

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 1/2 Cantaloupe 1 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Have you had your Protein Smoothie today?

Notes:

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Day: 2

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 1 oz Pretzels 6 Walnuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

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Have a Protein Smoothie, be Empowered

Notes:

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Day: 3

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/4 Cantaloupe 1/4 cup Blueberries 1 Kiwi 1/2 cup Raspberries 8 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 5.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>

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+ energized + transformed + empowered +

Notes:

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Day: 4

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p style="text-align: center;">Item Portions</p> <p>1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p style="text-align: center;">Item Portions</p> <p>1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p style="text-align: center;">Item Portions</p> <p>6.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p style="text-align: center;">Item Portions</p> <p>1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p style="text-align: center;">Item Portions</p> <p>6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>

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Notes:

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Day: 5

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blueberries 6 Pecans</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 cups Raspberries 1 whole Pita 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/4 cup Yogurt, plain, low fat 8 1/4 oz Salmon steak 3/4 cup Pineapple 1/2 Cantaloupe 8 Cherries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P 1.50 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

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Notes:

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Day: 6

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 1/2 cup Blackberries 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 5 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 3/4 Pear 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.50 C 1.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

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Check your Vitals + GROW www.empowerednutrition.net

Notes:

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Day: 7

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P .50 C .25 C .25 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 1/2 whole Pita 1/2 Pear 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

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3 steps for success today: Nutrition + Training + Supplements

Notes:

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Day: 8

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 Peach 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C .50 C .50 C .50 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Broccoli 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>

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Put up a fight, be empowered and visit www.empowerednutrition.net

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Day: 9

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 10

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>4 oz Chicken breast, skinless 4 cups Lettuce, romaine 1/2 cup Salsa 1 whole Pita 4/5 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P .40 C 1.00 C 2.00 C 1.60 C 5.00 F 2.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
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Take your vitamins, be active & eat well. www.empowerednutrition.net

Notes:

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Day: 11

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts and cheese on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream 6 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 C 4.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with a baked potato and vegetables.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Meal Plans That Work Are Empowered www.empowerednutrition.net

Notes:

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Day: 12

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Rice</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.50 C 5.00 F 1.50 C Calories: 483</p>	<p>Preparation Suggestions:</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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

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Day: 13

Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 1 cup Yogurt, plain, low fat 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210	Preparation Suggestions: Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:6 C:4 F:4 6 oz Tuna, canned in water 1 whole Pita 1 Orange 4 tsp Mayonnaise	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:6 C:5 F:5 3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil 9 oz Ground beef (< 10% fat)	Item Portions 3.00 C 2.00 C 5.00 F 6.00 P Calories: 483	Preparation Suggestions: Pasta and Ground Beef Heat oil in a pan. Saute ground beef until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.
Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
Feel the burn & incinerate the fat. www.empowerednutrition.net		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 14

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 1 cup Grapes 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Cucumber 1/2 Tomato 3/4 Apple 1 Kiwi 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 6.00 P .13 C .25 C 1.50 C 1.00 C .30 C 5.00 F 2.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
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Notes:

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Day: 15

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 1/2 cup Blackberries 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Cucumber 1/2 Tomato 3/4 Apple 1 Kiwi 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 6.00 P .13 C .25 C 1.50 C 1.00 C .30 C 5.00 F 2.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Take your vitamins. Be empowered

Notes:

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Day: 16

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 cups Raspberries 1 whole Pita 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream 6 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 C 4.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with a baked potato and vegetables.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Notes:

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Day: 17

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blueberries 6 Pecans</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 whole Pita 1 Orange 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>

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Burn Fat Build MUSCLE www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 18

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blueberries 6 Pecans</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 1/2 cup Blackberries 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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All The Essentials, No Hype, NO BS www.empowerednutrition.net

Notes:

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Day: 19

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 Peach 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 1/2 Cantaloupe 1 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream 6 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 C 4.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with a baked potato and vegetables.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

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Day: 20

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 1 oz Pretzels 6 Walnuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil 9 oz Ground beef (< 10% fat)</p>	<p>Item Portions 3.00 C 2.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Pasta and Ground Beef Heat oil in a pan. Saute ground beef until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 21

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 1 cup Grapes 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/4 Cantaloupe 1/4 cup Blueberries 1 Kiwi 1/2 cup Raspberries 8 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream 6 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 C 4.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with a baked potato and vegetables.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 22

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 1/2 whole Pita 1/2 Pear 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/4 cup Yogurt, plain, low fat 8 1/4 oz Salmon steak 3/4 cup Pineapple 1/2 Cantaloupe 8 Cherries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P 1.50 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 23

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 cups Raspberries 1 whole Pita 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 24

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Rice</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.50 C 5.00 F 1.50 C Calories: 483</p>	<p>Preparation Suggestions:</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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

** 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 - 1680 Calories

Day: 25

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/4 Cantaloupe 1/4 cup Blueberries 1 Kiwi 1/2 cup Raspberries 8 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
 ** 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 - 1680 Calories

Day: 26

Breakfast - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: Combine these ingredients for a refreshing snack!
Mid Meal - Meal Portions: P:6 C:4 F:4 2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 A 2.00 P Calories: 420	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:6 C:5 F:5 6 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Rice	Item Portions 6.00 P 1.00 C .50 C .50 C 1.50 C 5.00 F 1.50 C Calories: 483	Preparation Suggestions: Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 27

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil 9 oz Ground beef (< 10% fat)</p>	<p>Item Portions 3.00 C 2.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Pasta and Ground Beef Heat oil in a pan. Saute ground beef until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 28

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P .50 C .25 C .25 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 29

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 30

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts and cheese on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 5.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

*** 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 - 1680 Calories

Day: 31

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 Peach 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 1/2 whole Pita 1/2 Pear 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/4 cup Yogurt, plain, low fat 8 1/4 oz Salmon steak 3/4 cup Pineapple 1/2 Cantaloupe 8 Cherries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P 1.50 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 32

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/4 Cantaloupe 1/4 cup Blueberries 1 Kiwi 1/2 cup Raspberries 8 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>4 oz Chicken breast, skinless 4 cups Lettuce, romaine 1/2 cup Salsa 1 whole Pita 4/5 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P .40 C 1.00 C 2.00 C 1.60 C 5.00 F 2.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 33

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil 9 oz Ground beef (< 10% fat)</p>	<p>Item Portions 3.00 C 2.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Pasta and Ground Beef Heat oil in a pan. Saute ground beef until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 34

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 whole Pita 1 Orange 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 35

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p align="center">Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Strong Like... www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 36

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 1 oz Pretzels 6 Walnuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C .50 C .50 C .50 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 5 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 3/4 Pear 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.50 C 1.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 37

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 1/2 cup Blackberries 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 5 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 3/4 Pear 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.50 C 1.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 38

Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 3 oz Cheddar cheese, light/low fat 1 oz Pretzels 6 Walnuts	Item Portions 3.00 P 2.00 C 2.00 F Calories: 210	Preparation Suggestions: A quick and tasty snack.
Mid Meal - Meal Portions: P:6 C:4 F:4 9 oz Salmon steak 1/2 Cantaloupe 1 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:6 C:5 F:5 6 oz Chicken breast, skinless 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli	Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 483	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 39

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 whole Pita 1 Orange 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 40

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 1 cup Grapes 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 1/2 Cantaloupe 1 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Broccoli 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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Burn Fat Build MUSCLE www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 41

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts and cheese on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Cucumber 1/2 Tomato 3/4 Apple 1 Kiwi 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 6.00 P .13 C .25 C 1.50 C 1.00 C .30 C 5.00 F 2.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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All The Essentials, No Hype, NO BS www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 42

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 cups Raspberries 1 whole Pita 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 5 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 3/4 Pear 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.50 C 1.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 43

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 1 oz Pretzels 6 Walnuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 5.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 44

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 4 cups Popcorn 2/3 tsp Butter</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
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Notes:

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Day: 45

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C .50 C .50 C .50 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Cucumber 1/2 Tomato 3/4 Apple 1 Kiwi 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 6.00 P .13 C .25 C 1.50 C 1.00 C .30 C 5.00 F 2.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 46

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Cheddar cheese, light/low fat 1 oz Pretzels 6 Walnuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Rice</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.50 C 5.00 F 1.50 C Calories: 483</p>	<p>Preparation Suggestions:</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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 47

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blueberries 6 Pecans</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>4 oz Chicken breast, skinless 4 cups Lettuce, romaine 1/2 cup Salsa 1 whole Pita 4/5 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P .40 C 1.00 C 2.00 C 1.60 C 5.00 F 2.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
 ** 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 - 1680 Calories

Day: 48

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 1/2 cup Blackberries 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Broccoli 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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 49

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 50

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Enter the challenge and WIN! + www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 51

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>4 oz Chicken breast, skinless 4 cups Lettuce, romaine 1/2 cup Salsa 1 whole Pita 4/5 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P .40 C 1.00 C 2.00 C 1.60 C 5.00 F 2.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Be BIG. Be HUGE. Be Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 52

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 1/2 Cantaloupe 1 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 53

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 Peach 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C .50 C .50 C .50 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 54

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P .50 C .25 C .25 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C .50 C .50 C .50 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Put up a fight, be empowered and visit www.empowerednutrition.net

Notes:

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Day: 55

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts and cheese on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>4 oz Chicken breast, skinless 4 cups Lettuce, romaine 1/2 cup Salsa 1 whole Pita 4/5 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P .40 C 1.00 C 2.00 C 1.60 C 5.00 F 2.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 56

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P .50 C .25 C .25 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil 9 oz Ground beef (< 10% fat)</p>	<p>Item Portions 3.00 C 2.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Pasta and Ground Beef Heat oil in a pan. Saute ground beef until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 57

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 1/2 whole Pita 1/2 Pear 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Rice</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.50 C 5.00 F 1.50 C Calories: 483</p>	<p>Preparation Suggestions:</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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Meal Plans That Work Are Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 58

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 1/2 Cantaloupe 1 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>4 oz Chicken breast, skinless 4 cups Lettuce, romaine 1/2 cup Salsa 1 whole Pita 4/5 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P .40 C 1.00 C 2.00 C 1.60 C 5.00 F 2.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 59

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts and cheese on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 5 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 3/4 Pear 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.50 C 1.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Feel the burn & incinerate the fat. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 60

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 61

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 1 cup Grapes 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 62

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p style="text-align: center;">Item Portions</p> <p>5.00 P 1.00 C 2.00 C 1.00 F 2.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts and cheese on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p style="text-align: center;">Item Portions</p> <p>3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p style="text-align: center;">Item Portions</p> <p>6.00 P 1.00 C 3.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p style="text-align: center;">Item Portions</p> <p>1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p style="text-align: center;">Item Portions</p> <p>6.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 63

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P .50 C .25 C .25 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Broccoli 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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 64

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1 1/2 slice Whole grain bread 1/2 cup Blackberries 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 5.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>All The Essentials, No Hype, NO BS www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 65

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2/3 Orange 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 1 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 1.33 C 2.67 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream 6 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 C 4.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with a baked potato and vegetables.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 66

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 5.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 67

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .25 C .50 C .50 C .50 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 68

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P .50 C .25 C .25 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 slice Whole grain bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 69

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 cups Raspberries 1 whole Pita 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Rice</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.50 C 5.00 F 1.50 C Calories: 483</p>	<p>Preparation Suggestions:</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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 70

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 1 cup Grapes 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
*** 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 - 1680 Calories

Day: 71

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Cucumber 1/2 Tomato 3/4 Apple 1 Kiwi 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 6.00 P .13 C .25 C 1.50 C 1.00 C .30 C 5.00 F 2.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

*** 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 - 1680 Calories

Day: 72

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 Peach 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream 6 oz Chicken breast, skinless</p>	<p>Item Portions 1.00 C 4.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with a baked potato and vegetables.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 73

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blueberries 6 Pecans</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/4 Cantaloupe 1/4 cup Blueberries 1 Kiwi 1/2 cup Raspberries 8 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Broccoli 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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 74

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 whole Pita 1 Orange 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 75

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 whole Pita 1 Orange 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/4 cup Yogurt, plain, low fat 8 1/4 oz Salmon steak 3/4 cup Pineapple 1/2 Cantaloupe 8 Cherries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P 1.50 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

Check your Vitals + GROW www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 76

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/4 Cantaloupe 1/4 cup Blueberries 1 Kiwi 1/2 cup Raspberries 8 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.00 C .50 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Roasted Potato Wedges and Broccoli 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: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

**** 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 - 1680 Calories

Day: 77

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 1 cup Grapes 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1 1/2 slice Whole grain bread 2 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 2.00 F 2.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 5.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Put up a fight, be empowered and visit www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 78

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>9 oz Salmon steak 2 cups Raspberries 1 whole Pita 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil 3 cups Broccoli</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 79

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blueberries 6 Pecans</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil 9 oz Ground beef (< 10% fat)</p>	<p>Item Portions 3.00 C 2.00 C 5.00 F 6.00 P Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Pasta and Ground Beef Heat oil in a pan. Saute ground beef until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 80

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 1/2 whole Pita 1/2 Pear 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 5 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 3/4 Pear 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.50 C 1.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Meal Plans That Work Are Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 81

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Tuna, canned in water 1 1/2 whole Pita 1/2 Pear 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/4 cup Yogurt, plain, low fat 8 1/4 oz Salmon steak 3/4 cup Pineapple 1/2 Cantaloupe 8 Cherries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P 1.50 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 82

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 Peach 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Cucumber 1/2 Tomato 3/4 Apple 1 Kiwi 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 6.00 P .13 C .25 C 1.50 C 1.00 C .30 C 5.00 F 2.00 C Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Feel the burn & incinerate the fat. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 83

<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 12 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>2 2/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>1/4 cup Yogurt, plain, low fat 8 1/4 oz Salmon steak 3/4 cup Pineapple 1/2 Cantaloupe 8 Cherries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 5.50 P 1.50 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon with Dill Sauce Baking or grilling the salmon are two easy ways to cook it. Make a dill sauce out of yogurt, a little water, dill and other seasonings. Enjoy!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Day: 84

<p>Breakfast - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Chicken breast, skinless 2 slice Rye bread 4 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired. Add salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>2 cups Milk, low fat (1%) 8 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:6 C:5 F:5</p> <p>9 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 483</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 16 Fat: 16 Calories: 1680
 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

Notes:

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
357 grams Protein powder	3 1/2 Kiwis	25 2/3 tsp Olive or monounsaturated oil	13 1/2 cups Milk, low fat (1%)
3 oz Hard cheeses, light/low fat	1 Pickle	36 Peanuts	5 1/2 cups Yogurt, plain, low fat
35 1/4 oz Salmon steak	4 Crackers	15 tsp Mayonnaise	
9 oz Cheddar cheese, light/low fat	1 1/4 Cantaloupes	6 Walnuts	
41 oz Chicken breast, skinless	3 5/6 slice Whole grain bread	6 Cashews	
9 oz Ground beef (< 10% fat)	1 1/2 cups Blueberries	6 Almonds, whole	
8 Egg whites	1 1/6 cups Applesauce	6 Pecans	
6 oz Tuna, canned in water	13 cups Lettuce, romaine	2/3 tsp Butter	
	2 1/2 cups Celery	2 tbsp Almonds, slivered	
	1 1/2 cups Cucumber	8 Pistachio nuts	
	1 3/4 cups Grapes		
	2 Plums		
	1 oz Pretzels		
	2 3/4 Pears		
	2 1/2 Peppers (bell or cubanelle)		
	5 1/2 cups Broccoli		
	3 Tomatoes		
	1 1/3 cups Fruit cocktail		
	5 cups Raspberries		
	4 cups Strawberries		
	16 Cherries		
	1 2/3 cups Potato		
	2/3 Orange		
	1 1/4 cups Pineapple		
	2/3 cup Oatmeal		
	2 1/2 whole Pita		
	1/2 Nectarine		
	1/3 Banana		
	4 cups Popcorn		
	1/2 cup Blackberries		
	2 1/4 cups Tomatoes		
	1 cup Carrots		
	1 cup Corn, canned		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
325 1/2 grams Protein powder	1 1/4 cups Peaches, canned 1 Peach	22 tsp Olive or monounsaturated oil	14 cups Milk, low fat (1%)
46 oz Chicken breast, skinless	9 1/2 cups Lettuce, romaine 4 1/2 cups Cucumber	7 tbsp Almonds, slivered	4 3/4 cups Yogurt, plain, low fat
18 oz Salmon steak	2 Peppers (bell or cubanelle) 1 1/2 Tomatoes	14 tsp Mayonnaise	5 1/3 cups Beef and vegetable soup
12 oz Cheddar cheese, light/low fat	3 cups Raspberries	6 Almonds, whole	
16 Egg whites	1 1/2 cups Blueberries	32 Peanuts	
6 oz Tuna, canned in water	2 2/3 cups Potato 12 cups Broccoli 1 Nectarine	2 1/2 tbsp Sour cream	
9 oz Ground beef (< 10% fat)	1/4 cup Blackberries 1/3 cup Fruit cocktail	8 Cashews	
	3 1/2 slice Whole grain bread	8 Pistachio nuts	
	2 1/2 cups Strawberries		
	3 1/2 cups Spinach 1 1/2 cups Rice		
	1 1/2 cups Pineapple 1/8 Cantaloupe		
	1 1/2 Apricots 1 cup Mango		
	1/2 cup Salsa 2 whole Pita		
	1 4/5 cups Grapes 3 1/2 Oranges		
	2 slice Rye bread		
	3 cups Cherry tomatoes 3/4 cup Pasta		
	1 cup Tomato sauce 3/4 cup Watermelon		
	3/4 Apple 1 Kiwi		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
343 grams Protein powder	6 cups Raspberries	20 tsp Olive or monounsaturated oil	4 cups Yogurt, plain, low fat
3 oz Hard cheeses, light/low fat	5 cups Strawberries	30 Peanuts	11 cups Milk, low fat (1%)
54 oz Chicken breast, skinless	1 Pickle	17 tsp Mayonnaise	
27 oz Salmon steak	4 Crackers	6 Almonds, whole	
6 oz Tuna, canned in water	5 1/3 slice Whole grain bread	7 1/2 tbsp Sour cream	
16 Egg whites	1 cup Blackberries	12 Pecans	
5 oz Cheddar cheese, light/low fat	2 cups Cucumber	7 tbsp Almonds, slivered	
9 oz Ground beef (< 10% fat)	2 1/2 Tomatoes	6 Walnuts	
	3/4 Apple		
	4 1/2 Kiwis		
	16 cups Lettuce, romaine		
	3 1/6 Oranges		
	4 Plums		
	2 whole Pita		
	11 1/2 cups Broccoli		
	4 cups Potato		
	1 1/4 cups Blueberries		
	2 cups Celery		
	2 1/4 cups Grapes		
	1/3 cup Mango		
	2 Peppers (bell or cubanelle)		
	2/3 cup Fruit cocktail		
	1 cup Pineapple		
	1 Peach		
	3/4 Cantaloupe		
	1/2 Nectarine		
	1 oz Pretzels		
	1/2 Pear		
	3/4 cup Pasta		
	1 cup Tomato sauce		
	8 Cherries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
336 grams Protein powder	2 Nectarines	27 tsp Olive or monounsaturated oil	14 cups Milk, low fat (1%)
9 oz Cheddar cheese, light/low fat	2 1/2 whole Pita	8 Pistachio nuts	4 1/4 cups Yogurt, plain, low fat
6 oz Tuna, canned in water	1/2 Pear	15 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
26 1/4 oz Salmon steak	1 1/4 cups Blueberries	6 Almonds, whole	
48 oz Chicken breast, skinless	1 3/4 cups Pineapple	24 Peanuts	
3 oz Hard cheeses, light/low fat	7/8 Cantaloupe	2/3 tsp Butter	
9 oz Ground beef (< 10% fat)	16 Cherries	6 Cashews	
8 Egg whites	4 cups Raspberries		
	3 cups Strawberries		
	2 cups Applesauce		
	1 2/3 cups Fruit cocktail		
	1 Pickle		
	4 Crackers		
	4 5/6 slice Whole grain bread		
	1/2 cup Grapes		
	9 cups Broccoli		
	4 cups Cucumber		
	2 1/2 Peppers (bell or cubanelle)		
	6 cups Cherry tomatoes		
	2 cups Rice		
	1 1/3 cups Mango		
	4 cups Popcorn		
	1 Kiwi		
	1/4 cup Peaches, canned		
	2/3 cup Oatmeal		
	1 1/2 Apricots		
	3/4 cup Pasta		
	1 cup Tomato sauce		
	1 Tomato		
	1/2 cup Celery		
	3/4 cup Watermelon		
	2/3 Orange		
	3 1/2 cups Spinach		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
374 1/2 grams Protein powder	5 1/2 cups Strawberries	23 1/3 tsp Olive or monounsaturated oil	12 cups Milk, low fat (1%)
14 oz Cheddar cheese, light/low fat	2 1/4 cups Pineapple	1 1/3 tsp Butter	3 1/2 cups Yogurt, plain, low fat
28 oz Chicken breast, skinless	8 cups Popcorn	44 Peanuts	2 2/3 cups Beef and vegetable soup
26 1/4 oz Salmon steak	1 3/4 cups Peaches, canned	12 Almonds, whole	
18 oz Ground beef (< 10% fat)	2 Peppers (bell or cubanelle)	14 tsp Mayonnaise	
12 oz Tuna, canned in water	17 cups Lettuce, romaine	6 tbsp Almonds, slivered	
3 oz Hard cheeses, light/low fat	2 1/2 cups Broccoli	2 Cashews	
10 Egg whites	2 Tomatoes	8 Pistachio nuts	
	1 2/3 cups Fruit cocktail		
	1 3/4 cups Blueberries		
	2 1/2 Oranges		
	3 1/2 slice Whole grain bread		
	1 2/3 cups Potato		
	3 cups Raspberries		
	1 Peach		
	3 1/2 whole Pita		
	3/4 Cantaloupe		
	16 Cherries		
	1/4 cup Blackberries		
	3 1/2 Kiwis		
	1/2 cup Salsa		
	2 1/20 cups Grapes		
	2/3 cup Oatmeal		
	3/4 cup Pasta		
	1 cup Tomato sauce		
	1 Pickle		
	4 Crackers		
	2 cups Celery		
	1 1/2 cups Cucumber		
	1 cup Applesauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
283 1/2 grams Protein powder	3 1/4 cups Blueberries	22 2/3 tsp Olive or monounsaturated oil	8 1/2 cups Milk, low fat (1%)
17 oz Cheddar cheese, light/low fat	7 cups Raspberries	12 Walnuts	6 1/2 cups Yogurt, plain, low fat
51 oz Chicken breast, skinless	4 cups Strawberries	5 tbsp Almonds, slivered	
36 oz Salmon steak	5 1/2 cups Lettuce, romaine	22 tsp Mayonnaise	
6 oz Tuna, canned in water	2 1/2 cups Cucumber	10 Cashews	
16 Egg whites	1 Pepper (bell or cubanelle)	9 Almonds, whole	
	1 1/2 Tomatoes	16 Peanuts	
	15 cups Broccoli	2/3 tsp Butter	
	6 3/4 cups Tomatoes	8 Pistachio nuts	
	2 3/4 Pears		
	3/4 cup Blackberries		
	3 1/2 slice Whole grain bread		
	1 1/6 cups Applesauce		
	1 1/2 cups Pineapple		
	1 Cantaloupe		
	1/2 Nectarine		
	3 1/2 cups Spinach		
	1 cup Rice		
	2 whole Pita		
	3 Oranges		
	2/3 cup Fruit cocktail		
	1 cup Grapes		
	4 cups Popcorn		
	1 1/3 cups Potato		
	2 slice Rye bread		
	3/4 Apple		
	1 Kiwi		
	3/4 cup Watermelon		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
322 grams Protein powder	1 1/3 cups Mango	26 1/3 tsp Olive or monounsaturated oil	4 3/4 cups Yogurt, plain, low fat
17 oz Cheddar cheese, light/low fat	2 oz Pretzels	12 Walnuts	12 1/2 cups Milk, low fat (1%)
18 oz Salmon steak	4 5/6 slice Whole grain bread	11 tsp Mayonnaise	5 1/3 cups Beef and vegetable soup
9 oz Ground beef (< 10% fat)	1 1/4 cups Blueberries	2/3 tsp Butter	
52 oz Chicken breast, skinless	1/6 cup Applesauce	6 Cashews	
10 Egg whites	3 cups Potato	6 Pecans	
	4 cups Popcorn	12 Peanuts	
	1 2/3 Oranges	8 Pistachio nuts	
	1/2 Pear		
	2 cups Carrots		
	2 cups Corn, canned		
	2 Plums		
	9 1/2 cups Lettuce, romaine		
	4 1/2 cups Cucumber		
	2 Peppers (bell or cubanelle)		
	1 1/2 Tomatoes		
	2 cups Raspberries		
	1 4/5 cups Grapes		
	3/4 Apple		
	1 Kiwi		
	1/3 Banana		
	2 slice Rye bread		
	6 cups Broccoli		
	3 cups Cherry tomatoes		
	1/2 cup Rice		
	1 1/2 cups Pineapple		
	1/2 cup Salsa		
	1 whole Pita		
	1 cup Strawberries		
	1/2 cup Blackberries		
	1/2 Nectarine		
	2/3 cup Oatmeal		
	3/4 cup Watermelon		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
364 grams Protein powder	4 Plums	26 1/3 tsp Olive or monounsaturated oil	17 1/2 cups Milk, low fat (1%)
9 oz Cheddar cheese, light/low fat	2 Pears	66 Peanuts	6 3/4 cups Yogurt, plain, low fat
50 oz Chicken breast, skinless	1/2 cup Pineapple	16 Pistachio nuts	
18 oz Salmon steak	1 1/6 cups Applesauce	9 tsp Mayonnaise	
16 Egg whites	1 1/3 cups Fruit cocktail	4 tbsp Almonds, slivered	
9 oz Ground beef (< 10% fat)	1 cup Mango	12 Cashews	
	2 1/6 Oranges	3 Almonds, whole	
	4 1/3 slice Whole grain bread		
	5 1/2 cups Raspberries		
	16 cups Lettuce, romaine		
	1 cup Salsa		
	2 whole Pita		
	1 3/5 cups Grapes		
	1/3 Banana		
	5/8 Cantaloupe		
	1 1/2 Apricots		
	1 1/2 cups Strawberries		
	1/4 cup Peaches, canned		
	5 Peppers (bell or cubanelle)		
	5 1/2 cups Broccoli		
	6 Tomatoes		
	1 Peach		
	4 cups Cucumber		
	1 cup Carrots		
	1 cup Corn, canned		
	1 cup Celery		
	3/4 cup Blueberries		
	3 1/2 cups Spinach		
	1 cup Rice		
	1/2 Kiwi		
	3/4 cup Pasta		
	1 cup Tomato sauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
343 grams Protein powder	1 Nectarine	23 tsp Olive or monounsaturated oil	13 cups Milk, low fat (1%)
6 oz Tuna, canned in water	2 1/2 whole Pita	14 Cashews	7 cups Yogurt, plain, low fat
39 oz Chicken breast, skinless	2 3/4 Pears	12 tsp Mayonnaise	5 1/3 cups Beef and vegetable soup
11 oz Cheddar cheese, light/low fat	1/2 cup Raspberries	8 Pistachio nuts	
27 oz Salmon steak	1 cup Strawberries	9 Almonds, whole	
14 Egg whites	1 1/2 cups Broccoli	50 Peanuts	
3 oz Hard cheeses, light/low fat	3 1/2 cups Cucumber	5 tbsp Almonds, slivered	
	3 1/2 Peppers (bell or cubanelle)		
	3 cups Cherry tomatoes		
	1/2 cup Rice		
	2 1/2 Kiwis		
	3/4 Cantaloupe		
	4 slice Whole grain bread		
	3 11/20 cups Grapes		
	17 cups Lettuce, romaine		
	1/2 cup Salsa		
	2 cups Blueberries		
	2 Oranges		
	2 1/4 cups Tomatoes		
	1/3 Banana		
	3 Apricots		
	1/2 cup Pineapple		
	1 cup Carrots		
	1 cup Corn, canned		
	1 1/3 cups Fruit cocktail		
	3 Tomatoes		
	1 Pickle		
	4 Crackers		
	2 1/2 cups Celery		
	1 1/3 cups Potato		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
357 grams Protein powder	1 Nectarine	23 1/3 tsp Olive or monounsaturated oil	15 1/2 cups Milk, low fat (1%)
48 oz Chicken breast, skinless	5 cups Strawberries	9 Almonds, whole	4 3/4 cups Yogurt, plain, low fat
18 oz Ground beef (< 10% fat)	4 5/6 slice Whole grain bread	15 tsp Mayonnaise	
3 oz Hard cheeses, light/low fat	1 cup Blackberries	44 Peanuts	
27 oz Salmon steak	1/3 cup Mango	2 1/2 tbsp Sour cream	
14 Egg whites	4 2/3 cups Potato	7 tbsp Almonds, slivered	
4 oz Cheddar cheese, light/low fat	1 cup Peaches, canned	8 Cashews	
	1 Pickle	8 Pistachio nuts	
	4 Crackers		
	1 1/6 Oranges		
	6 cups Raspberries		
	8 1/2 cups Broccoli		
	1 cup Pineapple		
	2 slice Rye bread		
	1 1/4 cups Blueberries		
	1/8 Cantaloupe		
	1 1/2 Apricots		
	15 1/2 cups Lettuce, romaine		
	5 1/2 cups Cucumber		
	4 1/2 Peppers (bell or cubanelle)		
	4 Tomatoes		
	2 1/2 cups Celery		
	2 1/4 cups Grapes		
	1/6 cup Applesauce		
	1 cup Carrots		
	1 cup Corn, canned		
	1 whole Pita		
	3 cups Cherry tomatoes		
	1/2 cup Rice		
	3/4 cup Watermelon		
	1 Pear		
	2/3 cup Fruit cocktail		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
318 1/2 grams Protein powder	1/3 Banana	23 2/3 tsp Olive or monounsaturated oil	4 1/2 cups Yogurt, plain, low fat
9 oz Cheddar cheese, light/low fat	2/3 cup Mango	42 Peanuts	17 cups Milk, low fat (1%)
36 oz Chicken breast, skinless	1/2 cup Cucumber	7 tbsp Almonds, slivered	5 1/3 cups Beef and vegetable soup
26 1/4 oz Salmon steak	3/4 Apple	2 1/2 tbsp Sour cream	
12 oz Tuna, canned in water	7 Kiwis	6 Pecans	
16 Egg whites	3 cups Lettuce, romaine	6 Cashews	
9 oz Ground beef (< 10% fat)	3 1/2 Oranges	10 tsp Mayonnaise	
	1 Peach		
	1 cup Strawberries		
	12 cups Broccoli		
	5 2/3 cups Potato		
	2 cups Peaches, canned		
	1 cup Blueberries		
	1 Cantaloupe		
	2 cups Raspberries		
	24 Cherries		
	2 whole Pita		
	1 1/2 cups Grapes		
	3 1/2 cups Spinach		
	1 cup Rice		
	1 3/4 cups Pineapple		
	1/2 Nectarine		
	1/4 cup Blackberries		
	3/4 cup Watermelon		
	1/3 cup Fruit cocktail		
	1 1/2 slice Whole grain bread		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1680 Calories

Protein	Carbohydrates	Fats	Other
371 grams Protein powder	1 1/4 cups Blueberries	22 2/3 tsp Olive or monounsaturated oil	5 1/4 cups Yogurt, plain, low fat
10 oz Cheddar cheese, light/low fat	4 cups Raspberries	16 Pistachio nuts	16 1/2 cups Milk, low fat (1%)
34 1/2 oz Salmon steak	5 1/2 cups Strawberries	20 tsp Mayonnaise	5 1/3 cups Beef and vegetable soup
29 oz Chicken breast, skinless	4 whole Pita	6 Pecans	
9 oz Ground beef (< 10% fat)	3 1/2 cups Spinach	6 Almonds, whole	
12 oz Tuna, canned in water	1 cup Rice	6 Cashews	
	6 cups Broccoli	4 tbsp Almonds, slivered	
	1/3 Banana	12 Peanuts	
	3/4 cup Pasta		
	1 cup Tomato sauce		
	2 1/4 Pears		
	2 1/4 cups Tomatoes		
	2 cups Pineapple		
	1 Cantaloupe		
	16 Cherries		
	1 1/3 cups Oatmeal		
	1 Peach		
	4 slice Rye bread		
	2 cups Cucumber		
	1/2 Tomato		
	3/4 Apple		
	1 1/2 Kiwis		
	13 cups Lettuce, romaine		
	1 Orange		
	1 cup Peaches, canned		
	1/6 cup Applesauce		
	2 cups Celery		
	1 1/4 cups Grapes		