions 1.00 PC 4.00 F 1.00 C 1.00 C 4.00 P Calories: 356</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/2 cup Pineapple</p>	<p>Item Portions 1.00 PC 2.00 P 4.00 F 1.00 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Trout            2 cups Mushrooms            3 1/2 cups Spinach            1 2/3 tsp Olive or monounsaturated oil            1/2 cup Onions</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 5.00 F 1.00 C Calories: 411</p>	<p><b>Preparation Suggestions:</b></p> <p>Blackened Trout            Heat a skillet or pan on the stove until extremely hot. Coat fish with seasoning (Cajun mixes are good) and lay on pan, turning over to blacken all sides thoroughly.</p> <p>Enjoy the vegetables on the side.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>8 oz Whitefish            2 1/2 cups Carrots            2 1/2 cups Celery            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.50 C 1.25 C 5.00 F Calories: 447</p>	<p><b>Preparation Suggestions:</b></p> <p>Sweet and Sour Whitefish            Saute chopped vegetables until tender. Add tomato sauce 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><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/2 cup Pineapple</p>	<p>Item Portions 1.00 PC 2.00 P 4.00 F 1.00 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 50

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>2 cups Strawberries                  1 1/3 tsp Olive or monounsaturated oil                  3 oz Cheddar cheese, light/low fat                  2 Eggs, whole                  1/3 Banana</p>	<p>Item Portions                  2.00 C                  4.00 F                  3.00 P                  2.00 P                  1.00 C                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder                  1/2 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Orange                  1/3 Banana</p>	<p>Item Portions                  3.00 P                  .50 C                  4.00 F                  .50 C                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>4 oz Cheddar cheese, light/low fat                  4 Crackers                  1 tsp Olive or monounsaturated oil                  2 cups Vegetable soup</p>	<p>Item Portions                  4.00 P                  1.00 C                  3.00 F                  2.00 A                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Milk, low fat (1%)                  1/2 Orange</p>	<p>Item Portions                  2.00 P                  4.00 F                  1.00 PC                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Pork, lean                  3 1/2 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1 cup Water chestnuts</p>	<p>Item Portions                  6.00 P                  1.00 C                  5.00 F                  3.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork with Water Chestnuts                  Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 51**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>3/4 cup Mushrooms                  1 Orange                  1/4 cup Onions                  1 1/3 tsp Olive or monounsaturated oil                  4 Eggs, whole                  1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  .38 C                  2.00 C                  .50 C                  4.00 F                  4.00 P                  1.00 P                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Early Riser Vegetable Omelet                  This tasty vegetable omelet gives you the energy to kick-start your day!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder                  1 Orange                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>9 oz Salmon steak                  1 1/2 cups Lettuce, romaine                  1 cup Cucumber                  1 Tomato                  2/3 Banana                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  .15 C                  .25 C                  .50 C                  2.00 C                  5.00 F                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Garden Salad                  Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  4.00 F                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></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><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>9 oz Salmon steak                  1 1/2 cups Brussels sprouts                  12 spears Asparagus                  4 cups Mushrooms                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  1.00 C                  1.00 C                  2.00 C                  5.00 F                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Dinner                  Cook the salmon any way you like, cooking vegetables with olive oil and water. Here's one great cooking tip: use an untreated cedar plank as a baking tray for salmon. It adds a superb flavor. Season with lemon juice, garlic, salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 52

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>14 grams Protein powder                      1 cup Pineapple                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Milk, low fat (1%)                      2 oz Cheddar cheese, light/low fat</p>	<p>Item                      Portions                      2.00 P                      2.00 C                      4.00 F                      1.00 PC                      2.00 P                      Calories:                      356</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy the cheese on the side!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/3 cup Applesauce                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      1.00 C                      4.00 F                      Calories:                      264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>8 oz Whitefish                      1/2 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil                      3 cups Scallions (green onions)</p>	<p>Item                      Portions                      6.00 P                      2.00 C                      5.00 F                      1.00 C                      Calories:                      411</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta with Smoked Whitefish                      You don't have to use smoked fish, but it tastes the best! Lightly saute chopped vegetables, then add crumbled fish. Season with parsley, garlic, salt and pepper. Mix with pasta and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1/2 cup Pineapple</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      4.00 F                      1.00 C                      Calories:                      264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>1 cup Milk, low fat (1%)                      6 3/4 oz Haddock                      6 spears Asparagus                      2/3 cup Applesauce                      1 2/3 tsp Olive or monounsaturated oil                      1/8 cup Beans, mixed, various</p>	<p>Item                      Portions                      1.00 PC                      4.50 P                      .50 C                      2.00 C                      5.00 F                      .50 PC                      Calories:                      447</p>	<p><b>Preparation Suggestions:</b></p> <p>Pan-Fried Haddock                      Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Check your Vitals + <a href="http://www.vitalforcemulti.com">www.vitalforcemulti.com</a></p>		

Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 53**

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                      4 oz Mozzarella cheese, light/low fat                      1 1/3 tsp Olive or monounsaturated oil                      2/3 Banana</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 F 2.00 C Calories: 356</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Strawberries                      1 cup Milk, low fat (1%)</p>	<p>Item Portions 2.00 P 4.00 F 1.00 C 1.00 PC Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise                      Blend powder, milk, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken breast, skinless                      2 cups Mushrooms                      1 2/3 tsp Olive or monounsaturated oil                      2 Tomatoes                      1/2 cup Onions</p>	<p>Item Portions 6.00 P 1.00 C 5.00 F 1.00 C 1.00 C Calories: 411</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken                      Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Milk, low fat (1%)                      1/2 cup Strawberries                      1/4 Orange</p>	<p>Item Portions 2.00 P 4.00 F 1.00 PC .50 C .50 C Calories: 264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                      1 1/2 cups Bok choy                      1 1/2 cups Scallions (green onions)                      2/3 cup Water chestnuts                      1 1/2 cups Snow peas                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 1.00 C 5.00 F Calories: 447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Chicken and Vegetables</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

*\*\* 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 - 1547 Calories

Day: 54

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>2 cups Milk, low fat (1%)                      1 Tomato                      1/2 cup Celery                      1 1/3 tsp Olive or monounsaturated oil                      3 Eggs, whole</p>	<p>Item Portions                      2.00 PC                      .50 C                      .25 C                      4.00 F                      3.00 P                      Calories:                      356</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet                      Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Milk, low fat (1%)                      1/3 cup Applesauce</p>	<p>Item Portions                      2.00 P                      4.00 F                      1.00 PC                      1.00 C                      Calories:                      264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Beef, lean cuts                      1/2 cup Onions                      3 cups Broccoli                      1 2/3 tsp Olive or monounsaturated oil                      1/3 cup Rice</p>	<p>Item Portions                      6.00 P                      1.00 C                      1.00 C                      5.00 F                      1.00 C                      Calories:                      411</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef                      Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1/2 Orange                      1 cup Milk, low fat (1%)                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      2.00 P                      1.00 C                      1.00 PC                      4.00 F                      Calories:                      264</p>	<p><b>Preparation Suggestions:</b></p> <p>Orange Surprise                      Blend powder, milk and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Beef, lean cuts                      1 cup Rice                      2 cups Zucchini                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      6.00 P                      3.00 C                      1.00 C                      5.00 F                      Calories:                      447</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice                      Season steak as desired and grill to your preference.</p>
<p><b>Total Daily Portions:</b> Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Put up a fight, be empowered and visit <a href="http://www.empoweredMMA.com">www.empoweredMMA.com</a></p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 55

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>1 cup Milk, low fat (1%)                      1 1/3 tsp Olive or monounsaturated oil                      4 Eggs, whole                      2/3 Banana</p>	<p>Item Portions                      1.00 PC                      4.00 F                      4.00 P                      2.00 C                      Calories:                      356</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>21 grams Protein powder                      1 Orange                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      3.00 P                      2.00 C                      4.00 F                      Calories:                      264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Beef, lean cuts                      3/4 cup Celery                      1/8 cup Onions                      1/2 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil                      1 Tomato</p>	<p>Item Portions                      6.00 P                      .38 C                      .25 C                      2.00 C                      5.00 F                      .50 C                      Calories:                      411</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                      12 spears Asparagus                      1 cup Rice                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      6.00 P                      1.00 C                      3.00 C                      5.00 F                      Calories:                      447</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                      Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>14 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Milk, low fat (1%)                      1/2 cup Pineapple</p>	<p>Item Portions                      2.00 P                      4.00 F                      1.00 PC                      1.00 C                      Calories:                      264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Save money, look great! <a href="http://www.empoweredsupplements.com">www.empoweredsupplements.com</a></p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 56

<p><b>Breakfast - Meal Portions: P:5 C:3 F:4</b></p> <p>3 Eggs, whole                  2 oz Mozzarella cheese, light/low fat                  3/4 cup Onions                  1 1/2 cups Zucchini                  1 1/2 cups Mushrooms                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  2.00 P                  1.50 C                  .75 C                  .75 C                  4.00 F                  Calories:                  356</p>	<p><b>Preparation Suggestions:</b></p> <p>Italian Omelet                  You can season this omelet with Italian spices like basil and oregano.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/3 Banana</p>	<p>Item Portions                  1.00 PC                  2.00 P                  4.00 F                  1.00 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:3 F:5</b></p> <p>6 oz Chicken, dark meat, skinless                  1/2 cup Pasta                  2 cups Cucumber                  1 cup Celery                  5 tsp Mayonnaise</p>	<p>Item Portions                  6.00 P                  2.00 C                  .50 C                  .50 C                  5.00 F                  Calories:                  411</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad                  Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Dinner - Meal Portions: P:6 C:4 F:5</b></p> <p>6 oz Chicken breast, skinless                  1 cup Carrots                  1 2/3 tsp Olive or monounsaturated oil                  3 cups Broccoli                  12 spears Asparagus                  1 1/2 cups Snow peas</p>	<p>Item Portions                  6.00 P                  1.00 C                  5.00 F                  1.00 C                  1.00 C                  1.00 C                  Calories:                  447</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/4 Orange                  1 1/3 tsp Olive or monounsaturated oil                  1/4 cup Pineapple</p>	<p>Item Portions                  1.00 PC                  2.00 P                  .50 C                  4.00 F                  .50 C                  Calories:                  264</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 23 Carbohydrates: 14 Fat: 22 Calories: 1742

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

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

**Notes:**



Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 57

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>6 Eggs, whole          1/2 cup Onions          1 1/2 cups Tomatoes          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><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1/2 cup Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .50 PC          3.50 P          .50 C          4.00 F          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken, dark meat, skinless          1/3 cup Pasta          1 cup Cucumber          1/2 cup Celery          5 tsp Mayonnaise</p>	<p>Item Portions          7.00 P          1.33 C          .25 C          .25 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad          Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1/2 cup Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .50 PC          3.50 P          .50 C          4.00 F          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless          3/4 cup Bok choy          3/4 cup Scallions (green onions)          1/3 cup Water chestnuts          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .25 C          .25 C          1.00 C          .50 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Chicken and Vegetables</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

Meal Plans That Work Are Empowered [www.empowerednutritionmealplans.com](http://www.empowerednutritionmealplans.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 58

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1/2 cup Milk, low fat (1%)                  4 Eggs, whole                  1 1/2 cups Broccoli                  1 3/4 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1 1/2 oz Cheddar cheese, light/low fat                  1 cup Mushrooms</p>	<p>Item Portions                  .50 PC                  4.00 P                  .50 C                  .50 C                  5.00 F                  1.50 P                  .50 C                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 cup Pineapple</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Bass, freshwater                  6 spears Asparagus                  1 1/2 cups Broccoli                  1/2 cup Onions                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  .50 C                  1.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Bass with Vegetables                  Prepare the fish any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1/4 cup Strawberries                  1/8 cup Pineapple                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  3.50 P                  .25 C                  .25 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak                  3/4 cup Brussels sprouts                  12 spears Asparagus                  1 cup Mushrooms                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.00 C                  .50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Dinner                  Cook the salmon any way you like, cooking vegetables with olive oil and water. Here's one great cooking tip: use an untreated cedar plank as a baking tray for salmon. It adds a superb flavor. Season with lemon juice, garlic, salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

Smoooooooooth... [www.empoweredsmoothie.com](http://www.empoweredsmoothie.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 59

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1/3 cup Oatmeal          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          5.00 P          1.00 C          5.00 F          Calories:          375</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/2 cup Strawberries</p>	<p>Item Portions          .50 PC          3.50 P          4.00 F          .50 C          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Cod          3/4 cup Brussels sprouts          1 cup Zucchini          1/3 cup Applesauce          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .50 C          .50 C          1.00 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Pan-fried cod with vegetables and applesauce.          Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/4 cup Pineapple</p>	<p>Item Portions          .50 PC          3.50 P          4.00 F          .50 C          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts          3/4 cup Spinach          1/3 cup Potato          9 spears Asparagus          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .21 C          1.00 C          .75 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner          Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Feel the burn & incinerate the fat. [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 60

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>35 grams Protein powder                  2 cups Strawberries                  1 2/3 tsp Olive or monounsaturated oil                  1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  5.00 P                  2.00 C                  5.00 F                  1.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy the cheese on the side!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Orange</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 cup Mushrooms                  1/2 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.                  Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/8 Banana</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .38 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Pork, lean                  3 spears Asparagus                  1/8 cup Onions                  1/2 cup Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .25 C                  .25 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Rosemary Pork Tenderloin                  Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.</p>
<p><b>Total Daily Portions:</b> Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693                  ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Powerful Proven Results @ <a href="http://www.empowerednutrition.com">www.empowerednutrition.com</a></p>		

Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 61**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>5 Eggs, whole                      1/2 cup Onions                      1 1/2 cups Tomatoes                      1 2/3 tsp Olive or monounsaturated oil                      1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                      5.00 P                      1.00 C                      1.00 C                      5.00 F                      1.00 P                      Calories:                      375</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                      24 1/2 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1/8 Banana</p>	<p>Item Portions                      .50 PC                      3.50 P                      4.00 F                      .38 C                      Calories:                      256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>1/2 cup Milk, low fat (1%)                      1 Tomato                      3 cups Lettuce, romaine                      1 cup Broccoli                      1/2 cup Cucumber                      1 2/3 tsp Olive or monounsaturated oil                      2 Eggs, whole                      3 oz Cheddar cheese, light/low fat                      1 1/2 oz Chicken breast, skinless</p>	<p>Item Portions                      .50 PC                      .50 C                      .30 C                      .33 C                      .13 C                      5.00 F                      2.00 P                      3.00 P                      1.50 P                      Calories:                      403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                      Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                      24 1/2 grams Protein powder                      1/2 cup Strawberries                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      .50 PC                      3.50 P                      .50 C                      4.00 F                      Calories:                      256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless                      1/2 cup Potato                      3/4 cup Broccoli                      1/2 cup Zucchini                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      1.50 C                      .25 C                      .25 C                      5.00 F                      Calories:                      403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                      Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

*\*\* 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 - 1547 Calories

**Day: 62**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 Grapefruit                      1 2/3 tsp Olive or monounsaturated oil                      4 Eggs, whole                      2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 5.00 F 4.00 P 2.00 P Calories: 375</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast                      Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                      24 1/2 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1/4 Orange</p>	<p>Item Portions .50 PC 3.50 P 4.00 F .50 C Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>1 cup Vegetable soup                      4 Crackers                      1 1/3 tsp Olive or monounsaturated oil                      4 oz Mozzarella cheese, light/low fat                      2 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 A 1.00 C 4.00 F 4.00 P 2.00 P Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless                      1 cup Spinach                      1/2 cup Zucchini                      1/2 cup Rice                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .29 C .25 C 1.50 C 5.00 F Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                      Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                      24 1/2 grams Protein powder                      1 1/3 tsp Olive or monounsaturated oil                      1/4 Grapefruit</p>	<p>Item Portions .50 PC 3.50 P 4.00 F .50 C Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

*\*\* 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 - 1547 Calories

Day: 63

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>2/3 cup Oatmeal                  1 2/3 tsp Olive or monounsaturated oil                  2 Eggs, whole                  4 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  2.00 C                  5.00 F                  2.00 P                  4.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/8 cup Applesauce</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  4.00 F                  .38 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Turkey breast, skinless                  1/4 cup Mushrooms                  1/2 cup Alfalfa sprouts                  1/8 cup Onions                  1/8 cup Snow peas                  3/4 Grapefruit                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  .13 C                  .05 C                  .25 C                  .08 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Turkey Salad                  Grill turkey breast and julienne. Toss vegetables in balsamic vinegar and oil and top with turkey.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts                  1/2 cup Sweet potato                  1 1/2 cups Broccoli                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  1.50 C                  .50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder                  1/3 Banana                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  4.00 P                  1.00 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Burn baby burn [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 64**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>2 cups Mushrooms                  1 1/2 cups Tomatoes                  1 2/3 tsp Olive or monounsaturated oil                  3 oz Mozzarella cheese, light/low fat                  3 Eggs, whole</p>	<p>Item Portions                  1.00 C                  1.00 C                  5.00 F                  3.00 P                  3.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Orange</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Haddock                  5 cups Lettuce, romaine                  3/4 cup Tomatoes                  1 cup Cucumber                  1 1/2 cups Broccoli                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  .50 C                  .25 C                  .50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Haddock with a Salad                  Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 cup Strawberries</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Turkey breast, skinless                  1 1/2 cups Broccoli                  1/2 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></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>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

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**Notes:**



Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 65**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)                  4 Eggs, whole                  1 1/2 cups Broccoli                  1 3/4 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 PC                  4.00 P                  .50 C                  .50 C                  5.00 F                  1.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Grapefruit</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts                  1/2 cup Celery                  1/8 cup Onions                  1/3 cup Pasta                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .25 C                  .25 C                  1.33 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Orange</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts                  1 cup Mushrooms                  1/2 cup Brussels sprouts                  1/2 cup Onions                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  .33 C                  1.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Mushroom Steak with Vegetables                  Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 66

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>35 grams Protein powder          1/2 cup Pineapple          1 2/3 tsp Olive or monounsaturated oil          1 cup Milk, low fat (1%)</p>	<p>Item Portions          5.00 P          1.00 C          5.00 F          1.00 PC          Calories:          375</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/4 cup Pineapple</p>	<p>Item Portions          .50 PC          3.50 P          4.00 F          .50 C          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Bass, freshwater          3 cups Lettuce, romaine          3/4 cup Broccoli          3/4 cup Mushrooms          3/4 cup Tomatoes          1 2/3 tsp Olive or monounsaturated oil          1/4 Grapefruit</p>	<p>Item Portions          7.00 P          .30 C          .25 C          .38 C          .50 C          5.00 F          .50 C          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Bass with a salad and fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1 1/3 tsp Olive or monounsaturated oil          1/2 cup Pineapple          28 grams Protein powder</p>	<p>Item Portions          4.00 F          1.00 C          4.00 P          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak          1/3 cup Potato          2 cups Zucchini          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></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>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 67**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)          1 2/3 tsp Olive or monounsaturated oil          1/2 Grapefruit          3 Eggs, whole          2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          1.00 PC          5.00 F          1.00 C          3.00 P          2.00 P          Calories:          375</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Strawberries</p>	<p>Item Portions          4.00 P          4.00 F          1.00 C          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>4 oz Mozzarella cheese, light/low fat          5 cups Lettuce, romaine          1 Tomato          1 2/3 tsp Olive or monounsaturated oil          4 cups Cucumber          3 oz Chicken breast, skinless</p>	<p>Item Portions          4.00 P          .50 C          .50 C          5.00 F          1.00 C          3.00 P          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Tomato Basil Salad          Roughly chop the cheese, lettuce, and tomatoes, cucumber then toss these ingredients together with the olive oil, basil leaves - fresh if you've got it - a pinch of time, some balsamic or rice wine vinegar, and salt and pepper to taste. Makes a healthy, nutritious salad.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder          1/3 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          4.00 F          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas          If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts          3 spears Asparagus          3/4 cup Broccoli          1/2 cup Potato          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .25 C          .25 C          1.50 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></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>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 68**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>3 Eggs, whole            3 oz Mozzarella cheese, light/low fat            1 1/2 cups Zucchini            1 1/2 cups Mushrooms            1/4 cup Onions            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            3.00 P            3.00 P            .75 C            .75 C            .50 C            5.00 F            Calories:            375</p>	<p><b>Preparation Suggestions:</b></p> <p>Italian Omelet            You can season this omelet with Italian spices like basil and oregano.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/2 Orange</p>	<p>Item Portions            4.00 P            4.00 F            1.00 C            Calories:            256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Trout            2 cups Mushrooms            3 1/2 cups Spinach            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            7.00 P            1.00 C            1.00 C            5.00 F            Calories:            403</p>	<p><b>Preparation Suggestions:</b></p> <p>Blackened Trout            Heat a skillet or pan on the stove until extremely hot. Coat fish with seasoning (Cajun mixes are good) and lay on pan, turning over to blacken all sides thoroughly.</p> <p>Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>24 1/2 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/2 cup Milk, low fat (1%)            1/4 cup Pineapple</p>	<p>Item Portions            3.50 P            4.00 F            .50 PC            .50 C            Calories:            256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak            6 spears Asparagus            3/4 cup Onions            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            7.00 P            .50 C            1.50 C            5.00 F            Calories:            403</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus            Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 69

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1/4 cup Onions                  1 3/4 cups Spinach                  1 cup Celery                  1 Tomato                  1 2/3 tsp Olive or monounsaturated oil                  3 Eggs, whole                  3 oz Chicken breast, skinless</p>	<p>Item Portions                  .50 C                  .50 C                  .50 C                  .50 C                  5.00 F                  3.00 P                  3.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelets                  Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1/6 cup Applesauce                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  3.50 P                  .50 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)                  1/4 Orange                  1/4 Tomato                  1 1/2 cups Lettuce, romaine                  1/2 cup Cucumber                  1/4 cup Mushrooms                  1 2/3 tsp Olive or monounsaturated oil                  2 Eggs, whole                  4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 PC                  .50 C                  .13 C                  .15 C                  .13 C                  .13 C                  5.00 F                  2.00 P                  4.00 P                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                  Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 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                  7.00 P                  .75 C                  1.00 C                  .33 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>24 1/2 grams Protein powder                  1/4 Orange                  1/2 cup Milk, low fat (1%)                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.50 P                  .50 C                  .50 PC                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Orange Surprise                  Blend powder, milk and peeled and sectioned orange. Top with almonds and enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 70**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>4 Eggs, whole                  2 oz Mozzarella cheese, light/low fat                  3/4 cup Mushrooms, sliced                  3/4 Tomato, diced                  1 2/3 tsp Olive or monounsaturated oil                  3 cups Scallions (green onions)</p>	<p>Item Portions                  4.00 P                  2.00 P                  .38 C                  .38 C                  5.00 F                  1.00 C                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet                  This one tastes especially good with Italian seasonings, like basil and oregano. If you like things a bit spicier, try adding some crushed chili peppers or some Tabasco sauce.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder                  1/2 Orange                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  4.00 P                  1.00 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak                  2 cups Lettuce, romaine                  1/2 cup Cucumber                  1/2 Tomato                  1/2 Banana                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .20 C                  .13 C                  .25 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Garden Salad                  Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)                  2/3 cup Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  2.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner                  Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder                  1 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  4.00 P                  1.00 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* 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 - 1547 Calories

Day: 71

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1/2 cup Milk, low fat (1%)                  4 Eggs, whole                  1 1/2 cups Broccoli                  1 3/4 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1 1/2 oz Cheddar cheese, light/low fat                  1 cup Mushrooms</p>	<p>Item Portions                  .50 PC                  4.00 P                  .50 C                  .50 C                  5.00 F                  1.50 P                  .50 C                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 Orange</p>	<p>Item Portions                  4.00 P                  4.00 F                  1.00 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Bass, freshwater                  6 spears Asparagus                  1 1/2 cups Broccoli                  1/2 cup Onions                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  .50 C                  1.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Bass with Vegetables                  Prepare the fish any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 cup Milk, low fat (1%)                  1/4 cup Pineapple</p>	<p>Item Portions                  3.50 P                  4.00 F                  .50 PC                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak                  6 spears Asparagus                  3/4 cup Onions                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus                  Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

**\*\* 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 - 1547 Calories

Day: 72

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>4 Eggs, whole                  2 oz Mozzarella cheese, light/low fat                  3/4 cup Mushrooms, sliced                  3/4 Tomato, diced                  1 2/3 tsp Olive or monounsaturated oil                  3 cups Scallions (green onions)</p>	<p>Item Portions                  4.00 P                  2.00 P                  .38 C                  .38 C                  5.00 F                  1.00 C                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet                  This one tastes especially good with Italian seasonings, like basil and oregano. If you like things a bit spicier, try adding some crushed chili peppers or some Tabasco sauce.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1/6 cup Applesauce                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  3.50 P                  .50 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 cup Mushrooms                  1/2 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.                  Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 cup Pineapple</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts                  3 spears Asparagus                  3/4 cup Broccoli                  1/2 cup Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .25 C                  .25 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></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><b>Total Daily Portions:</b> Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693                  ** 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 - 1547 Calories

Day: 73

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)                  4 Eggs, whole                  1 1/2 cups Broccoli                  1 3/4 cups Spinach                  1 2/3 tsp Olive or monounsaturated oil                  1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 PC                  4.00 P                  .50 C                  .50 C                  5.00 F                  1.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Orange</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak                  2 cups Lettuce, romaine                  1/2 cup Cucumber                  1/2 Tomato                  1/2 Banana                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .20 C                  .13 C                  .25 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Garden Salad                  Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Orange</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Pork, lean                  3 spears Asparagus                  1/8 cup Onions                  1/2 cup Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .25 C                  .25 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Rosemary Pork Tenderloin                  Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 74

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>3 Eggs, whole          3 oz Mozzarella cheese, light/low fat          1 1/2 cups Zucchini          1 1/2 cups Mushrooms          1/4 cup Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          3.00 P          .75 C          .75 C          .50 C          5.00 F          Calories:          375</p>	<p><b>Preparation Suggestions:</b></p> <p>Italian Omelet          You can season this omelet with Italian spices like basil and oregano.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/8 Banana</p>	<p>Item Portions          .50 PC          3.50 P          4.00 F          .38 C          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>4 oz Mozzarella cheese, light/low fat          5 cups Lettuce, romaine          1 Tomato          1 2/3 tsp Olive or monounsaturated oil          4 cups Cucumber          3 oz Chicken breast, skinless</p>	<p>Item Portions          4.00 P          .50 C          .50 C          5.00 F          1.00 C          3.00 P          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Tomato Basil Salad          Roughly chop the cheese, lettuce, and tomatoes, cucumber then toss these ingredients together with the olive oil, basil leaves - fresh if you've got it - a pinch of time, some balsamic or rice wine vinegar, and salt and pepper to taste. Makes a healthy, nutritious salad.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/8 Banana</p>	<p>Item Portions          .50 PC          3.50 P          4.00 F          .38 C          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless          3/4 cup Bok choy          3/4 cup Scallions (green onions)          1/3 cup Water chestnuts          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .25 C          .25 C          1.00 C          .50 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Chicken and Vegetables</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Slim, Slender and Sexy + [www.myslimappeal.com](http://www.myslimappeal.com)

Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 75**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1/4 cup Onions            1 3/4 cups Spinach            1 cup Celery            1 Tomato            1 2/3 tsp Olive or monounsaturated oil            3 Eggs, whole            3 oz Chicken breast, skinless</p>	<p>Item Portions</p> <p>.50 C .50 C .50 C .50 C 5.00 F 3.00 P 3.00 P Calories: 375</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelets            Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)            24 1/2 grams Protein powder            1 1/3 tsp Olive or monounsaturated oil            1/4 cup Pineapple</p>	<p>Item Portions</p> <p>.50 PC 3.50 P 4.00 F .50 C Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Bass, freshwater            3 cups Lettuce, romaine            3/4 cup Broccoli            3/4 cup Mushrooms            3/4 cup Tomatoes            1 2/3 tsp Olive or monounsaturated oil            1/4 Grapefruit</p>	<p>Item Portions</p> <p>7.00 P .30 C .25 C .38 C .50 C 5.00 F .50 C Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>Bass with a salad and fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder            1/3 Banana            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>4.00 P 1.00 C 4.00 F Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas            If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Turkey breast, skinless            1 1/2 cups Broccoli            1/2 cup Rice            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P .50 C 1.50 C 5.00 F Calories: 403</p>	<p><b>Preparation Suggestions:</b></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>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

Check your Vitals + [www.vitalforcemulti.com](http://www.vitalforcemulti.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 76**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>35 grams Protein powder          1/2 cup Pineapple          1 2/3 tsp Olive or monounsaturated oil          1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 1.00 C 5.00 F 1.00 PC Calories: 375</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)          24 1/2 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/4 Orange</p>	<p>Item Portions .50 PC 3.50 P 4.00 F .50 C Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken, dark meat, skinless          1/3 cup Pasta          1 cup Cucumber          1/2 cup Celery          5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.33 C .25 C .25 C 5.00 F Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Rainbow Salad          Cook pasta according to package directions, omitting salt and oil. Drain. Meanwhile, in a large bowl, combine chicken with chopped vegetables. Mix in pasta. In small bowl, blend mayonnaise with salt, pepper, and dill weed to taste. Toss all ingredients together and enjoy cold. You can make large batches of this meal to refrigerate for lunches later in the week.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Chicken breast, skinless          1 cup Spinach          1/2 cup Zucchini          1/2 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .29 C .25 C 1.50 C 5.00 F Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder          1 cup Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 4.00 F Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* 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 - 1547 Calories

Day: 77

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>6 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 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><b>Preparation Suggestions:</b></p> <p>Eggs with sautéed vegetables.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Trout 2 cups Mushrooms 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 5.00 F Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>Blackened Trout Heat a skillet or pan on the stove until extremely hot. Coat fish with seasoning (Cajun mixes are good) and lay on pan, turning over to blacken all sides thoroughly.  Enjoy the vegetables on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 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 7.00 P .75 C 1.00 C .33 C 5.00 F Calories: 403</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>24 1/2 grams Protein powder 1/4 Orange 1/2 cup Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.50 P .50 C .50 PC 4.00 F Calories: 256</p>	<p><b>Preparation Suggestions:</b></p> <p>Orange Surprise Blend powder, milk and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Put up a fight, be empowered and visit <a href="http://www.empoweredMMA.com">www.empoweredMMA.com</a></p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 78

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)                  1 2/3 tsp Olive or monounsaturated oil                  1/2 Grapefruit                  3 Eggs, whole                  2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 PC                  5.00 F                  1.00 C                  3.00 P                  2.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1 cup Strawberries</p>	<p>Item Portions                  4.00 P                  4.00 F                  1.00 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Cod                  3/4 cup Brussels sprouts                  1 cup Zucchini                  1/3 cup Applesauce                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  .50 C                  1.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Pan-fried cod with vegetables and applesauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1 1/3 tsp Olive or monounsaturated oil                  1/2 cup Pineapple                  28 grams Protein powder</p>	<p>Item Portions                  4.00 F                  1.00 C                  4.00 P                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak                  3/4 cup Brussels sprouts                  12 spears Asparagus                  1 cup Mushrooms                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.00 C                  .50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Dinner                  Cook the salmon any way you like, cooking vegetables with olive oil and water. Here's one great cooking tip: use an untreated cedar plank as a baking tray for salmon. It adds a superb flavor. Season with lemon juice, garlic, salt and pepper. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 79**

<b>Breakfast - Meal Portions: P:6 C:2 F:5</b> 1 cup Milk, low fat (1%) 35 grams Protein powder 1/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 1.00 C 5.00 F Calories: 375	<b>Preparation Suggestions:</b> A simple, wholesome breakfast.
<b>Snack - Meal Portions: P:4 C:1 F:4</b> 1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/4 Orange	Item Portions .50 PC 3.50 P 4.00 F .50 C Calories: 256	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:7 C:2 F:5</b> 7 oz Beef, lean cuts 1/2 cup Celery 1/8 cup Onions 1/3 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .25 C .25 C 1.33 C 5.00 F Calories: 403	<b>Preparation Suggestions:</b> Beef and vegetable pasta. Enjoy!
<b>Snack - Meal Portions: P:4 C:1 F:4</b> 1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries	Item Portions .50 PC 3.50 P 4.00 F .50 C Calories: 256	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>Dinner - Meal Portions: P:7 C:2 F:5</b> 7 oz Beef, lean cuts 3/4 cup Spinach 1/3 cup Potato 9 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .21 C 1.00 C .75 C 5.00 F Calories: 403	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
<b>Total Daily Portions:</b> Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693 ** Remember to drink between 10 and 12 glasses of water per day. **		
Take your vitamins, be active & eat well. <a href="http://www.empowerednutrition.com">www.empowerednutrition.com</a>		

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 80**

<b>Breakfast - Meal Portions: P:6 C:2 F:5</b> 5 Eggs, whole 1/2 cup Onions 1 1/2 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat	Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 1.00 P Calories: 375	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables.
<b>Snack - Meal Portions: P:4 C:1 F:4</b> 1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/4 cup Pineapple	Item Portions .50 PC 3.50 P 4.00 F .50 C Calories: 256	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:7 C:2 F:5</b> 1 cup Vegetable soup 4 Crackers 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 2 oz Chicken breast, skinless	Item Portions 1.00 A 1.00 C 4.00 F 4.00 P 2.00 P Calories: 403	<b>Preparation Suggestions:</b> A tasty bowl of soup with crackers. Enjoy the cheese on the side.
<b>Snack - Meal Portions: P:4 C:1 F:4</b> 1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Strawberries 1/8 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Dinner - Meal Portions: P:7 C:2 F:5</b> 7 oz Chicken breast, skinless 1/2 cup Potato 3/4 cup Broccoli 1/2 cup Zucchini 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.50 C .25 C .25 C 5.00 F Calories: 403	<b>Preparation Suggestions:</b> Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**



Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 81

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>2/3 cup Oatmeal                  1 2/3 tsp Olive or monounsaturated oil                  2 Eggs, whole                  4 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  2.00 C                  5.00 F                  2.00 P                  4.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Grapefruit</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>1/2 cup Milk, low fat (1%)                  1 Tomato                  3 cups Lettuce, romaine                  1 cup Broccoli                  1/2 cup Cucumber                  1 2/3 tsp Olive or monounsaturated oil                  2 Eggs, whole                  3 oz Cheddar cheese, light/low fat                  1 1/2 oz Chicken breast, skinless</p>	<p>Item                  Portions                  .50 PC                  .50 C                  .30 C                  .33 C                  .13 C                  5.00 F                  2.00 P                  3.00 P                  1.50 P                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                  Chop ingredients and toss with olive oil and                  vinegar dressing. Make the salad with as much                  lettuce as you are comfortable with, it's okay to                  reduce quantity.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1/2 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  .50 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend,                  adding water to create desired consistency. If a                  blender is not available, set aside the fruit and                  shake up the remaining ingredients in a closed                  container to mix it all together, then eat the fruit                  on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts                  1 cup Mushrooms                  1/2 cup Brussels sprouts                  1/2 cup Onions                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  .50 C                  .33 C                  1.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Mushroom Steak with Vegetables                  Saute beef with 1 tsp minced garlic until cooked.                  Add mushrooms and onions and worcestershire                  sauce and simmer. Steam vegetables, serve on                  the side.</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

Smoooooooooth... [www.empoweredsmoothie.com](http://www.empoweredsmoothie.com)

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

**Day: 82**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>2 cups Mushrooms                  1 1/2 cups Tomatoes                  1 2/3 tsp Olive or monounsaturated oil                  3 oz Mozzarella cheese, light/low fat                  3 Eggs, whole</p>	<p>Item Portions                  1.00 C                  1.00 C                  5.00 F                  3.00 P                  3.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/2 cup Strawberries</p>	<p>Item Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>1 cup Milk, low fat (1%)                  1/4 Orange                  1/4 Tomato                  1 1/2 cups Lettuce, romaine                  1/2 cup Cucumber                  1/4 cup Mushrooms                  1 2/3 tsp Olive or monounsaturated oil                  2 Eggs, whole                  4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 PC                  .50 C                  .13 C                  .15 C                  .13 C                  .13 C                  5.00 F                  2.00 P                  4.00 P                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef's Salad Topped with Cheese                  Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1/2 cup Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  .50 PC                  3.50 P                  .50 C                  4.00 F                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Salmon steak                  1/3 cup Potato                  2 cups Zucchini                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  1.00 C                  1.00 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></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>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

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

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**Notes:**

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories**

**Day: 83**

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>35 grams Protein powder                  2 cups Strawberries                  1 2/3 tsp Olive or monounsaturated oil                  1 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  5.00 P                  2.00 C                  5.00 F                  1.00 P                  Calories:                  375</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy the cheese on the side!</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/8 cup Applesauce</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  4.00 F                  .38 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Turkey breast, skinless                  1/4 cup Mushrooms                  1/2 cup Alfalfa sprouts                  1/8 cup Onions                  1/8 cup Snow peas                  3/4 Grapefruit                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  .13 C                  .05 C                  .25 C                  .08 C                  1.50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Turkey Salad                  Grill turkey breast and julienne. Toss vegetables in balsamic vinegar and oil and top with turkey.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>7 oz Beef, lean cuts                  1/2 cup Sweet potato                  1 1/2 cups Broccoli                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  1.50 C                  .50 C                  5.00 F                  Calories:                  403</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>1/2 cup Milk, low fat (1%)                  24 1/2 grams Protein powder                  1 1/3 tsp Olive or monounsaturated oil                  1/4 Grapefruit</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  4.00 F                  .50 C                  Calories:                  256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1547 Calories

Day: 84

<p><b>Breakfast - Meal Portions: P:6 C:2 F:5</b></p> <p>1 Grapefruit          1 2/3 tsp Olive or monounsaturated oil          4 Eggs, whole          2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          2.00 C          5.00 F          4.00 P          2.00 P          Calories:          375</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast          Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder          1/2 Orange          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          4.00 F          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Haddock          5 cups Lettuce, romaine          3/4 cup Tomatoes          1 cup Cucumber          1 1/2 cups Broccoli          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .50 C          .50 C          .25 C          .50 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Haddock with a Salad          Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:2 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          2/3 cup Potato          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          5.00 F          Calories:          403</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner          Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:4 C:1 F:4</b></p> <p>28 grams Protein powder          1/3 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          4.00 F          Calories:          256</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 28 Carbohydrates: 8 Fat: 23 Calories: 1693

**\*\* 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

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<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
231 grams Protein powder	1 2/3 cups Oatmeal	34 1/3 tsp Olive or monounsaturated oil	15 cups Milk, low fat (1%)
16 oz Chicken breast, skinless	14 cups Strawberries	8 tsp Mayonnaise	2 cups Won ton soup
15 Eggs, whole	2 1/2 cups Pineapple		4 cups Vegetable soup
4 oz Bass, freshwater	8 2/3 cups Spinach		
12 oz Beef, lean cuts	6 cups Zucchini		
6 oz Cod	2 cups Rice		
12 oz Salmon steak	4 3/4 cups Onions		
4 oz Chicken, dark meat, skinless	1 1/2 cups Tomatoes		
	42 spears Asparagus		
	12 cups Broccoli		
	3 cups Potato		
	3 3/4 Oranges		
	1 Banana		
	1 cup Sweet potato		
	3 cups Brussels sprouts		
	1 cup Applesauce		
	6 cups Mushrooms		
	2 Grapefruits		
	1 3/4 cups Pasta		
	2 cups Cucumber		
	1 cup Celery		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
11 Eggs, whole	9 1/2 cups Mushrooms	32 2/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
154 grams Protein powder	7 1/2 cups Tomatoes		10 cups Vegetable soup
8 oz Chicken breast, skinless	3 1/2 cups Pineapple		2 cups Won ton soup
6 oz Ground beef (< 10% fat)	12 1/4 cups Broccoli		
12 oz Cheddar cheese, light/low fat	1 1/2 cups Snow peas		
12 oz Beef, lean cuts	1 1/2 cups Onions		
2 oz Mozzarella cheese, light/low fat	5 cups Potato		
4 oz Turkey breast, skinless	4 cups Oatmeal		
4 oz Pork, lean	2 Bananas		
	6 1/2 cups Lettuce, romaine		
	2 1/2 cups Cucumber		
	4 Tomatoes		
	2 Oranges		
	4 cups Strawberries		
	36 spears Asparagus		
	1 3/4 cups Spinach		
	4 Crackers		
	1 cup Rice		
	1 cup Celery		
	1 Grapefruit		

## Grocery List

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

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<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
16 Eggs, whole	2 2/3 cups Oatmeal	32 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
8 oz Cheddar cheese, light/low fat	6 cups Strawberries	4 tsp Mayonnaise	2 cups Won ton soup
161 grams Protein powder	19 1/2 cups Broccoli		8 cups Vegetable soup
16 oz Beef, lean cuts	4 Tomatoes		
4 oz Bass, freshwater	6 1/2 cups Lettuce, romaine		
4 oz Turkey breast, skinless	4 1/2 cups Cucumber		
4 oz Chicken, dark meat, skinless	2 cups Celery		
4 oz Pork, lean	1 cup Sweet potato		
1 oz Mozzarella cheese, light/low fat	5 1/2 cups Mushrooms		
4 oz Chicken breast, skinless	2 3/4 Oranges		
	4 1/2 cups Onions		
	3 cups Pineapple		
	3 2/3 cups Potato		
	42 spears Asparagus		
	2 1/3 Bananas		
	1 1/2 cups Brussels sprouts		
	1 1/2 cups Tomatoes		
	1 cup Rice		
	8 3/4 cups Spinach		
	3/4 cup Pasta		
	1 cup Zucchini		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
10 Eggs, whole	10 cups Mushrooms	32 2/3 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
189 grams Protein powder	7 1/2 cups Tomatoes	4 tsp Mayonnaise	6 cups Vegetable soup
6 oz Cod	2 Bananas		2 cups Won ton soup
12 oz Salmon steak	1 1/2 cups Brussels sprouts		
20 oz Chicken breast, skinless	5 cups Zucchini		
6 oz Ground beef (< 10% fat)	2/3 cup Applesauce		
4 oz Cheddar cheese, light/low fat	10 cups Strawberries		
1 oz Mozzarella cheese, light/low fat	4 1/3 cups Potato		
8 oz Beef, lean cuts	2 cups Rice		
	1 1/2 cups Pineapple		
	3 cups Oatmeal		
	1 1/2 Oranges		
	4 Crackers		
	3 Grapefruits		
	36 spears Asparagus		
	4 3/4 cups Broccoli		
	1 cup Pasta		
	1 2/3 cups Spinach		
	1 1/2 cups Snow peas		
	1 3/4 cups Onions		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
4 oz Mozzarella cheese, light/low fat	1 1/2 cups Applesauce	48 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
245 grams Protein powder	9 cups Strawberries	8 tsp Mayonnaise	2 cups Vegetable soup
6 oz Chicken, dark meat, skinless	1 cup Pasta		1/4 cup Beans, mixed, various
30 oz Chicken breast, skinless	4 3/4 cups Cucumber		
18 oz Salmon steak	7 1/2 cups Celery		
16 oz Cheddar cheese, light/low fat	4 1/2 Oranges		
9 Eggs, whole	1 1/2 cups Bok choy		
6 oz Beef, lean cuts	1 1/2 cups Scallions (green onions)		
6 oz Haddock	1 1/3 cups Water chestnuts		
6 oz Turkey breast, skinless	1 1/2 cups Snow peas		
6 oz Tuna, canned in water	11 cups Lettuce, romaine		
8 oz Whitefish	2 Bananas		
	3 1/4 Tomatoes		
	2 cups Alfalfa sprouts		
	1 1/2 Grapefruits		
	2 1/2 cups Brussels sprouts		
	24 spears Asparagus		
	10 1/2 cups Mushrooms		
	1 7/24 cups Onions		
	3 cups Pineapple		
	1 cup Rice		
	3 1/4 cups Broccoli		
	4 Crackers		
	2 cups Cherry tomatoes		
	1 1/2 cups Tomatoes		
	2 1/2 cups Carrots		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
8 oz Cheddar cheese, light/low fat	7 1/2 cups Strawberries	49 2/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
15 Eggs, whole	2 2/3 Bananas	5 tsp Mayonnaise	
245 grams Protein powder	1 cup Pasta		
8 oz Whitefish	3 cups Scallions (green onions)		
12 oz Beef, lean cuts	2 1/4 Oranges		
6 oz Turkey breast, skinless	60 spears Asparagus		
9 oz Haddock	4 3/4 cups Cherry tomatoes		
30 oz Chicken breast, skinless	2 cups Carrots		
6 oz Trout	6 Tomatoes		
6 oz Pork, lean	2 1/2 cups Celery		
6 oz Chicken, dark meat, skinless	1 1/3 cups Applesauce		
9 oz Salmon steak	3 cups Onions		
	12 cups Broccoli		
	1 1/3 cups Rice		
	6 1/2 cups Lettuce, romaine		
	1 1/2 cups Tomatoes		
	5 cups Cucumber		
	7 1/2 cups Mushrooms		
	2/3 cup Oatmeal		
	7 cups Spinach		
	3 1/2 cups Pineapple		
	1 cup Water chestnuts		
	1 1/2 cups Snow peas		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
259 grams Protein powder	2 Bananas	48 2/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
9 oz Salmon steak	2 1/4 Oranges	8 tsp Mayonnaise	
30 oz Chicken breast, skinless	16 cups Lettuce, romaine		
9 oz Cheddar cheese, light/low fat	6 3/4 cups Cucumber		
12 Eggs, whole	4 1/4 Tomatoes		
6 oz Tuna, canned in water	2 cups Alfalfa sprouts		
12 oz Turkey breast, skinless	5 1/4 cups Pineapple		
9 oz Haddock	11 1/2 cups Mushrooms		
6 oz Beef, lean cuts	8 cups Broccoli		
6 oz Chicken, dark meat, skinless	4 3/4 cups Cherry tomatoes		
6 oz Trout	2 11/12 cups Onions		
8 oz Whitefish	7 cups Strawberries		
	1 1/3 cups Oatmeal		
	36 spears Asparagus		
	1 Grapefruit		
	8 cups Celery		
	2/3 cup Water chestnuts		
	4 1/2 cups Tomatoes		
	1 cup Applesauce		
	3 1/2 cups Carrots		
	1/2 cup Pasta		
	1 cup Zucchini		
	3 1/2 cups Spinach		

## Grocery List

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

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<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
10 oz Cheddar cheese, light/low fat	5 cups Strawberries	49 tsp Olive or monounsaturated oil	2 cups Vegetable soup
16 Eggs, whole	3 Bananas	5 tsp Mayonnaise	17 cups Milk, low fat (1%)
231 grams Protein powder	4 3/4 Oranges		1/8 cup Beans, mixed, various
6 oz Pork, lean	4 Crackers		
18 oz Salmon steak	3 1/2 cups Spinach		
8 oz Whitefish	1 2/3 cups Water chestnuts		
6 3/4 oz Haddock	8 1/4 cups Mushrooms		
6 oz Mozzarella cheese, light/low fat	2 1/8 cups Onions		
24 oz Chicken breast, skinless	1 1/2 cups Lettuce, romaine		
18 oz Beef, lean cuts	3 cups Cucumber		
6 oz Chicken, dark meat, skinless	5 Tomatoes		
	1 1/2 cups Brussels sprouts		
	42 spears Asparagus		
	2 1/4 cups Pineapple		
	1 1/3 cups Applesauce		
	1 1/2 cups Pasta		
	4 1/2 cups Scallions (green onions)		
	1 1/2 cups Bok choy		
	3 cups Snow peas		
	2 1/4 cups Celery		
	6 cups Broccoli		
	2 1/3 cups Rice		
	3 1/2 cups Zucchini		
	1 cup Carrots		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
23 Eggs, whole	1 3/4 cups Onions	51 2/3 tsp Olive or monounsaturated oil	8 1/2 cups Milk, low fat (1%)
416 1/2 grams Protein powder	3 cups Tomatoes	5 tsp Mayonnaise	1 cup Vegetable soup
7 oz Chicken, dark meat, skinless	4 1/4 cups Strawberries		
31 1/2 oz Chicken breast, skinless	1/3 cup Pasta		
12 1/2 oz Cheddar cheese, light/low fat	1 1/2 cups Cucumber		
7 oz Bass, freshwater	1/2 cup Celery		
10 1/2 oz Salmon steak	3/4 cup Bok choy		
10 1/2 oz Cod	3/4 cup Scallions (green onions)		
14 oz Beef, lean cuts	1/3 cup Water chestnuts		
7 oz Pork, lean	7/8 cup Snow peas		
4 oz Mozzarella cheese, light/low fat	6 1/4 cups Broccoli		
7 oz Turkey breast, skinless	3 1/2 cups Spinach		
	3 1/4 cups Mushrooms		
	5/8 cup Pineapple		
	30 spears Asparagus		
	1 1/2 cups Brussels sprouts		
	1 cup Oatmeal		
	2 cups Zucchini		
	11/24 cup Applesauce		
	1 1/3 cups Potato		
	1/2 Orange		
	1 cup Rice		
	7/12 Banana		
	1 Tomato		
	3 cups Lettuce, romaine		
	2 Grapefruits		
	4 Crackers		
	1/2 cup Alfalfa sprouts		
	1/2 cup Sweet potato		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
12 oz Mozzarella cheese, light/low fat	8 1/4 cups Mushrooms	53 2/3 tsp Olive or monounsaturated oil	8 cups Milk, low fat (1%)
22 Eggs, whole	3 cups Tomatoes		
399 grams Protein powder	2 Oranges		
10 1/2 oz Haddock	16 1/2 cups Lettuce, romaine		
7 oz Turkey breast, skinless	6 cups Cucumber		
7 oz Cheddar cheese, light/low fat	7 cups Broccoli		
28 oz Beef, lean cuts	2 1/2 cups Strawberries		
7 oz Bass, freshwater	1/2 cup Rice		
31 1/2 oz Salmon steak	7 cups Spinach		
6 oz Chicken breast, skinless	1 Grapefruit		
7 oz Trout	1 1/2 cups Celery		
10 1/2 oz Ground beef (< 10% fat)	1 7/8 cups Onions		
	1/3 cup Pasta		
	1/2 cup Brussels sprouts		
	1 1/2 cups Pineapple		
	1 5/6 cups Potato		
	3 1/2 cups Zucchini		
	3 1/2 Tomatoes		
	5/6 Banana		
	18 spears Asparagus		
	1/6 cup Applesauce		
	3 cups Scallions (green onions)		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
24 Eggs, whole	8 1/2 cups Broccoli	52 tsp Olive or monounsaturated oil	8 cups Milk, low fat (1%)
2 1/2 oz Cheddar cheese, light/low fat	9 3/4 cups Spinach	5 tsp Mayonnaise	
388 1/2 grams Protein powder	7 cups Mushrooms		
14 oz Bass, freshwater	1 1/2 Oranges		
21 oz Salmon steak	27 spears Asparagus		
9 oz Mozzarella cheese, light/low fat	2 3/8 cups Onions		
27 oz Chicken breast, skinless	1 1/4 cups Pineapple		
14 oz Beef, lean cuts	3 1/4 Tomatoes, diced		
7 oz Pork, lean	3 3/4 cups Scallions (green onions)		
7 oz Turkey breast, skinless	1/6 cup Applesauce		
7 oz Chicken, dark meat, skinless	1 1/2 cups Rice		
7 oz Trout	1 1/3 cups Potato		
	10 cups Lettuce, romaine		
	5 1/2 cups Cucumber		
	1 1/12 Bananas		
	2 cups Zucchini		
	3/4 cup Bok choy		
	1/3 cup Water chestnuts		
	3/4 cup Snow peas		
	1 1/2 cups Celery		
	2 1/4 cups Tomatoes		
	1/4 Grapefruit		
	1/3 cup Pasta		
	1 1/2 cups Strawberries		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
21 Eggs, whole	2 3/4 Grapefruits	53 1/3 tsp Olive or monounsaturated oil	8 1/2 cups Milk, low fat (1%)
17 oz Cheddar cheese, light/low fat	5 1/4 cups Strawberries		1 cup Vegetable soup
427 grams Protein powder	2 cups Brussels sprouts		
10 1/2 oz Cod	3 1/2 cups Zucchini		
21 oz Salmon steak	11/24 cup Applesauce		
28 oz Beef, lean cuts	7/8 cup Pineapple		
7 oz Mozzarella cheese, light/low fat	21 spears Asparagus		
10 1/2 oz Chicken breast, skinless	4 1/2 cups Mushrooms		
7 oz Turkey breast, skinless	1 cup Oatmeal		
10 1/2 oz Haddock	1 Orange		
10 1/2 oz Ground beef (< 10% fat)	1/2 cup Celery		
	1 1/4 cups Onions		
	1/3 cup Pasta		
	3/4 cup Spinach		
	1 5/6 cups Potato		
	3 3/4 cups Tomatoes		
	4 Crackers		
	4 3/4 cups Broccoli		
	1 1/4 Tomatoes		
	9 1/2 cups Lettuce, romaine		
	2 cups Cucumber		
	1/2 cup Alfalfa sprouts		
	1/8 cup Snow peas		
	1/2 cup Sweet potato		
	1/3 Banana		