

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Hey Lean Muscle Builder:

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

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

**Jeff Smith, Real Estate Agent, Burlington, Ontario**

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

**John Jackson, University Student, Miami, Florida**

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

**David Ellsworth, Officer, Halton Police, Ontario**

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 1**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          3/4 cup Papaya          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Shrimp          1/4 cup Onions          1 1/2 Peppers (bell or cubanelle)          1 1/2 cups Celery          1 cup Tomato, puree          1 Peach          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          6.00 P          .50 C          .75 C          .75 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Creole Shrimp          Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1 Apple          6 Cashews</p>	<p>Item          Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews          The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          5 oz Beef, lean cuts          1 Corn tortillas          1/2 cup Salsa          1/4 cup Onions          1/2 Tomato          1/2 Pepper (bell or cubanelle)          1/2 Cantaloupe          1 tsp Olive or monounsaturated oil          6 Almonds, whole</p>	<p>Item          Portions          2.00 P          5.00 P          1.00 C          1.00 C          .50 C          .25 C          .25 C          2.00 C          3.00 F          2.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

**Day: 2**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <ul style="list-style-type: none"> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 cup Bran cereal, all varieties</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	<p>Item Portions</p> <p>6.00 P</p> <p>2.00 C</p> <p>1.00 C</p> <p>3.00 F</p> <p>Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <ul style="list-style-type: none"> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>1/2 Nectarine</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	<p>Item Portions</p> <p>1.00 PC</p> <p>3.00 P</p> <p>1.00 C</p> <p>2.00 F</p> <p>Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <ul style="list-style-type: none"> <li>2 cups Chicken noodle soup</li> <li>2 Egg whites</li> <li>4 Crackers</li> <li>1/3 tsp Olive or monounsaturated oil</li> <li>1 oz Cheddar cheese, light/low fat</li> </ul>	<p>Item Portions</p> <p>4.00 A</p> <p>1.00 P</p> <p>1.00 C</p> <p>1.00 F</p> <p>1.00 P</p> <p>Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <ul style="list-style-type: none"> <li>1 cup Milk, low fat (1%)</li> <li>1/2 cup Cottage cheese, light/low fat</li> <li>1/4 cup Blueberries</li> <li>1/6 cup Oatmeal</li> <li>6 Cashews</li> </ul>	<p>Item Portions</p> <p>1.00 PC</p> <p>2.00 P</p> <p>.50 C</p> <p>.50 C</p> <p>2.00 F</p> <p>Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <ul style="list-style-type: none"> <li>7 oz Beef, lean cuts</li> <li>1 cup Artichoke hearts</li> <li>12 spears Asparagus</li> <li>2 Tomatoes</li> <li>1 Nectarine</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	<p>Item Portions</p> <p>7.00 P</p> <p>1.00 C</p> <p>1.00 C</p> <p>1.00 C</p> <p>2.00 C</p> <p>5.00 F</p> <p>Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sauteed vegetables and fruit for dessert. You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

\*\* 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 - 1799 Calories

**Day: 3**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Chicken breast, skinless 1 Nectarine 1 1/2 slice Whole grain bread 1/2 tsp Olive or monounsaturated oil 3 1/2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 3.00 C 1.50 F 3.50 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:2</b></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><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken and egg into cubes and mix with vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 4

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 2/3 cups Tomato vegetable soup          14 grams Protein powder          1/2 Nectarine          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 A          2.00 P          1.00 C          1.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1/2 Cantaloupe          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          2 cups Zucchini          2 Peppers (bell or cubanelle)          1 cup Mushrooms          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          .50 C          .50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Vegetable Stir Fry          Chop or cube grilled chicken breast and sauté with vegetables. Season to taste. Don't sauté too long. You want to make sure the veggies are nice and crunchy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Enter the challenge and WIN! + [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 5

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit Mix salmon &amp; 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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 6

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites 1 1/2 Grapefruits 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%) 7 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 5.00 P 4.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1 cup Peaches, canned 2 cups Zucchini 2 Tomatoes 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Ratatouille Cook beef until done. In another pan, cook the vegetables, 1 clove of minced garlic, 1 tbsp dried basil, 1/8 tsp dried oregano. Add 1/4 cup beef stock and cooked beef. Cover and cook 5-10 minutes. Serve hot.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 7**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat                      6 Egg whites                      1 1/2 oz Ham, deli style                      1/2 cup Onions                      2 cups Spinach                      1 Tomato                      3/4 cup Celery                      1 tsp Olive or monounsaturated oil                      1 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions .50 PC 3.00 P 1.00 P 1.00 C .57 C .50 C .38 C 3.00 F 1.50 P Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuesday Omelet                      Sauté ham, onions, spinach, tomatoes and celery until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, turmeric, chives, and chili powder to taste. Cook this mixture in a pan and add cooked vegetables on top.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water                      1 1/2 cups Grapes                      1 cup Tomatoes                      1 cup Celery                      1 cup Cucumber                      1 Pepper (bell or cubanelle)                      18 Peanuts                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C .67 C .50 C .25 C .50 C 3.00 F 2.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad                      Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      21 grams Protein powder                      1/2 Tangerine                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      1 1/3 cups Rice                      2 cups Zucchini                      5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice                      Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                      1/6 Grapefruit                      1/3 cup Mandarin orange, canned                      1/3 Apple                      2 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 P .33 C 1.00 C .67 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote                      In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

**Day: 8**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>28 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water 3/4 cup Onions 3/4 cup Beans, green or yellow 3/4 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.50 C .50 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Green Bean Salad Mix tuna and other ingredients with oil, 2 tbsp balsamic vinegar, and 2 tbsp of pure lemon juice. Microwave for 2 minutes and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 9**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites            1 2/3 cups Spinach, cooked            1 1/2 cups Beans, green or yellow            1/4 cup Kidney beans            1/4 cup Onions            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            6.00 P            .48 C            1.00 C            1.00 C            .50 C            3.00 F            Calories:            357</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            21 grams Protein powder            1/2 cup Blueberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            3.00 P            1.00 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Chicken breast, deli style            1/2 cup Blueberries            1/4 Cantaloupe            1 cup Grapes            2/3 cup Honeydew melon            5 tbsp Almonds, slivered</p>	<p>Item Portions            6.00 P            1.00 C            1.00 C            2.00 C            1.00 C            5.00 F            Calories:            483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Fruit Salad            A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat            1 Orange            12 Peanuts</p>	<p>Item Portions            3.00 P            2.00 C            2.00 F            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.            A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Trout            2 Artichokes            2 cups Squash            1 cup Blueberries            1 1/2 cups Raspberries            15 Almonds, whole</p>	<p>Item Portions            7.00 P            .50 C            1.00 C            2.00 C            1.50 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Trout with Fruit            Heat up your oven to 350 degrees and start baking the squash and artichoke. Finely chop some garlic and mix with chopped parsley and basil (preferably fresh), then spread on the trout. Place the trout in a piece of aluminum foil with a little olive oil and the seasoning mixture, then put in the oven. Remove when everything is done baking and garnish with fruit and nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Save money, look great! [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 10

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Beef and barley soup 1 Apple 2/3 tsp Olive or monounsaturated oil 4 1/2 oz Chicken breast, deli style</p>	<p>Item Portions 3.00 A 2.00 C 2.00 F 3.00 P Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with deli-meat on the side. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Cashews 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless 2 cups Celery 2 Peppers (bell or cubanelle) 1 cup Water chestnuts 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins, be active &amp; eat well. <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 11

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/2 cup Milk, low fat (1%)                  7 Egg whites                  2 oz Cheese, low or non fat                  1/2 cup Celery                  1/2 Pepper (bell or cubanelle)                  1 Nectarine                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  2.00 P                  .25 C                  .25 C                  2.00 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Veggie Omelets                  Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/8 Cantaloupe                  1/3 cup Honeydew melon                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  3.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Cottage cheese, light/low fat                  1 cup Applesauce                  2 Peaches                  15 Almonds, whole</p>	<p>Item                  Portions                  6.00 P                  3.00 C                  2.00 C                  5.00 F                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit                  Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                  2 tbsp Almonds, slivered                  1 oz Cheese, low or non fat</p>	<p>Item                  Portions                  2.00 PC                  2.00 F                  1.00 P                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                  5 cups Celery                  1 1/2 Kiwis                  1/3 cup Mandarin orange, canned                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  2.50 C                  1.50 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Sautéed Beef and Celery                  Sauté the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Meal Plans That Work Are Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 12

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Raspberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%) 7 1/2 oz Crab 1 Apple 1 whole Pita 2 tsp Mayonnaise 9 Walnuts</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 2.00 C 2.00 F 3.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Crabmeat Sandwich Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 8 Cherries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 4 cups Cauliflower 1 1/3 cups Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 13

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          1 1/4 cups Cottage cheese, light/low fat          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><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Mid Meal - Meal Portions: P:4 C:5 F:5</b></p> <p>1 1/2 cups Yogurt, plain, low fat          21 grams Protein powder          1 Pear          30 Peanuts</p>	<p>Item Portions          3.00 PC          3.00 P          2.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)          1/4 cup Cottage cheese, light/low fat          17 1/2 grams Protein powder          1/8 Cantaloupe          1/8 cup Honeydew melon          1/3 cup Oatmeal          1 tbsp Almonds, slivered          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .33 PC          1.00 P          2.50 P          .50 C          .19 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser          Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          6 spears Asparagus          1 cup Mushrooms          2 cups Squash          1 cup Fruit cocktail          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          .50 C          .50 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef with Vegetables.</p> <p>Grill the beef, steam the vegetables and enjoy in the knowledge that you're on track toward your goals.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          2 oz Cheese, low or non fat          1/2 cup Blueberries          12 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Feel the burn & incinerate the fat. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 14

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1/2 cup Cereal, cold          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><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          4 oz Beef, lean cuts          1 Pepper (bell or cubanelle)          1 Tomato          1/2 cup Blueberries          1/2 cup Salsa          1 whole Pita          6 Almonds, whole          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          4.00 P          .50 C          .50 C          1.00 C          1.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 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          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless          2 oz Cheese, low or non fat          2 Peppers (bell or cubanelle)          1 whole Pita          1/2 cup Salsa          1/2 cup Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          2.00 P          1.00 C          2.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Yogurt, plain, low fat          12 Peanuts          1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions          1.00 PC          1.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Powerful Proven Results @ [www.empowerednutrition.net](http://www.empowerednutrition.net)

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 15

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 Kiwi          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Salmon steak          2 Kiwis          1 1/2 whole Pita          5 tsp Mayonnaise</p>	<p>Item Portions          6.00 P          2.00 C          3.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit          Mix salmon &amp; 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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered          1 oz Cheese, low or non fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          1 cup Artichoke hearts          12 spears Asparagus          2 Tomatoes          1 Nectarine          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          1.00 C          2.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sauteed vegetables and fruit for dessert. You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

Day: 16

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      1 1/4 cups Cottage cheese, light/low fat                      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><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      21 grams Protein powder                      1/2 cup Blueberries                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      3.00 P                      1.00 C                      2.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Chicken breast, skinless                      1 Nectarine                      1 1/2 slice Whole grain bread                      1/2 tsp Olive or monounsaturated oil                      3 1/2 tsp Mayonnaise</p>	<p>Item Portions                      6.00 P                      2.00 C                      3.00 C                      1.50 F                      3.50 F                      Calories:                      483</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                      1 Apple                      6 Cashews</p>	<p>Item Portions                      3.00 P                      2.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews                      The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless                      2 cups Celery                      2 Peppers (bell or cubanelle)                      1 cup Water chestnuts                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      1.00 C                      1.00 C                      3.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers                      Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>
<p align="center"><b>Total Daily Portions:</b> Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Today's checklist: 1. Protein 2. Multi 3. Eat 4. Train 5. GROW!</p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 17

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Raspberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 cups Chicken noodle soup 2 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 P 1.00 C 1.00 F 1.00 P Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat 1 Orange 12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 1 cup Artichoke hearts 12 spears Asparagus 2 Tomatoes 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sauteed vegetables and fruit for dessert. You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 18**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>28 grams Protein powder          3 cups Strawberries          1 tsp Olive or monounsaturated oil          4 oz Tofu</p>	<p>Item Portions          4.00 P          3.00 C          3.00 F          2.00 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise          Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blueberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Chicken breast, deli style          1/2 cup Blueberries          1/4 Cantaloupe          1 cup Grapes          2/3 cup Honeydew melon          5 tbsp Almonds, slivered</p>	<p>Item Portions          6.00 P          1.00 C          1.00 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Fruit Salad          A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1/2 Cantaloupe          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Trout          2 Artichokes          2 cups Squash          1 cup Blueberries          1 1/2 cups Raspberries          15 Almonds, whole</p>	<p>Item Portions          7.00 P          .50 C          1.00 C          2.00 C          1.50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Trout with Fruit          Heat up your oven to 350 degrees and start baking the squash and artichoke. Finely chop some garlic and mix with chopped parsley and basil (preferably fresh), then spread on the trout. Place the trout in a piece of aluminum foil with a little olive oil and the seasoning mixture, then put in the oven. Remove when everything is done baking and garnish with fruit and nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 19**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit Mix salmon &amp; 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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless 2 cups Celery 2 Peppers (bell or cubanelle) 1 cup Water chestnuts 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Explosive, Strong & Powerful [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 20

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%) 7 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 5.00 P 4.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 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 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 1 1/3 cups Rice 2 cups Zucchini 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>Fight Fat <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 21

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites 1 1/2 Grapefruits 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 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 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

Your best body ever in 12 weeks! <http://empowerednutrition.net>

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 22**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites            1 2/3 cups Spinach, cooked            1 1/2 cups Beans, green or yellow            1/4 cup Kidney beans            1/4 cup Onions            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .48 C 1.00 C 1.00 C .50 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            21 grams Protein powder            1 Plum            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Cottage cheese, light/low fat            1 cup Applesauce            2 Peaches            15 Almonds, whole</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit            Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%)            6 Cashews            1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews            A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat            5 oz Beef, lean cuts            1 Corn tortillas            1/2 cup Salsa            1/4 cup Onions            1/2 Tomato            1/2 Pepper (bell or cubanelle)            1/2 Cantaloupe            1 tsp Olive or monounsaturated oil            6 Almonds, whole</p>	<p>Item Portions 2.00 P 5.00 P 1.00 C 1.00 C .50 C .25 C .25 C 2.00 C 3.00 F 2.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap            Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

\*\* 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 - 1799 Calories

Day: 23

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/2 cup Milk, low fat (1%)                  7 Egg whites                  2 oz Cheese, low or non fat                  1/2 cup Celery                  1/2 Pepper (bell or cubanelle)                  1 Nectarine                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  2.00 P                  .25 C                  .25 C                  2.00 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Veggie Omelets                  Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  3/4 cup Papaya                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Salmon steak                  2 Kiwis                  1 1/2 whole Pita                  5 tsp Mayonnaise</p>	<p>Item                  Portions                  6.00 P                  2.00 C                  3.00 C                  5.00 F                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit                  Mix salmon &amp; 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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  1/2 cup Cottage cheese, light/low fat                  8 Cherries                  12 Peanuts</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Trout                  2 Artichokes                  2 cups Squash                  1 cup Blueberries                  1 1/2 cups Raspberries                  15 Almonds, whole</p>	<p>Item                  Portions                  7.00 P                  .50 C                  1.00 C                  2.00 C                  1.50 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Trout with Fruit                  Heat up your oven to 350 degrees and start baking the squash and artichoke. Finely chop some garlic and mix with chopped parsley and basil (preferably fresh), then spread on the trout. Place the trout in a piece of aluminum foil with a little olive oil and the seasoning mixture, then put in the oven. Remove when everything is done baking and garnish with fruit and nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

WIN Cash and Prizes <http://empowerednutrition.net>

**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 24

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/8 Cantaloupe          1/3 cup Honeydew melon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 2/3 cups Tomato vegetable soup          14 grams Protein powder          1/2 Nectarine          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 A          2.00 P          1.00 C          1.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%)          6 Cashews          1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews          A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          2 cups Zucchini          2 Peppers (bell or cubanelle)          1 cup Mushrooms          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          .50 C          .50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Vegetable Stir Fry          Chop or cube grilled chicken breast and sauté with vegetables. Season to taste. Don't sauté too long. You want to make sure the veggies are nice and crunchy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* 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 - 1799 Calories

Day: 25

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites 1 1/2 Grapefruits 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water 3/4 cup Onions 3/4 cup Beans, green or yellow 3/4 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.50 C .50 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Green Bean Salad Mix tuna and other ingredients with oil, 2 tbsp balsamic vinegar, and 2 tbsp of pure lemon juice. Microwave for 2 minutes and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken and egg into cubes and mix with vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* 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 - 1799 Calories

**Day: 26**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1/2 cup Cereal, cold          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><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Beef and barley soup          1 Apple          2/3 tsp Olive or monounsaturated oil          4 1/2 oz Chicken breast, deli style</p>	<p>Item Portions          3.00 A          2.00 C          2.00 F          3.00 P          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with deli-meat on the side. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered          1 oz Cheese, low or non fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          5 oz Beef, lean cuts          1 Corn tortillas          1/2 cup Salsa          1/4 cup Onions          1/2 Tomato          1/2 Pepper (bell or cubanelle)          1/2 Cantaloupe          1 tsp Olive or monounsaturated oil          6 Almonds, whole</p>	<p>Item Portions          2.00 P          5.00 P          1.00 C          1.00 C          .50 C          .25 C          .25 C          2.00 C          3.00 F          2.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)          7 1/2 oz Turkey breast, deli style          2 slice Whole grain bread          5 tsp Mayonnaise</p>	<p>Item Portions          1.00 PC          5.00 P          4.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich          Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/2 Tangerine          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          1 1/3 cups Rice          2 cups Zucchini          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          4.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice          Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blackberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Enter the challenge and WIN! + [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 28

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Raspberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%) 7 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 5.00 P 4.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 17 1/2 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .33 PC 1.00 P 2.50 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanella) 1 whole Pita 1/2 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 29

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blueberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Shrimp          1/4 cup Onions          1 1/2 Peppers (bell or cubanelle)          1 1/2 cups Celery          1 cup Tomato, puree          1 Peach          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          6.00 P          .50 C          .75 C          .75 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Creole Shrimp          Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          8 Cherries          12 Peanuts</p>	<p>Item          Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Eggplant          3 1/2 cups Spinach          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 30**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/2 cup Milk, low fat (1%)                  7 Egg whites                  2 oz Cheese, low or non fat                  1/2 cup Celery                  1/2 Pepper (bell or cubanelle)                  1 Nectarine                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P 2.00 P .25 C .25 C 2.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Veggie Omelets                  Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1/2 Nectarine                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Beef and barley soup                  1 Apple                  2/3 tsp Olive or monounsaturated oil                  4 1/2 oz Chicken breast, deli style</p>	<p>Item Portions 3.00 A 2.00 C 2.00 F 3.00 P Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with deli-meat on the side. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                  2 tbsp Almonds, slivered                  1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  3 1/2 cups Spinach                  2 cups Zucchini                  1 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

**\*\* 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 - 1799 Calories

Day: 31

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat          6 Egg whites          1 1/2 oz Ham, deli style          1/2 cup Onions          2 cups Spinach          1 Tomato          3/4 cup Celery          1 tsp Olive or monounsaturated oil          1 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          .50 PC          3.00 P          1.00 P          1.00 C          .57 C          .50 C          .38 C          3.00 F          1.50 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuesday Omelet          Sauté ham, onions, spinach, tomatoes and celery until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, turmeric, chives, and chili powder to taste. Cook this mixture in a pan and add cooked vegetables on top.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 Plum          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Chicken breast, deli style          1/2 cup Blueberries          1/4 Cantaloupe          1 cup Grapes          2/3 cup Honeydew melon          5 tbsp Almonds, slivered</p>	<p>Item Portions          6.00 P          1.00 C          1.00 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Fruit Salad          A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1 Apple          6 Cashews</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews          The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          2 cups Zucchini          2 Peppers (bell or cubanelle)          1 cup Mushrooms          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          .50 C          .50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Vegetable Stir Fry          Chop or cube grilled chicken breast and sauté with vegetables. Season to taste. Don't sauté too long. You want to make sure the veggies are nice and crunchy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 32**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/2 cup Milk, low fat (1%)                  7 Egg whites                  2 oz Cheese, low or non fat                  1/2 cup Celery                  1/2 Pepper (bell or cubanelle)                  1 Nectarine                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  2.00 P                  .25 C                  .25 C                  2.00 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Veggie Omelets                  Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder                  1/2 cup Blueberries                  1/2 cup Raspberries                  1/2 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  4.00 P                  1.00 C                  .50 C                  .50 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Chicken breast, skinless                  1 Nectarine                  1 1/2 slice Whole grain bread                  1/2 tsp Olive or monounsaturated oil                  3 1/2 tsp Mayonnaise</p>	<p>Item                  Portions                  6.00 P                  2.00 C                  3.00 C                  1.50 F                  3.50 F                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                  2/3 cup Fruit cocktail                  12 Peanuts</p>	<p>Item                  Portions                  3.00 P                  2.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts                  A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                  4 cups Cauliflower                  1 1/3 cups Rice                  5 tbsp Almonds, slivered</p>	<p>Item                  Portions                  7.00 P                  1.00 C                  4.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice                  Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Save money, look great! [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 33

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit Mix salmon &amp; 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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 1/2 cup Cottage cheese, light/low fat 1/4 cup Blueberries 1/6 cup Oatmeal 6 Cashews</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanella) 1 cup Mushrooms 3/4 cup Snow peas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 1.00 C .50 C .50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Vegetable Stir Fry Chop or cube grilled chicken breast and sauté with vegetables. Season to taste. Don't sauté too long. You want to make sure the veggies are nice and crunchy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 34

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          4 oz Beef, lean cuts          1 Pepper (bell or cubanelle)          1 Tomato          1/2 cup Blueberries          1/2 cup Salsa          1 whole Pita          6 Almonds, whole          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          4.00 P          .50 C          .50 C          1.00 C          1.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Pear          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 cup Peaches, canned          2 cups Zucchini          2 Tomatoes          2 Peppers (bell or cubanelle)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Ratatouille          Cook beef until done. In another pan, cook the vegetables, 1 clove of minced garlic, 1 tbsp dried basil, 1/8 tsp dried oregano. Add 1/4 cup beef stock and cooked beef. Cover and cook 5-10 minutes. Serve hot.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1/6 Grapefruit          1/3 cup Mandarin orange, canned          1/3 Apple          2 tbsp Almonds, slivered</p>	<p>Item Portions          3.00 P          .33 C          1.00 C          .67 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote          In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Meal Plans That Work Are Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 35

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites 1 1/2 Grapefruits 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water 1 1/2 cups Grapes 1 cup Tomatoes 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 18 Peanuts 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C .67 C .50 C .25 C .50 C 3.00 F 2.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!  Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1 cup Peaches, canned 2 cups Zucchini 2 Tomatoes 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Ratatouille Cook beef until done. In another pan, cook the vegetables, 1 clove of minced garlic, 1 tbsp dried basil, 1/8 tsp dried oregano. Add 1/4 cup beef stock and cooked beef. Cover and cook 5-10 minutes. Serve hot.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 36

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat          6 Egg whites          1 1/2 oz Ham, deli style          1/2 cup Onions          2 cups Spinach          1 Tomato          3/4 cup Celery          1 tsp Olive or monounsaturated oil          1 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          .50 PC          3.00 P          1.00 P          1.00 C          .57 C          .50 C          .38 C          3.00 F          1.50 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuesday Omelet          Sauté ham, onions, spinach, tomatoes and celery until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, turmeric, chives, and chili powder to taste. Cook this mixture in a pan and add cooked vegetables on top.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water          3/4 cup Onions          3/4 cup Beans, green or yellow          3/4 cup Chickpeas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          1.50 C          .50 C          3.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Green Bean Salad          Mix tuna and other ingredients with oil, 2 tbsp balsamic vinegar, and 2 tbsp of pure lemon juice. Microwave for 2 minutes and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1 Apple          6 Cashews</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews          The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          1 cup Artichoke hearts          12 spears Asparagus          2 Tomatoes          1 Nectarine          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          1.00 C          2.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sauteed vegetables and fruit for dessert. You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Feel the burn & incinerate the fat. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 37

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          1 1/4 cups Cottage cheese, light/low fat          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><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Applesauce          2 Peaches          15 Almonds, whole</p>	<p>Item Portions          6.00 P          3.00 C          2.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Cottage cheese, light/low fat          1/4 cup Blueberries          1/6 cup Oatmeal          6 Cashews</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          2 cups Zucchini          2 Peppers (bell or cubanella)          1 cup Mushrooms          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          .50 C          .50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Vegetable Stir Fry          Chop or cube grilled chicken breast and sauté with vegetables. Season to taste. Don't sauté too long. You want to make sure the veggies are nice and crunchy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Powerful Proven Results @ [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 38

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites          1 2/3 cups Spinach, cooked          1 1/2 cups Beans, green or yellow          1/4 cup Kidney beans          1/4 cup Onions          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          .48 C          1.00 C          1.00 C          .50 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blueberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water          3/4 cup Onions          3/4 cup Beans, green or yellow          3/4 cup Chickpeas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          1.50 C          .50 C          3.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Green Bean Salad          Mix tuna and other ingredients with oil, 2 tbsp balsamic vinegar, and 2 tbsp of pure lemon juice. Microwave for 2 minutes and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered          1 oz Cheese, low or non fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          5 cups Celery          1 1/2 Kiwis          1/3 cup Mandarin orange, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.50 C          1.50 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Sautéed Beef and Celery          Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* 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 - 1799 Calories

Day: 39

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Raspberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water 3/4 cup Onions 3/4 cup Beans, green or yellow 3/4 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.50 C .50 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Green Bean Salad Mix tuna and other ingredients with oil, 2 tbsp balsamic vinegar, and 2 tbsp of pure lemon juice. Microwave for 2 minutes and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 1/2 cup Cottage cheese, light/low fat 1/4 cup Blueberries 1/6 cup Oatmeal 6 Cashews</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat 5 oz Beef, lean cuts 1 Corn tortillas 1/2 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 1/2 Cantaloupe 1 tsp Olive or monounsaturated oil 6 Almonds, whole</p>	<p>Item Portions 2.00 P 5.00 P 1.00 C 1.00 C .50 C .25 C .25 C 2.00 C 3.00 F 2.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* 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 - 1799 Calories

**Day: 40**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Raspberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Chicken breast, skinless 1 Nectarine 1 1/2 slice Whole grain bread 1/2 tsp Olive or monounsaturated oil 3 1/2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 3.00 C 1.50 F 3.50 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:2</b></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><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless 2 cups Celery 2 Peppers (bell or cubanelle) 1 cup Water chestnuts 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 41**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites 1 1/2 Grapefruits 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Blueberries 1/2 cup Salsa 1 whole Pita 6 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 4.00 P .50 C .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 17 1/2 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .33 PC 1.00 P 2.50 P .50 C .19 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 1 1/3 cups Rice 2 cups Zucchini 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 42

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)          7 1/2 oz Turkey breast, deli style          2 slice Whole grain bread          5 tsp Mayonnaise</p>	<p>Item Portions          1.00 PC          5.00 P          4.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich          Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Pear          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless          2 oz Cheese, low or non fat          2 Peppers (bell or cubanelle)          1 whole Pita          1/2 cup Salsa          1/2 cup Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          2.00 P          1.00 C          2.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1/6 Grapefruit          1/3 cup Mandarin orange, canned          1/3 Apple          2 tbs Almonds, slivered</p>	<p>Item Portions          3.00 P          .33 C          1.00 C          .67 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote          In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Explosive, Strong & Powerful [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          1 1/4 cups Cottage cheese, light/low fat          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><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Beef and barley soup          1 Apple          2/3 tsp Olive or monounsaturated oil          4 1/2 oz Chicken breast, deli style</p>	<p>Item Portions          3.00 A          2.00 C          2.00 F          3.00 P          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with deli-meat on the side. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 Orange          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.          A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Eggplant          3 1/2 cups Spinach          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken.          Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Fight Fat [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 44**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 cups Chicken noodle soup 2 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 P 1.00 C 1.00 F 1.00 P Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat 1 Apple 6 Cashews</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Trout 2 Artichokes 2 cups Squash 1 cup Blueberries 1 1/2 cups Raspberries 15 Almonds, whole</p>	<p>Item Portions 7.00 P .50 C 1.00 C 2.00 C 1.50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Trout with Fruit Heat up your oven to 350 degrees and start baking the squash and artichoke. Finely chop some garlic and mix with chopped parsley and basil (preferably fresh), then spread on the trout. Place the trout in a piece of aluminum foil with a little olive oil and the seasoning mixture, then put in the oven. Remove when everything is done baking and garnish with fruit and nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Your best body ever in 12 weeks! <http://empowerednutrition.net>

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 45

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 2/3 cups Tomato vegetable soup 14 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 12 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Trout 2 Artichokes 2 cups Squash 1 cup Blueberries 1 1/2 cups Raspberries 15 Almonds, whole</p>	<p>Item Portions 7.00 P .50 C 1.00 C 2.00 C 1.50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Trout with Fruit Heat up your oven to 350 degrees and start baking the squash and artichoke. Finely chop some garlic and mix with chopped parsley and basil (preferably fresh), then spread on the trout. Place the trout in a piece of aluminum foil with a little olive oil and the seasoning mixture, then put in the oven. Remove when everything is done baking and garnish with fruit and nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

Day: 46

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat                      1 cup Bran cereal, all varieties                      1 cup Strawberries                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      6.00 P                      2.00 C                      1.00 C                      3.00 F                      Calories:                      357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder                      1/2 cup Blueberries                      1/2 Orange                      3 Almonds, whole                      1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      4.00 P                      1.00 C                      1.00 C                      1.00 F                      1.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)                      7 1/2 oz Crab                      1 Apple                      1 whole Pita                      2 tsp Mayonnaise                      9 Walnuts</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      2.00 C                      2.00 F                      3.00 F                      Calories:                      483</p>	<p><b>Preparation Suggestions:</b></p> <p>Crabmeat Sandwich                      Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat                      1 Orange                      12 Peanuts</p>	<p>Item Portions                      3.00 P                      2.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                      A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      4 cups Cauliflower                      1 1/3 cups Rice                      5 tbsp Almonds, slivered</p>	<p>Item Portions                      7.00 P                      1.00 C                      4.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice                      Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

WIN Cash and Prizes <http://empowerednutrition.net>

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 47

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/2 cup Milk, low fat (1%)                  7 Egg whites                  2 oz Cheese, low or non fat                  1/2 cup Celery                  1/2 Pepper (bell or cubanelle)                  1 Nectarine                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  2.00 P                  .25 C                  .25 C                  2.00 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Veggie Omelets                  Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder                  1/2 cup Blueberries                  1/2 Orange                  3 Almonds, whole                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  4.00 P                  1.00 C                  1.00 C                  1.00 F                  1.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 cups Chicken noodle soup                  2 Egg whites                  4 Crackers                  1/3 tsp Olive or monounsaturated oil                  1 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  4.00 A                  1.00 P                  1.00 C                  1.00 F                  1.00 P                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%)                  6 Cashews                  1 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  2.00 PC                  2.00 F                  1.00 P                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews                  A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 1/2 cups Eggplant                  3 1/2 cups Spinach                  1 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  1.00 C                  1.00 C                  3.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

**\*\* 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 - 1799 Calories

Day: 48

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Yogurt, plain, low fat          21 grams Protein powder          1 Pear          30 Peanuts</p>	<p>Item Portions          3.00 PC          3.00 P          2.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/2 Tangerine          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless          2 oz Cheese, low or non fat          2 Peppers (bell or cubanelle)          1 whole Pita          1/2 cup Salsa          1/2 cup Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          2.00 P          1.00 C          2.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blackberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* 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 - 1799 Calories

Day: 49

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites            1 2/3 cups Spinach, cooked            1 1/2 cups Beans, green or yellow            1/4 cup Kidney beans            1/4 cup Onions            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            6.00 P            .48 C            1.00 C            1.00 C            .50 C            3.00 F            Calories:            357</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water            1 1/2 cups Grapes            1 cup Tomatoes            1 cup Celery            1 cup Cucumber            1 Pepper (bell or cubanelle)            18 Peanuts            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            6.00 P            3.00 C            .67 C            .50 C            .25 C            .50 C            3.00 F            2.00 F            Calories:            483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad            Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)            1/4 cup Cottage cheese, light/low fat            17 1/2 grams Protein powder            1/8 Cantaloupe            1/8 cup Honeydew melon            1/3 cup Oatmeal            1 tbsp Almonds, slivered            1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            .33 PC            1.00 P            2.50 P            .50 C            .19 C            1.00 C            1.00 F            1.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser            Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts            6 spears Asparagus            1 cup Mushrooms            2 cups Squash            1 cup Fruit cocktail            5 tbsp Almonds, slivered</p>	<p>Item Portions            7.00 P            .50 C            .50 C            1.00 C            3.00 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef with Vegetables.</p> <p>Grill the beef, steam the vegetables and enjoy in the knowledge that you're on track toward your goals.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            1/2 cup Yogurt, plain, low fat            12 Peanuts            1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions            1.00 PC            1.00 PC            2.00 F            1.00 P            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 50

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1/2 cup Cereal, cold          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><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Shrimp          1/4 cup Onions          1 1/2 Peppers (bell or cubanelle)          1 1/2 cups Celery          1 cup Tomato, puree          1 Peach          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          .50 C          .75 C          .75 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Creole Shrimp          Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 cup Raspberries          1 cup Strawberries          12 Peanuts</p>	<p>Item Portions          3.00 P          1.00 C          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          5 cups Celery          1 1/2 Kiwis          1/3 cup Mandarin orange, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.50 C          1.50 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Sautéed Beef and Celery          Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Enter the challenge and WIN! + [www.empowerednutrition.net](http://www.empowerednutrition.net)

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 51

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Fruit Salad A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 1/2 cup Cottage cheese, light/low fat 1/4 cup Blueberries 1/6 cup Oatmeal 6 Cashews</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 4 cups Cauliflower 1 1/3 cups Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 52

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat          6 Egg whites          1 1/2 oz Ham, deli style          1/2 cup Onions          2 cups Spinach          1 Tomato          3/4 cup Celery          1 tsp Olive or monounsaturated oil          1 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          .50 PC          3.00 P          1.00 P          1.00 C          .57 C          .50 C          .38 C          3.00 F          1.50 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuesday Omelet          Sauté ham, onions, spinach, tomatoes and celery until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, turmeric, chives, and chili powder to taste. Cook this mixture in a pan and add cooked vegetables on top.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Nectarine          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Chicken breast, deli style          1/2 cup Blueberries          1/4 Cantaloupe          1 cup Grapes          2/3 cup Honeydew melon          5 tbsp Almonds, slivered</p>	<p>Item Portions          6.00 P          1.00 C          1.00 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Fruit Salad          A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1/2 Cantaloupe          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          1 cup Artichoke hearts          12 spears Asparagus          2 Tomatoes          1 Nectarine          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          1.00 C          2.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sauteed vegetables and fruit for dessert. You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 53

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1/2 cup Cereal, cold          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><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Shrimp          1/4 cup Onions          1 1/2 Peppers (bell or cubanelle)          1 1/2 cups Celery          1 cup Tomato, puree          1 Peach          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          .50 C          .75 C          .75 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Creole Shrimp          Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Cashews          1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews          Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          2 cups Celery          2 Peppers (bell or cubanelle)          1 cup Water chestnuts          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers          Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

**\*\* 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 - 1799 Calories

Day: 54

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Raspberries 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%) 7 1/2 oz Crab 1 Apple 1 whole Pita 2 tsp Mayonnaise 9 Walnuts</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 2.00 C 2.00 F 3.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Crabmeat Sandwich Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Cashews 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Sautéed Beef and Celery</p> <p>Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 55

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>28 grams Protein powder          3 cups Strawberries          1 tsp Olive or monounsaturated oil          4 oz Tofu</p>	<p>Item          Portions          4.00 P          3.00 C          3.00 F          2.00 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise          Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water          1 1/2 cups Grapes          1 cup Tomatoes          1 cup Celery          1 cup Cucumber          1 Pepper (bell or cubanelle)          18 Peanuts          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          6.00 P          3.00 C          .67 C          .50 C          .25 C          .50 C          3.00 F          2.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad          Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 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          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          1 1/3 cups Rice          2 cups Zucchini          5 tbsp Almonds, slivered</p>	<p>Item          Portions          7.00 P          4.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice          Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          2 oz Cheese, low or non fat          1/2 cup Blueberries          12 Peanuts</p>	<p>Item          Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Save money, look great! [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 56**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          4 oz Beef, lean cuts          1 Pepper (bell or cubanelle)          1 Tomato          1/2 cup Blueberries          1/2 cup Salsa          1 whole Pita          6 Almonds, whole          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          4.00 P          .50 C          .50 C          1.00 C          1.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Pear          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          6 spears Asparagus          1 cup Mushrooms          2 cups Squash          1 cup Fruit cocktail          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          .50 C          .50 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef with Vegetables.           Grill the beef, steam the vegetables and enjoy in the knowledge that you're on track toward your goals.           Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1/6 Grapefruit          1/3 cup Mandarin orange, canned          1/3 Apple          2 tbsp Almonds, slivered</p>	<p>Item Portions          3.00 P          .33 C          1.00 C          .67 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote          In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 57

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          3/4 cup Papaya          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Chicken breast, deli style          1/2 cup Blueberries          1/4 Cantaloupe          1 cup Grapes          2/3 cup Honeydew melon          5 tbsp Almonds, slivered</p>	<p>Item Portions          6.00 P          1.00 C          1.00 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Fruit Salad          A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Cashews          1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions          2.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews          Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          4 cups Cauliflower          1 1/3 cups Rice          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          1.00 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice          Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Meal Plans That Work Are Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 58

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/2 cup Milk, low fat (1%)                  7 Egg whites                  2 oz Cheese, low or non fat                  1/2 cup Celery                  1/2 Pepper (bell or cubanelle)                  1 Nectarine                  1 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  .50 PC                  3.50 P                  2.00 P                  .25 C                  .25 C                  2.00 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Veggie Omelets                  Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/8 Cantaloupe                  1/3 cup Honeydew melon                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  3.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Cottage cheese, light/low fat                  1 cup Applesauce                  2 Peaches                  15 Almonds, whole</p>	<p>Item                  Portions                  6.00 P                  3.00 C                  2.00 C                  5.00 F                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit                  Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat                  2/3 cup Fruit cocktail                  12 Peanuts</p>	<p>Item                  Portions                  3.00 P                  2.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts                  A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                  5 cups Celery                  1 1/2 Kiwis                  1/3 cup Mandarin orange, canned                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  2.50 C                  1.50 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Sautéed Beef and Celery                  Sauté the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 59

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Nectarine          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Chicken breast, skinless          1 Nectarine          1 1/2 slice Whole grain bread          1/2 tsp Olive or monounsaturated oil          3 1/2 tsp Mayonnaise</p>	<p>Item Portions          6.00 P          2.00 C          3.00 C          1.50 F          3.50 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 cup Raspberries          1 cup Strawberries          12 Peanuts</p>	<p>Item Portions          3.00 P          1.00 C          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          2 cups Celery          2 Peppers (bell or cubanelle)          1 cup Water chestnuts          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Roasted Turkey Skewers          Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Feel the burn & incinerate the fat. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 60

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 2/3 cups Tomato vegetable soup 14 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>2 cups Milk, low fat (1%) 6 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Total Daily Portions:</b> Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Powerful Proven Results @ <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 61

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 2/3 cups Tomato vegetable soup 14 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 8 Cherries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

**\*\* 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 - 1799 Calories

Day: 62

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          4 oz Beef, lean cuts          1 Pepper (bell or cubanelle)          1 Tomato          1/2 cup Blueberries          1/2 cup Salsa          1 whole Pita          6 Almonds, whole          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          4.00 P          .50 C          .50 C          1.00 C          1.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Pear          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 cup Peaches, canned          2 cups Zucchini          2 Tomatoes          2 Peppers (bell or cubanelle)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Ratatouille          Cook beef until done. In another pan, cook the vegetables, 1 clove of minced garlic, 1 tbsp dried basil, 1/8 tsp dried oregano. Add 1/4 cup beef stock and cooked beef. Cover and cook 5-10 minutes. Serve hot.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1/6 Grapefruit          1/3 cup Mandarin orange, canned          1/3 Apple          2 tbsp Almonds, slivered</p>	<p>Item Portions          3.00 P          .33 C          1.00 C          .67 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote          In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

**\*\* 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 - 1799 Calories**

**Day: 63**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites 1 1/2 Grapefruits 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water 1 1/2 cups Grapes 1 cup Tomatoes 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 18 Peanuts 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C .67 C .50 C .25 C .50 C 3.00 F 2.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!  Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 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 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1 cup Peaches, canned 2 cups Zucchini 2 Tomatoes 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Ratatouille Cook beef until done. In another pan, cook the vegetables, 1 clove of minced garlic, 1 tbsp dried basil, 1/8 tsp dried oregano. Add 1/4 cup beef stock and cooked beef. Cover and cook 5-10 minutes. Serve hot.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 1/3 Apple 2 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 P .33 C 1.00 C .67 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 64

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites                  1 2/3 cups Spinach, cooked                  1 1/2 cups Beans, green or yellow                  1/4 cup Kidney beans                  1/4 cup Onions                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  .48 C                  1.00 C                  1.00 C                  .50 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1/4 cup Blackberries                  1/4 cup Blueberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Beef and barley soup                  1 Apple                  2/3 tsp Olive or monounsaturated oil                  4 1/2 oz Chicken breast, deli style</p>	<p>Item Portions                  3.00 A                  2.00 C                  2.00 F                  3.00 P                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with deli-meat on the side. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat                  1/2 Cantaloupe                  12 Peanuts</p>	<p>Item Portions                  3.00 P                  2.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit                  Enjoy items separately!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  3 1/2 cups Spinach                  2 cups Zucchini                  1 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  1.00 C                  1.00 C                  3.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 65

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 Plum          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)          7 1/2 oz Crab          1 Apple          1 whole Pita          2 tsp Mayonnaise          9 Walnuts</p>	<p>Item Portions          1.00 PC          5.00 P          2.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Crabmeat Sandwich          Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Cottage cheese, light/low fat          1/4 cup Blueberries          1/6 cup Oatmeal          6 Cashews</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Eggplant          3 1/2 cups Spinach          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Explosive, Strong & Powerful [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 66

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat          6 Egg whites          1 1/2 oz Ham, deli style          1/2 cup Onions          2 cups Spinach          1 Tomato          3/4 cup Celery          1 tsp Olive or monounsaturated oil          1 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          .50 PC          3.00 P          1.00 P          1.00 C          .57 C          .50 C          .38 C          3.00 F          1.50 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuesday Omelet          Sauté ham, onions, spinach, tomatoes and celery until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, turmeric, chives, and chili powder to taste. Cook this mixture in a pan and add cooked vegetables on top.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          3/4 cup Papaya          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 cups Chicken noodle soup          2 Egg whites          4 Crackers          1/3 tsp Olive or monounsaturated oil          1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          4.00 A          1.00 P          1.00 C          1.00 F          1.00 P          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          8 Cherries          12 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 1/2 oz Chicken breast, deli style          3 cups Beans, green or yellow          4 cups Mushrooms          2 cups Zucchini          1 2/3 tsp Olive or monounsaturated oil          2 Eggs, whole</p>	<p>Item Portions          5.00 P          2.00 C          2.00 C          1.00 C          5.00 F          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken and egg into cubes and mix with vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Fight Fat [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 67

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/4 cup Blackberries          1/4 cup Blueberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Beef and barley soup          1 Apple          2/3 tsp Olive or monounsaturated oil          4 1/2 oz Chicken breast, deli style</p>	<p>Item Portions          3.00 A          2.00 C          2.00 F          3.00 P          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with deli-meat on the side. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 Orange          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.          A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          5 cups Celery          1 1/2 Kiwis          1/3 cup Mandarin orange, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.50 C          1.50 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chinese Sautéed Beef and Celery          Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Your best body ever in 12 weeks! <http://empowerednutrition.net>

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 68**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1/2 cup Cereal, cold                      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><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder                      1/2 cup Blueberries                      1/2 cup Raspberries                      1/2 cup Strawberries                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      4.00 P                      1.00 C                      .50 C                      .50 C                      2.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water                      3/4 cup Onions                      3/4 cup Beans, green or yellow                      3/4 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      6.00 P                      1.50 C                      .50 C                      3.00 C                      5.00 F                      Calories:                      483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Green Bean Salad                      Mix tuna and other ingredients with oil, 2 tbsp balsamic vinegar, and 2 tbsp of pure lemon juice. Microwave for 2 minutes and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      6 Cashews                      1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions                      2.00 PC                      2.00 F                      1.00 P                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews                      Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat                      5 oz Beef, lean cuts                      1 Corn tortillas                      1/2 cup Salsa                      1/4 cup Onions                      1/2 Tomato                      1/2 Pepper (bell or cubanelle)                      1/2 Cantaloupe                      1 tsp Olive or monounsaturated oil                      6 Almonds, whole</p>	<p>Item Portions                      2.00 P                      5.00 P                      1.00 C                      1.00 C                      .50 C                      .25 C                      .25 C                      2.00 C                      3.00 F                      2.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap                      Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

Day: 69

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Tuna, canned in water          1 1/2 cups Grapes          1 cup Tomatoes          1 cup Celery          1 cup Cucumber          1 Pepper (bell or cubanelle)          18 Peanuts          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          3.00 C          .67 C          .50 C          .25 C          .50 C          3.00 F          2.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad          Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/2 Tangerine          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          6 spears Asparagus          1 cup Mushrooms          2 cups Squash          1 cup Fruit cocktail          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          .50 C          .50 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef with Vegetables.</p> <p>Grill the beef, steam the vegetables and enjoy in the knowledge that you're on track toward your goals.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Yogurt, plain, low fat          12 Peanuts          1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions          1.00 PC          1.00 PC          2.00 F          1.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

WIN Cash and Prizes <http://empowerednutrition.net>

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 70**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1/2 cup Cereal, cold          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><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)          7 1/2 oz Turkey breast, deli style          2 slice Whole grain bread          5 tsp Mayonnaise</p>	<p>Item Portions          1.00 PC          5.00 P          4.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich          Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)          1/4 cup Cottage cheese, light/low fat          17 1/2 grams Protein powder          1/8 Cantaloupe          1/8 cup Honeydew melon          1/3 cup Oatmeal          1 tbsp Almonds, slivered          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .33 PC          1.00 P          2.50 P          .50 C          .19 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser          Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 cup Peaches, canned          2 cups Zucchini          2 Tomatoes          2 Peppers (bell or cubanelle)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Ratatouille          Cook beef until done. In another pan, cook the vegetables, 1 clove of minced garlic, 1 tbsp dried basil, 1/8 tsp dried oregano. Add 1/4 cup beef stock and cooked beef. Cover and cook 5-10 minutes. Serve hot.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blackberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

Day: 71

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Cottage cheese, light/low fat 1 cup Applesauce 2 Peaches 15 Almonds, whole</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 1 cup Artichoke hearts 12 spears Asparagus 2 Tomatoes 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled beef with sauteed vegetables and fruit for dessert. You can season your vegetables with a little salt, pepper, and basil, if you like.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
*\*\* 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 - 1799 Calories

Day: 72

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/8 Cantaloupe          1/3 cup Honeydew melon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Shrimp          1/4 cup Onions          1 1/2 Peppers (bell or cubanelle)          1 1/2 cups Celery          1 cup Tomato, puree          1 Peach          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          .50 C          .75 C          .75 C          2.00 C          1.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Creole Shrimp          Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          1 Apple          6 Cashews</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews          The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          4 cups Cauliflower          1 1/3 cups Rice          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          1.00 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice          Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 73

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Bran cereal, all varieties          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          3.00 F          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)          7 1/2 oz Crab          1 Apple          1 whole Pita          2 tsp Mayonnaise          9 Walnuts</p>	<p>Item Portions          1.00 PC          5.00 P          2.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Crabmeat Sandwich          Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          8 Cherries          12 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          2 cups Zucchini          2 Peppers (bell or cubanelle)          1 cup Mushrooms          3/4 cup Snow peas          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          1.00 C          1.00 C          .50 C          .50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Vegetable Stir Fry          Chop or cube grilled chicken breast and sauté with vegetables. Season to taste. Don't sauté too long. You want to make sure the veggies are nice and crunchy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Enter the challenge and WIN! + [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 74

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          1 1/4 cups Cottage cheese, light/low fat          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><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Cottage cheese, light/low fat          1 cup Applesauce          2 Peaches          15 Almonds, whole</p>	<p>Item Portions          6.00 P          3.00 C          2.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Cottage cheese, light/low fat          2/3 cup Fruit cocktail          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts          A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 1/2 oz Chicken breast, deli style          3 cups Beans, green or yellow          4 cups Mushrooms          2 cups Zucchini          1 2/3 tsp Olive or monounsaturated oil          2 Eggs, whole</p>	<p>Item Portions          5.00 P          2.00 C          2.00 C          1.00 C          5.00 F          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken and egg into cubes and mix with vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 75

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          1 1/4 cups Cottage cheese, light/low fat          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><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast. Chop the fruit and mix with the cottage cheese and add the olive oil.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 cup Milk, low fat (1%)          7 1/2 oz Crab          1 Apple          1 whole Pita          2 tsp Mayonnaise          9 Walnuts</p>	<p>Item Portions          1.00 PC          5.00 P          2.00 C          2.00 C          2.00 F          3.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Crabmeat Sandwich          Mix crabmeat with mayonnaise and stuff into pita. To add a little crunch, mix in a handful of lettuce, chopped onion, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1/2 Cantaloupe          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat          5 oz Beef, lean cuts          1 Corn tortillas          1/2 cup Salsa          1/4 cup Onions          1/2 Tomato          1/2 Pepper (bell or cubanelle)          1/2 Cantaloupe          1 tsp Olive or monounsaturated oil          6 Almonds, whole</p>	<p>Item Portions          2.00 P          5.00 P          1.00 C          1.00 C          .50 C          .25 C          .25 C          2.00 C          3.00 F          2.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap          Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 76**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1/4 cup Yogurt, plain, low fat                      6 Egg whites                      1 1/2 oz Ham, deli style                      1/2 cup Onions                      2 cups Spinach                      1 Tomato                      3/4 cup Celery                      1 tsp Olive or monounsaturated oil                      1 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions .50 PC 3.00 P 1.00 P 1.00 C .57 C .50 C .38 C 3.00 F 1.50 P Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuesday Omelet                      Sauté ham, onions, spinach, tomatoes and celery until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, turmeric, chives, and chili powder to taste. Cook this mixture in a pan and add cooked vegetables on top.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 oz Cheese, low or non fat                      4 oz Beef, lean cuts                      1 Pepper (bell or cubanelle)                      1 Tomato                      1/2 cup Blueberries                      1/2 cup Salsa                      1 whole Pita                      6 Almonds, whole                      1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 4.00 P .50 C .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Wrap                      Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      21 grams Protein powder                      1/2 Pear                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      6 spears Asparagus                      1 cup Mushrooms                      2 cups Squash                      1 cup Fruit cocktail                      5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef with Vegetables.                      Grill the beef, steam the vegetables and enjoy in the knowledge that you're on track toward your goals.                      Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      1/2 cup Yogurt, plain, low fat                      12 Peanuts                      1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

*\*\* 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 - 1799 Calories

Day: 77

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Yogurt, plain, low fat          21 grams Protein powder          1 Pear          30 Peanuts</p>	<p>Item Portions          3.00 PC          3.00 P          2.00 C          5.00 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/3 cup Milk, low fat (1%)          1/4 cup Cottage cheese, light/low fat          17 1/2 grams Protein powder          1/8 Cantaloupe          1/8 cup Honeydew melon          1/3 cup Oatmeal          1 tbsp Almonds, slivered          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .33 PC          1.00 P          2.50 P          .50 C          .19 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser          Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless          2 oz Cheese, low or non fat          2 Peppers (bell or cubanella)          1 whole Pita          1/2 cup Salsa          1/2 cup Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          2.00 P          1.00 C          2.00 C          1.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          2 oz Cheese, low or non fat          1/2 cup Blueberries          12 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 78

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>12 Egg whites                  1 2/3 cups Spinach, cooked                  1 1/2 cups Beans, green or yellow                  1/4 cup Kidney beans                  1/4 cup Onions                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  .48 C                  1.00 C                  1.00 C                  .50 C                  3.00 F                  Calories:                  357</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1 Kiwi                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 2/3 cups Tomato vegetable soup                  14 grams Protein powder                  1/2 Nectarine                  1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  4.00 A                  2.00 P                  1.00 C                  1.00 F                  Calories:                  483</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                  6 Cashews                  1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions                  2.00 PC                  2.00 F                  1.00 P                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews                  Enjoy this quick snack!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  3 1/2 cups Spinach                  2 cups Zucchini                  1 cup Rice                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  1.00 C                  1.00 C                  3.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Save money, look great! [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 79

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>28 grams Protein powder          3 cups Strawberries          1 tsp Olive or monounsaturated oil          4 oz Tofu</p>	<p>Item Portions          4.00 P          3.00 C          3.00 F          2.00 P          Calories:          357</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise          Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Nectarine          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>2 cups Chicken noodle soup          2 Egg whites          4 Crackers          1/3 tsp Olive or monounsaturated oil          1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          4.00 A          1.00 P          1.00 C          1.00 F          1.00 P          Calories:          483</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1 cup Raspberries          1 cup Strawberries          12 Peanuts</p>	<p>Item Portions          3.00 P          1.00 C          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Eggplant          3 1/2 cups Spinach          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 80**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>28 grams Protein powder            3 cups Strawberries            1 tsp Olive or monounsaturated oil            4 oz Tofu</p>	<p>Item Portions            4.00 P            3.00 C            3.00 F            2.00 P            Calories:            357</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise            Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>28 grams Protein powder            1/2 cup Blueberries            1/2 cup Raspberries            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            4.00 P            1.00 C            .50 C            .50 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Shrimp            1/4 cup Onions            1 1/2 Peppers (bell or cubanella)            1 1/2 cups Celery            1 cup Tomato, puree            1 Peach            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            6.00 P            .50 C            .75 C            .75 C            2.00 C            1.00 C            5.00 F            Calories:            483</p>	<p><b>Preparation Suggestions:</b></p> <p>Creole Shrimp            Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat            1 Orange            12 Peanuts</p>	<p>Item Portions            3.00 P            2.00 C            2.00 F            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.            A quick snack to keep you going!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Trout            2 Artichokes            2 cups Squash            1 cup Blueberries            1 1/2 cups Raspberries            15 Almonds, whole</p>	<p>Item Portions            7.00 P            .50 C            1.00 C            2.00 C            1.50 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Trout with Fruit            Heat up your oven to 350 degrees and start baking the squash and artichoke. Finely chop some garlic and mix with chopped parsley and basil (preferably fresh), then spread on the trout. Place the trout in a piece of aluminum foil with a little olive oil and the seasoning mixture, then put in the oven. Remove when everything is done baking and garnish with fruit and nuts.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Meal Plans That Work Are Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 81

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></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><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/4 cup Blackberries          1/4 cup Blueberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>6 oz Chicken breast, skinless          1 Nectarine          1 1/2 slice Whole grain bread          1/2 tsp Olive or monounsaturated oil          3 1/2 tsp Mayonnaise</p>	<p>Item Portions          6.00 P          2.00 C          3.00 C          1.50 F          3.50 F          Calories:          483</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3 oz Cheese, low or non fat          1/2 Cantaloupe          12 Peanuts</p>	<p>Item Portions          3.00 P          2.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 1/2 oz Chicken breast, deli style          3 cups Beans, green or yellow          4 cups Mushrooms          2 cups Zucchini          1 2/3 tsp Olive or monounsaturated oil          2 Eggs, whole</p>	<p>Item Portions          5.00 P          2.00 C          2.00 C          1.00 C          5.00 F          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken and egg into cubes and mix with vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 82

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>28 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>9 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 C 3.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit Mix salmon &amp; 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><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 1 oz Cheese, low or non fat</p>	<p>Item Portions 2.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken and egg into cubes and mix with vegetables. Enjoy!</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Feel the burn & incinerate the fat. [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

**Day: 83**

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 21 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 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 1 1/3 cups Rice 2 cups Zucchini 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/2 cup Blueberries 12 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

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

Powerful Proven Results @ [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Day: 84

<p><b>Breakfast - Meal Portions: P:6 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Pineapple 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><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:5 F:5</b></p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 5.00 F Calories: 483</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 6 spears Asparagus 1 cup Mushrooms 2 cups Squash 1 cup Fruit cocktail 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef with Vegetables.</p> <p>Grill the beef, steam the vegetables and enjoy in the knowledge that you're on track toward your goals.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 12 Peanuts 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 F 1.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>

**Total Daily Portions:** Protein: 26 Carbohydrates: 17 Fat: 17 Calories: 1799

**\*\* 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 - 1799 Calories

Protein	Carbohydrates	Fats	Other
252 grams Protein powder	5/6 cup Oatmeal	24 1/6 tsp Olive or monounsaturated oil	8 cups Milk, low fat (1%)
9 oz Shrimp	3/4 cup Papaya	18 Cashews	3 3/4 cups Yogurt, plain, low fat
5 cups Cottage cheese, light/low fat	2 cups Onions	9 Almonds, whole	2 cups Chicken noodle soup
8 oz Cheese, low or non fat	7 Peppers (bell or cubanelle)	13 1/2 tsp Mayonnaise	2 2/3 cups Tomato vegetable soup
19 oz Beef, lean cuts	3 1/4 cups Celery	42 Peanuts	
28 Egg whites	1 cup Tomato, puree	9 tbsp Almonds, slivered	
3 1/2 oz Cheddar cheese, light/low fat	1 Peach		
20 oz Chicken breast, skinless	1 1/3 Apples		
7 1/2 oz Chicken breast, deli style	1 Corn tortillas		
2 Eggs, whole	1/2 cup Salsa		
9 oz Salmon steak	5 1/2 Tomatoes		
7 1/2 oz Turkey breast, deli style	1 Cantaloupe		
10 1/2 oz Ground beef (< 10% fat)	2 cups Bran cereal, all varieties		
1 1/2 oz Ham, deli style	3 1/2 cups Strawberries		
6 oz Tuna, canned in water	3 Nectarines		
	4 Crackers		
	1 1/4 cups Blueberries		
	1 cup Artichoke hearts		
	12 spears Asparagus		
	1 cup Pineapple		
	1 1/2 cups Raspberries		
	3 1/2 slice Whole grain bread		
	3 cups Beans, green or yellow		
	5 cups Mushrooms		
	10 cups Zucchini		
	1/2 Orange		
	3/4 cup Snow peas		
	3 Kiwis		
	1 1/2 whole Pita		
	5 1/2 cups Spinach		
	2 1/3 cups Rice		
	1 2/3 Grapefruits		
	1/2 Pear		
	1 cup Peaches, canned		
	1/2 cup Blackberries		
	1 1/2 cups Grapes		
	1 cup Tomatoes		
	1 cup Cucumber		
	1/2 Tangerine		
	1/3 cup Mandarin orange, canned		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
290 1/2 grams Protein powder	4 1/2 cups Strawberries	21 1/3 tsp Olive or monounsaturated oil	10 5/6 cups Milk, low fat (1%)
4 oz Tofu	1/4 cup Blackberries	90 Peanuts	1 1/2 cups Beef and barley soup
6 oz Tuna, canned in water	3 1/4 cups Blueberries	18 tbsp Almonds, slivered	6 1/2 cups Yogurt, plain, low fat
4 1/4 cups Cottage cheese, light/low fat	2 1/4 cups Beans, green or yellow	36 Almonds, whole	
12 oz Chicken breast, skinless	3/4 cup Chickpeas	6 Cashews	
19 Egg whites	1 2/3 cups Fruit cocktail	2 tsp Mayonnaise	
13 1/2 oz Chicken breast, deli style	1 1/2 cups Eggplant	9 Walnuts	
12 oz Cheese, low or non fat	5 1/6 cups Spinach		
7 oz Trout	2 1/3 cups Rice		
2 oz Mozzarella cheese, light/low fat	1/4 cup Kidney beans		
7 oz Turkey breast, skinless	1/2 Cantaloupe		
25 oz Beef, lean cuts	1 cup Grapes		
7 1/2 oz Crab	1 1/8 cups Honeydew melon		
	1 Orange		
	2 Artichokes		
	4 cups Squash		
	2 1/2 cups Raspberries		
	1 cup Oatmeal		
	3/4 cup Peaches, canned		
	2 Apples		
	7 1/2 cups Celery		
	5 1/2 Peppers (bell or cubanelle)		
	1 cup Water chestnuts		
	2 Nectarines		
	1 cup Applesauce		
	2 Peaches		
	1 1/2 Kiwis		
	1/3 cup Mandarin orange, canned		
	1 Plum		
	3 whole Pita		
	8 Cherries		
	4 cups Cauliflower		
	1 Pear		
	6 spears Asparagus		
	1 cup Mushrooms		
	1/2 cup Cereal, cold		
	1 Tomato		
	1 cup Salsa		

## Grocery List

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



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
4 1/4 cups Cottage cheese, light/low fat	1 cup Bran cereal, all varieties	20 5/6 tsp Olive or monounsaturated oil	9 cups Milk, low fat (1%)
266 grams Protein powder	5 cups Strawberries	18 1/2 tsp Mayonnaise	7 cups Yogurt, plain, low fat
18 oz Salmon steak	6 Kiwis	14 tbsps Almonds, slivered	2 cups Chicken noodle soup
9 oz Cheese, low or non fat	4 whole Pita	6 Cashews	
21 oz Beef, lean cuts	2 cups Artichoke hearts	78 Peanuts	
11 oz Chicken breast, skinless	24 spears Asparagus	15 Almonds, whole	
14 oz Turkey breast, skinless	4 Tomatoes		
22 Egg whites	4 Nectarines		
1 oz Cheddar cheese, light/low fat	2 1/2 cups Blueberries		
4 oz Tofu	3 1/2 slice Whole grain bread		
9 oz Chicken breast, deli style	1 Apple		
7 oz Trout	4 cups Celery		
7 1/2 oz Turkey breast, deli style	6 Peppers (bell or cubanelle)		
1 oz Mozzarella cheese, light/low fat	2 cups Water chestnuts		
	2 1/2 cups Raspberries		
	4 Crackers		
	1 Orange		
	7/8 Cantaloupe		
	1 cup Grapes		
	1 cup Honeydew melon		
	2 Artichokes		
	2 cups Squash		
	1 cup Pineapple		
	2/3 cup Fruit cocktail		
	1/2 cup Peaches, canned		
	1 1/3 cups Rice		
	2 cups Zucchini		
	1/2 cup Blackberries		
	1 1/2 Grapefruits		
	1 Pear		
	1/2 cup Salsa		
	1/2 cup Onions		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
31 Egg whites	1 2/3 cups Spinach, cooked	21 tsp Olive or monounsaturated oil	12 5/6 cups Milk, low fat (1%)
318 1/2 grams Protein powder	5 1/4 cups Beans, green or yellow	42 Almonds, whole	5 cups Yogurt, plain, low fat
2 1/4 cups Cottage cheese, light/low fat	1/4 cup Kidney beans	12 Cashews	2 2/3 cups Tomato vegetable soup
2 oz Cheddar cheese, light/low fat	3 cups Onions	15 tsp Mayonnaise	1 1/2 cups Beef and barley soup
12 oz Cheese, low or non fat	2 Plums	24 Peanuts	
17 oz Beef, lean cuts	1 cup Applesauce	12 tbsp Almonds, slivered	
9 oz Salmon steak	2 Peaches		
7 oz Trout	2 Corn tortillas		
12 oz Chicken breast, skinless	1 1/2 cups Salsa		
6 oz Tuna, canned in water	1 Tomato		
12 oz Chicken breast, deli style	5 1/2 Peppers (bell or cubanelle)		
2 Eggs, whole	1 1/4 Cantaloupes		
15 oz Turkey breast, deli style	1/2 cup Celery		
	1 1/2 Nectarines		
	3/4 cup Papaya		
	2 Kiwis		
	2 1/2 whole Pita		
	8 Cherries		
	2 Artichokes		
	2 cups Squash		
	1 cup Blueberries		
	3 1/2 cups Raspberries		
	1 2/3 cups Oatmeal		
	11/24 cup Honeydew melon		
	6 cups Zucchini		
	5 cups Mushrooms		
	3/4 cup Snow peas		
	1 1/2 Grapefruits		
	3/4 cup Chickpeas		
	2 cups Strawberries		
	1/2 cup Cereal, cold		
	1/2 cup Peaches, canned		
	1 Apple		
	4 slice Whole grain bread		
	1/2 Tangerine		
	1 1/3 cups Rice		
	1 cup Blackberries		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
189 grams Protein powder	5/6 cup Oatmeal	26 1/6 tsp Olive or monounsaturated oil	7 cups Milk, low fat (1%)
9 oz Shrimp	2 3/4 cups Blueberries	54 Peanuts	4 1/4 cups Yogurt, plain, low fat
4 3/4 cups Cottage cheese, light/low fat	2 3/4 cups Onions	14 tbsp Almonds, slivered	1 1/2 cups Beef and barley soup
34 oz Chicken breast, skinless	12 1/2 Peppers (bell or cubanelle)	12 Cashews	
40 Egg whites	4 1/4 cups Celery	8 1/2 tsp Mayonnaise	
9 oz Cheese, low or non fat	1 cup Tomato, puree	6 Almonds, whole	
13 1/2 oz Chicken breast, deli style	1 Peach		
1 1/2 oz Ham, deli style	8 Cherries		
1 1/2 oz Cheddar cheese, light/low fat	1 1/2 cups Eggplant		
11 oz Beef, lean cuts	9 cups Spinach		
9 oz Salmon steak	3 1/3 cups Rice		
21 oz Ground beef (< 10% fat)	3 1/2 Nectarines		
6 oz Tuna, canned in water	2 1/3 Apples		
	10 cups Zucchini		
	6 Tomatoes		
	1 Plum		
	3/8 Cantaloupe		
	2 1/2 cups Grapes		
	1 cup Honeydew melon		
	2 cups Mushrooms		
	1 1/2 cups Snow peas		
	1/2 cup Raspberries		
	1 1/2 cups Strawberries		
	1 1/2 slice Whole grain bread		
	2/3 cup Fruit cocktail		
	4 cups Cauliflower		
	1/2 cup Pineapple		
	2 Kiwis		
	2 1/2 whole Pita		
	1 cup Bran cereal, all varieties		
	1/2 cup Salsa		
	1/2 Pear		
	2 cups Peaches, canned		
	1 2/3 Grapefruits		
	1/3 cup Mandarin orange, canned		
	1 cup Tomatoes		
	1 cup Cucumber		
	1/2 Tangerine		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
30 Egg whites	4 3/4 cups Onions	26 5/6 tsp Olive or monounsaturated oil	3 3/4 cups Yogurt, plain, low fat
1 1/2 oz Ham, deli style	3 2/3 cups Spinach	30 Almonds, whole	10 1/3 cups Milk, low fat (1%)
2 1/2 oz Cheddar cheese, light/low fat	4 1/2 Tomatoes	24 Cashews	
213 1/2 grams Protein powder	7 3/4 cups Celery	10 tbsps Almonds, slivered	
18 oz Tuna, canned in water	3 cups Blueberries	8 1/2 tsp Mayonnaise	
7 cups Cottage cheese, light/low fat	1/2 Orange	12 Peanuts	
30 oz Beef, lean cuts	3 3/4 cups Beans, green or yellow		
18 oz Chicken breast, skinless	2 1/4 cups Chickpeas		
9 oz Cheese, low or non fat	1 1/3 Apples		
7 oz Turkey breast, skinless	1 cup Artichoke hearts		
7 1/2 oz Turkey breast, deli style	12 spears Asparagus		
	3 Nectarines		
	2 1/2 cups Raspberries		
	1 1/2 cups Strawberries		
	1 cup Applesauce		
	2 Peaches		
	2/3 cup Oatmeal		
	4 cups Zucchini		
	7 1/2 Peppers (bell or cubanelle)		
	1 cup Mushrooms		
	3/4 cup Snow peas		
	1/4 cup Kidney beans		
	3 1/2 Kiwis		
	2/3 cup Mandarin orange, canned		
	1 Corn tortillas		
	1 1/2 cups Salsa		
	5/8 Cantaloupe		
	3 1/2 slice Whole grain bread		
	1 cup Water chestnuts		
	1 2/3 Grapefruits		
	2 whole Pita		
	1/8 cup Honeydew melon		
	1 1/3 cups Rice		
	1 cup Bran cereal, all varieties		
	1/2 Pear		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
6 cups Cottage cheese, light/low fat	2 1/2 Nectarines	17 2/3 tsp Olive or monounsaturated oil	6 5/6 cups Milk, low fat (1%)
269 1/2 grams Protein powder	3 1/2 cups Blueberries	39 Almonds, whole	1 1/2 cups Beef and barley soup
4 1/2 oz Chicken breast, deli style	3 1/2 Oranges	96 Peanuts	5 1/2 cups Yogurt, plain, low fat
10 oz Cheese, low or non fat	3 Apples	12 Cashews	4 cups Chicken noodle soup
19 oz Chicken breast, skinless	3 cups Eggplant	2 tsp Mayonnaise	2 2/3 cups Tomato vegetable soup
23 Egg whites	8 2/3 cups Spinach	9 Walnuts	
3 oz Cheddar cheese, light/low fat	3 1/3 cups Rice	13 tbsp Almonds, slivered	
14 oz Trout	1 cup Pineapple		
7 1/2 oz Crab	1 Plum		
14 oz Beef, lean cuts	8 Crackers		
6 oz Tuna, canned in water	4 Artichokes		
1 oz Mozzarella cheese, light/low fat	6 cups Squash		
	3 cups Raspberries		
	3/4 cup Papaya		
	1 2/3 cups Fruit cocktail		
	2 cups Bran cereal, all varieties		
	2 cups Strawberries		
	2 whole Pita		
	4 cups Cauliflower		
	1 1/2 cups Celery		
	3 1/2 Peppers (bell or cubanelle)		
	1 Pear		
	1/2 Tangerine		
	1/2 cup Salsa		
	3/4 cup Onions		
	1/2 cup Blackberries		
	1 1/2 cups Beans, green or yellow		
	1/4 cup Kidney beans		
	1 1/2 cups Grapes		
	1 cup Tomatoes		
	1 cup Cucumber		
	1/8 Cantaloupe		
	1/8 cup Honeydew melon		
	1/3 cup Oatmeal		
	6 spears Asparagus		
	1 cup Mushrooms		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
322 grams Protein powder	1 cup Cereal, cold	23 tsp Olive or monounsaturated oil	9 cups Milk, low fat (1%)
18 oz Shrimp	7 cups Strawberries	54 Peanuts	5 1/4 cups Yogurt, plain, low fat
10 oz Cheese, low or non fat	3 1/4 cups Blueberries	27 tbsp Almonds, slivered	
46 oz Beef, lean cuts	2 1/2 cups Raspberries	18 Cashews	
14 Egg whites	1 cup Onions	9 Almonds, whole	
18 oz Chicken breast, deli style	7 Peppers (bell or cubanelle)	2 tsp Mayonnaise	
1 1/4 cups Cottage cheese, light/low fat	16 3/4 cups Celery	9 Walnuts	
1 1/2 oz Ham, deli style	2 cups Tomato, puree		
1 1/2 oz Cheddar cheese, light/low fat	2 Peaches		
2 oz Mozzarella cheese, light/low fat	3 Kiwis		
7 oz Turkey breast, skinless	1 cup Mandarin orange, canned		
7 1/2 oz Crab	1/2 cup Pineapple		
4 oz Tofu	3/4 cup Papaya		
6 oz Tuna, canned in water	1 Cantaloupe		
	3 1/2 cups Grapes		
	1 1/3 cups Honeydew melon		
	5/6 cup Oatmeal		
	4 cups Cauliflower		
	2 2/3 cups Rice		
	2 cups Spinach		
	4 Tomatoes		
	1 1/2 Nectarines		
	1 cup Artichoke hearts		
	18 spears Asparagus		
	3/4 cup Peaches, canned		
	1 cup Water chestnuts		
	1/2 Orange		
	1 1/3 Apples		
	2 whole Pita		
	1 cup Tomatoes		
	1 cup Cucumber		
	2 cups Zucchini		
	1/2 cup Salsa		
	1/2 Pear		
	1 cup Mushrooms		
	2 cups Squash		
	1 cup Fruit cocktail		
	1/6 Grapefruit		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
245 grams Protein powder	1 1/3 cups Oatmeal	24 1/2 tsp Olive or monounsaturated oil	9 1/2 cups Milk, low fat (1%)
9 oz Chicken breast, deli style	3/4 cup Papaya	14 tbsp Almonds, slivered	4 1/2 cups Yogurt, plain, low fat
1 oz Mozzarella cheese, light/low fat	1 1/2 cups Blueberries	12 Cashews	5 1/3 cups Tomato vegetable soup
18 oz Beef, lean cuts	3/8 Cantaloupe	21 Almonds, whole	
35 Egg whites	2 1/2 cups Grapes	54 Peanuts	
7 oz Cheese, low or non fat	1 cup Honeydew melon	3 1/2 tsp Mayonnaise	
5 3/4 cups Cottage cheese, light/low fat	4 cups Cauliflower		
20 oz Chicken breast, skinless	3 1/3 cups Rice		
7 oz Turkey breast, skinless	8 1/2 cups Celery		
1 oz Cheddar cheese, light/low fat	8 1/2 Peppers (bell or cubanelle)		
21 oz Ground beef (< 10% fat)	3 1/2 Nectarines		
6 oz Tuna, canned in water	1 cup Applesauce		
	2 Peaches		
	2/3 cup Fruit cocktail		
	1 1/2 Kiwis		
	1 cup Mandarin orange, canned		
	1 1/2 slice Whole grain bread		
	1 cup Raspberries		
	2 1/2 cups Strawberries		
	1 cup Water chestnuts		
	1 cup Pineapple		
	1/2 cup Blackberries		
	7 cups Spinach		
	8 cups Zucchini		
	8 Cherries		
	1 cup Bran cereal, all varieties		
	5 Tomatoes		
	1/2 cup Salsa		
	1 whole Pita		
	1/2 Pear		
	2 1/4 cups Peaches, canned		
	1 5/6 Grapefruits		
	2/3 Apple		
	1 cup Tomatoes		
	1 cup Cucumber		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
20 Egg whites	10 2/3 cups Spinach, cooked	24 2/3 tsp Olive or monounsaturated oil	10 1/3 cups Milk, low fat (1%)
269 1/2 grams Protein powder	5 1/4 cups Beans, green or yellow	66 Peanuts	3 cups Beef and barley soup
16 1/2 oz Chicken breast, deli style	1/4 cup Kidney beans	7 tsp Mayonnaise	3 3/4 cups Yogurt, plain, low fat
8 oz Cheese, low or non fat	1 3/4 cups Onions	9 Walnuts	2 cups Chicken noodle soup
14 oz Chicken breast, skinless	1 1/4 cups Blueberries	12 Cashews	
4 1/4 cups Cottage cheese, light/low fat	3 Apples	6 Almonds, whole	
7 1/2 oz Crab	1 1/8 Cantaloupes	8 tbsp Almonds, slivered	
1 1/2 oz Ham, deli style	6 cups Zucchini		
2 1/2 oz Cheddar cheese, light/low fat	2 cups Rice		
2 Eggs, whole	2 cups Bran cereal, all varieties		
19 oz Beef, lean cuts	4 1/2 cups Strawberries		
12 oz Tuna, canned in water	1 Plum		
2 oz Mozzarella cheese, light/low fat	1 whole Pita		
7 1/2 oz Turkey breast, deli style	1 1/6 cups Oatmeal		
10 1/2 oz Ground beef (< 10% fat)	1 1/2 cups Eggplant		
	3 1/2 Tomatoes		
	6 3/4 cups Celery		
	3/4 cup Papaya		
	4 Crackers		
	8 Cherries		
	5 cups Mushrooms		
	1 Orange		
	1 1/2 Kiwis		
	1/3 cup Mandarin orange, canned		
	1 cup Cereal, cold		
	1/2 cup Raspberries		
	3/4 cup Chickpeas		
	1 Corn tortillas		
	1/2 cup Salsa		
	3 1/2 Peppers (bell or cubanelle)		
	1 1/2 cups Grapes		
	1 cup Tomatoes		
	1 cup Cucumber		
	1/2 Tangerine		
	6 spears Asparagus		
	2 cups Squash		
	1 cup Fruit cocktail		
	2 slice Whole grain bread		
	1/8 cup Honeydew melon		
	1 cup Peaches, canned		

## Grocery List

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



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
234 1/2 grams Protein powder	1 2/3 cups Oatmeal	21 2/3 tsp Olive or monounsaturated oil	12 1/3 cups Milk, low fat (1%)
10 3/4 cups Cottage cheese, light/low fat	3 1/2 Nectarines	42 Almonds, whole	3 3/4 cups Yogurt, plain, low fat
14 oz Cheese, low or non fat	2 cups Applesauce	102 Peanuts	
30 oz Beef, lean cuts	5 Peaches	6 Cashews	
9 oz Shrimp	1 cup Raspberries	11 tbsp Almonds, slivered	
15 oz Crab	3 cups Strawberries	4 tsp Mayonnaise	
12 oz Chicken breast, skinless	1 cup Artichoke hearts	18 Walnuts	
7 1/2 oz Chicken breast, deli style	18 spears Asparagus		
2 Eggs, whole	4 1/2 Tomatoes		
6 Egg whites	2 cups Bran cereal, all varieties		
1 1/2 oz Ham, deli style	1 1/4 Cantaloupes		
1 1/2 oz Cheddar cheese, light/low fat	11/24 cup Honeydew melon		
1 oz Mozzarella cheese, light/low fat	2 1/2 cups Onions		
	7 Peppers (bell or cubanelle)		
	2 1/4 cups Celery		
	1 cup Tomato, puree		
	3 Apples		
	4 cups Cauliflower		
	1 1/3 cups Rice		
	1 1/2 cups Peaches, canned		
	4 whole Pita		
	8 Cherries		
	4 cups Zucchini		
	6 cups Mushrooms		
	3/4 cup Snow peas		
	1 2/3 cups Fruit cocktail		
	3 cups Beans, green or yellow		
	1 Corn tortillas		
	1 1/2 cups Salsa		
	2 cups Spinach		
	1 cup Blueberries		
	1 1/2 Pears		
	2 cups Squash		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1799 Calories

Protein	Carbohydrates	Fats	Other
14 Egg whites	8 2/3 cups Spinach, cooked	21 1/6 tsp Olive or monounsaturated oil	7 cups Milk, low fat (1%)
385 grams Protein powder	7 1/2 cups Beans, green or yellow	6 Cashews	2 2/3 cups Tomato vegetable soup
2 oz Mozzarella cheese, light/low fat	1/4 cup Kidney beans	120 Peanuts	8 1/2 cups Yogurt, plain, low fat
20 oz Chicken breast, skinless	1/2 cup Onions	15 Almonds, whole	2 cups Chicken noodle soup
12 oz Tofu	3 Kiwis	8 1/2 tsp Mayonnaise	
1 oz Cheddar cheese, light/low fat	2 Nectarines	12 tbsps Almonds, slivered	
12 oz Cheese, low or non fat	8 cups Zucchini		
9 oz Shrimp	3 1/3 cups Rice		
7 oz Trout	11 cups Strawberries		
15 oz Chicken breast, deli style	4 Crackers		
4 Eggs, whole	3 cups Raspberries		
9 oz Salmon steak	1 1/2 cups Eggplant		
14 oz Beef, lean cuts	2 3/4 cups Blueberries		
	1 1/2 Peppers (bell or cubanelle)		
	1 1/2 cups Celery		
	1 cup Tomato, puree		
	1 Peach		
	1 Orange		
	2 Artichokes		
	4 cups Squash		
	2/3 cup Oatmeal		
	1/4 cup Blackberries		
	1 1/2 slice Whole grain bread		
	1/2 Cantaloupe		
	9 cups Mushrooms		
	1 1/2 whole Pita		
	1 cup Pineapple		
	2 Pears		
	1/4 cup Peaches, canned		
	1/2 Tangerine		
	6 spears Asparagus		
	1 cup Fruit cocktail		