

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 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 - 1890 Calories

**Day: 1**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  28 grams Protein powder                  1 cup Grapes                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim                  2/3 cup Mandarin orange, canned                  6 Walnuts</p>	<p>Item                  Portions                  4.00 P                  2.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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                  7.00 P                  1.00 C                  1.00 C                  1.00 C                  2.00 C                  1.00 C                  5.00 F                  Calories:                  511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak                  1 cup Zucchini                  1 Pepper (bell or cubanelle)                  1 1/3 cups Mandarin orange, canned                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  .50 C                  .50 C                  4.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables                  Bake salmon in aluminum foil for 25 minutes.                  Cook vegetables any way you like.</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%)                  14 grams Protein powder                  1 Peach                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

Day: 2

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1 cup Cereal, cold          1/3 Banana          1 1/3 tsp Olive or monounsaturated oil          1 cup Ricotta cheese, skim          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 C          1.00 C          4.00 F          4.00 P          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Mix the protein with the ricotta cheese and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Cashews          14 grams Protein powder</p>	<p>Item Portions          2.00 PC          2.00 F          2.00 P          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews          Enjoy this quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat          3 1/2 cups Spinach          1 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          3 cups Broccoli          1 1/3 cups Rice          1 2/3 tsp Olive or monounsaturated oil</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>Turkey Breast with Rice          Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          14 grams Protein powder          1/8 Cantaloupe          1/3 cup Honeydew melon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
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Have a Protein Smoothie, be Empowered

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 3**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Ricotta cheese, skim 1 cup Raspberries 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>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>2 1/2 cups Chicken noodle soup 2 oz Hard cheeses, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 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>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><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>

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+ energized + transformed + empowered +

**Notes:**

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**Day: 4**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim 2/3 cup Mandarin orange, canned 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp 2 cups Celery 2 cups Cucumber 3/4 cup Pineapple 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><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>

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 5**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  28 grams Protein powder                  1 cup Pineapple                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</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 1/2 Apricots                  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>Combine these ingredients for a refreshing snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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                  7.00 P                  1.00 C                  1.00 C                  2.00 C                  1.00 C                  5.00 F                  Calories:                  511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp                  3/4 cup Pasta                  1 cup Tomato sauce                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  3.00 C                  2.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Shrimp &amp; Pasta                  Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</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>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 6**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>3 oz Chicken breast, deli style              8 Egg whites              1 cup Onions              3 1/2 cups Spinach              1 Tomato              1 cup Celery              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 P              4.00 P              2.00 C              1.00 C              .50 C              .50 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet              Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste 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 Raspberries              1/2 cup Strawberries              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:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless              4 cups Mushrooms              3 cups Tomato, canned              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              2.00 C              3.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken              Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop              1 cup Applesauce              1 1/2 cups Beans, green or yellow              2 Peppers (bell or cubanella)              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              3.00 C              1.00 C              1.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans              Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</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 Blueberries              6 Pecans</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, Protein, Blueberries &amp; Pecans              Mix protein powder, fruit and yogurt together. Top with nuts.</p>

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 7**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 1/2 cups Cereal, cold                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. 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                      3/4 cup Watermelon                      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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      2 cups Cucumber                      5 cups Lettuce, romaine                      2 Peppers (bell or cubanelle)                      1 cup Pineapple                      2 Tomatoes                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                      Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)                      1 2/3 cups Potato                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner                      Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Yogurt, plain, low fat                      10 1/2 grams Protein powder                      1/4 cup Blackberries                      2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                      Mix all ingredients and enjoy!</p>

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 8**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</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 Peach                      2 tbsp Almonds, slivered</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>Sweet and Spicy Peaches                      Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style                      2 Peppers (bell or cubanelle)                      2 Tomatoes                      2 cups Zucchini                      1 cup Onions                      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>Deli Chicken and Vegetables                      Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      2 cups Cauliflower                      1/2 cup Onions                      1 1/2 cups Broccoli                      2/3 cup Rice                      2 Peppers (bell or cubanelle)                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      .50 C                      1.00 C                      .50 C                      2.00 C                      1.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry                      Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Grapes                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><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>

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 9**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 6 Almonds, whole</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>Yogurt, Protein, Strawberries &amp; Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Lettuce, romaine 1 cup Mushrooms 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 3/4 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .30 C .50 C .50 C .25 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Chickpea Salad Mix diced chicken in with the rest of the salad ingredients and top with a balsamic vinegar and olive oil dressing. A great lunch at home or on the go!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Swordfish 12 spears Asparagus 2 1/2 cups Beans, green or yellow 1 1/2 cups Cauliflower 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.67 C .38 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Swordfish Dinner Cook fish any way you like and sauté vegetables in water. Seasoning the fish with your choice of spices before cooking enhances its flavour. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 10**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)              8 Egg whites              1 Apple              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 PC              4.00 P              2.00 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat              6 Almonds, whole              14 grams Protein powder</p>	<p>Item              Portions              2.00 PC              2.00 P              2.00 F              Calories:              238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds              Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Turkey, ground              2 Tomatoes              1/2 cup Onions              1 cup Mushrooms              1/2 cup Carrots              1/2 cup Chickpeas              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              1.00 C              1.00 C              .50 C              .50 C              2.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken drumstick              1 cup Peas              1/2 cup Tomato sauce              1 2/3 tsp Olive or monounsaturated oil</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>Italian-Style Chicken              Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1/2 cup Peaches, canned              2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              1.00 PC              2.00 P              1.00 C              2.00 F              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
 \*\* 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 - 1890 Calories

**Day: 11**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      4 oz Hard cheeses, light/low fat                      1 cup Bran cereal, all varieties                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil                      7 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      2 tbsp Almonds, slivered                      14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 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 7.00 P 1.50 C .50 C 3.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      2/3 cup Rice                      1 Pepper (bell or cubanelle)                      3 cups Lettuce, romaine                      1 3/4 cups Cucumber                      1 1/2 cups Mushrooms                      2 Tomatoes                      1 1/3 tsp Olive or monounsaturated oil                      3 Almonds, whole</p>	<p>Item Portions 7.00 P 2.00 C .50 C .30 C .44 C .75 C 1.00 C 4.00 F 1.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad                      Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</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                      1/3 cup Mango                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 12**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat            8 Egg whites            1 cup Grapes            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            2.00 PC            4.00 P            2.00 C            4.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            1/3 cup Applesauce            6 Almonds, whole            2 oz Hard cheeses, light/low fat            7 grams Protein powder</p>	<p>Item            Portions            1.00 PC            1.00 C            2.00 F            2.00 P            1.00 P            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless            2 cups Mushrooms            4 Peppers (bell or cubanelle)            2 cups Broccoli            2 cups Tomatoes            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            7.00 P            1.00 C            2.00 C            .67 C            1.33 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry            Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless            4 1/2 cups Broccoli            3/4 cup Onions            2/3 cup Applesauce            5 tbsp Almonds, slivered</p>	<p>Item            Portions            7.00 P            1.50 C            1.50 C            2.00 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner            Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1 Plum            2/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            1.00 PC            2.00 P            1.00 C            2.00 F            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 13**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1 cup Cereal, cold          1/2 cup Grapes          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          5.00 P          2.00 C          1.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat          3 1/2 cups Spinach          1 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens           Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.           This dish refrigerates well so you can prepare it well in advance.</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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 Grapefruit          1 cup Raspberries          6 Walnuts          3/4 cup Ricotta cheese, skim</p>	<p>Item Portions          1.00 C          1.00 C          2.00 F          3.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Ricotta Cheese and Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

\*\* 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 - 1890 Calories

**Day: 14**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      5 Eggs, whole                      3 cups Broccoli                      7 cups Spinach                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C: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:7 C:5 F:5</b></p> <p>7 oz Tuna, canned in water                      1/2 cup Pineapple                      1 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</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>Tuna &amp; Chickpea Salad                      Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop                      2 cups Sauerkraut                      1 cup Fruit cocktail                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork chops and sauerkraut 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 cup Strawberries                      2 tbsp Almonds, slivered                      1/2 cup Ricotta cheese, skim</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 15**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)              8 Egg whites              1 Apple              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 PC              4.00 P              2.00 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat              6 Almonds, whole              14 grams Protein powder</p>	<p>Item              Portions              2.00 PC              2.00 P              2.00 F              Calories:              238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds              Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Turkey, ground              2 Tomatoes              1/2 cup Onions              1 cup Mushrooms              1/2 cup Carrots              1/2 cup Chickpeas              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              1.00 C              1.00 C              .50 C              .50 C              2.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless              2 cups Cauliflower              1/2 cup Onions              1 1/2 cups Broccoli              2/3 cup Rice              2 Peppers (bell or cubanella)              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              .50 C              1.00 C              .50 C              2.00 C              1.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry              Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1/2 Kiwi              1/2 cup Strawberries              2 tbsp Almonds, slivered</p>	<p>Item              Portions              1.00 PC              2.00 P              .50 C              .50 C              2.00 F              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit              Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      3/4 cup Ricotta cheese, skim                      1 cup Raspberries                      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>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak                      1 cup Zucchini                      1 Pepper (bell or cubanelle)                      1 1/3 cups Mandarin orange, canned                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables                      Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.                       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%)                      14 grams Protein powder                      1/4 Nectarine                      1/4 Orange                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 17**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>3 oz Chicken breast, deli style              8 Egg whites              1 cup Onions              3 1/2 cups Spinach              1 Tomato              1 cup Celery              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 1.00 C .50 C .50 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet              Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat              1/3 cup Applesauce              6 Almonds, whole              2 oz Hard cheeses, light/low fat              7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P 1.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat              3 1/2 cups Spinach              1 cup Pasta              1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts              12 spears Asparagus              3 cups Broccoli              1 cup Potato              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>Steak Dinner              Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1 Plum              2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 18**

<b>Breakfast - Meal Portions: P:6 C:4 F:4</b> 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A tasty, yet easy-to-prepare breakfast. Enjoy!
<b>Snack - Meal Portions: P:4 C:2 F:2</b> 1 cup Ricotta cheese, skim 2/3 cup Mandarin orange, canned 6 Walnuts	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Mix these ingredients together to create a simple and delicious snack.
<b>Mid Meal - Meal Portions: P:7 C:5 F:5</b> 10 1/2 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered	Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> 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!
<b>Dinner - Meal Portions: P:7 C:5 F:5</b> 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
<b>Snack - Meal Portions: P:3 C:2 F:2</b> 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Total Daily Portions:</b> Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 19**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      6 Cashews                      14 grams Protein powder</p>	<p>Item Portions                      2.00 PC                      2.00 F                      2.00 P                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews                      Enjoy this quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat                      3 1/2 cups Spinach                      1 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop                      1 cup Applesauce                      1 1/2 cups Beans, green or yellow                      2 Peppers (bell or cubanella)                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      3.00 C                      1.00 C                      1.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans</p> <p>Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Strawberries                      1/4 cup Pineapple                      2/3 tsp Olive or monounsaturated oil</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>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 20**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)            8 Egg whites            1 Apple            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            2.00 PC            4.00 P            2.00 C            4.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious 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 Raspberries            1/2 cup Strawberries            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:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style            3 cups Lettuce, romaine            1 cup Mushrooms            1 cup Celery            1 Pepper (bell or cubanelle)            1 cup Cucumber            3/4 cup Chickpeas            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            7.00 P            .30 C            .50 C            .50 C            .50 C            .25 C            3.00 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Chickpea Salad            Mix diced chicken in with the rest of the salad ingredients and top with a balsamic vinegar and olive oil dressing. A great lunch at home or on the go!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken drumstick            1 cup Peas            1/2 cup Tomato sauce            1 2/3 tsp Olive or monounsaturated oil</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>Italian-Style Chicken            Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat            1 cup Strawberries            2 tbsp Almonds, slivered            1/2 cup Ricotta cheese, skim</p>	<p>Item            Portions            1.00 PC            1.00 C            2.00 F            2.00 P            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

\*\* 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 - 1890 Calories

**Day: 21**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 1/2 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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak 1 cup Zucchini 1 Pepper (bell or cubanelle) 1 1/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 Grapefruit 1 cup Raspberries 6 Walnuts 3/4 cup Ricotta cheese, skim</p>	<p>Item Portions 1.00 C 1.00 C 2.00 F 3.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Ricotta Cheese and Fruit Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 22

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)              8 Egg whites              1 Apple              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 PC              4.00 P              2.00 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat              6 Almonds, whole              14 grams Protein powder</p>	<p>Item              Portions              2.00 PC              2.00 P              2.00 F              Calories:              238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds              Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 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              7.00 P              1.50 C              .50 C              3.00 C              5.00 F              Calories:              511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp              3/4 cup Pasta              1 cup Tomato sauce              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              3.00 C              2.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Shrimp &amp; Pasta              Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1 Peach              2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              1.00 PC              2.00 P              1.00 C              2.00 F              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 23

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      1 cup Cereal, cold                      1/3 Banana                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Ricotta cheese, skim                      7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 1.00 C 4.00 F 4.00 P 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Mix the protein with the ricotta cheese and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      2 tbsp Almonds, slivered                      14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      2 cups Cauliflower                      1/2 cup Onions                      1 1/2 cups Broccoli                      2/3 cup Rice                      2 Peppers (bell or cubanelle)                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry                      Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Strawberries                      1/4 cup Pineapple                      2/3 tsp Olive or monounsaturated oil</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>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 24**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat              8 Egg whites              1 cup Grapes              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions              2.00 PC              4.00 P              2.00 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat              6 Almonds, whole              14 grams Protein powder</p>	<p>Item Portions              2.00 PC              2.00 P              2.00 F              Calories:              238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds              Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style              3 cups Lettuce, romaine              1 cup Mushrooms              1 cup Celery              1 Pepper (bell or cubanelle)              1 cup Cucumber              3/4 cup Chickpeas              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions              7.00 P              .30 C              .50 C              .50 C              .50 C              .25 C              3.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Chickpea Salad              Mix diced chicken in with the rest of the salad ingredients and top with a balsamic vinegar and olive oil dressing. A great lunch at home or on the go!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop              2 cups Sauerkraut              1 cup Fruit cocktail              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions              7.00 P              2.00 C              3.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork chops and sauerkraut 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              14 grams Protein powder              1/3 cup Mango              2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions              1.00 PC              2.00 P              1.00 C              2.00 F              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
 \*\* 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 - 1890 Calories

**Day: 25**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1 cup Cereal, cold          1/2 cup Grapes          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          1/3 cup Applesauce          6 Almonds, whole          2 oz Hard cheeses, light/low fat          7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P 1.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          4 cups Mushrooms          3 cups Tomato, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken          Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          4 1/2 cups Broccoli          3/4 cup Onions          2/3 cup Applesauce          5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner          Saute and season the vegetables, then sprinkle the almonds over them.</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          1/8 Cantaloupe          1/3 cup Honeydew melon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 26**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      4 oz Hard cheeses, light/low fat                      1 cup Bran cereal, all varieties                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil                      7 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</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 1/2 Apricots                      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>Combine these ingredients for a refreshing snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp                      3/4 cup Pasta                      1 cup Tomato sauce                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Shrimp &amp; Pasta                      Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/4 Nectarine                      1/4 Orange                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1 1/2 cups Cereal, cold          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          5.00 P          3.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. 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 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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 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          7.00 P          1.50 C          .50 C          3.00 C          5.00 F          Calories:          511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          1 cup Zucchini          1 Pepper (bell or cubanelle)          1 1/3 cups Mandarin orange, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .50 C          .50 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables          Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Yogurt, plain, low fat          10 1/2 grams Protein powder          1/4 cup Blackberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.50 PC          1.50 P          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
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Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 28**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit 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 1/2 cup Raspberries 1/2 cup Strawberries 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:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Lettuce, romaine 1 cup Mushrooms 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 3/4 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .30 C .50 C .50 C .50 C .25 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Chickpea Salad Mix diced chicken in with the rest of the salad ingredients and top with a balsamic vinegar and olive oil dressing. A great lunch at home or on the go!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken drumstick 1 cup Peas 1/2 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil</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>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</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 Blueberries 6 Pecans</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, Protein, Blueberries &amp; Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 29**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim 2/3 cup Mandarin orange, canned 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 30**

<b>Breakfast - Meal Portions: P:6 C:4 F:4</b> 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> The classic cereal breakfast never gets old. Enjoy!
<b>Snack - Meal Portions: P:4 C:2 F:2</b> 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
<b>Mid Meal - Meal Portions: P:7 C:5 F:5</b> 2 1/2 cups Chicken noodle soup 2 oz Hard cheeses, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy!
<b>Dinner - Meal Portions: P:7 C:5 F:5</b> 7 oz Turkey breast, skinless 3 cups Broccoli 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.
<b>Snack - Meal Portions: P:3 C:2 F:2</b> 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 31**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim 2/3 cup Mandarin orange, canned 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken drumstick 1 cup Peas 1/2 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil</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>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 32

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</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 cup Strawberries 6 Almonds, whole</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>Yogurt, Protein, Strawberries &amp; Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 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 7.00 P 1.50 C .50 C 3.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop 2 cups Sauerkraut 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork chops and sauerkraut 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 14 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 2.00 P .50 C .50 C 2.00 F Calories: 210</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>Total Daily Portions:</b> Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>Save money, look great! <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 33

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 1/2 cups Cereal, cold                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      3.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim                      2/3 cup Mandarin orange, canned                      6 Walnuts</p>	<p>Item Portions                      4.00 P                      2.00 C                      2.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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                      7.00 P                      1.00 C                      1.00 C                      2.00 C                      1.00 C                      5.00 F                      Calories:                      511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)                      1 2/3 cups Potato                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      5.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner                      Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 Plum                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890                      ** 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:

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Day: 34

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1 1/2 cups Cereal, cold          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          5.00 P          3.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. 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 Raspberries          1/2 cup Strawberries          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:7 C:5 F:5</b></p> <p>2 1/2 cups Chicken noodle soup          2 oz Hard cheeses, light/low fat</p>	<p>Item          Portions          5.00 A          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          12 spears Asparagus          3 cups Broccoli          1 cup Potato          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>Steak Dinner          Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 Grapefruit          1 cup Raspberries          6 Walnuts          3/4 cup Ricotta cheese, skim</p>	<p>Item          Portions          1.00 C          1.00 C          2.00 F          3.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Ricotta Cheese and Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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**Notes:**

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Day: 35

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>3 oz Chicken breast, deli style              8 Egg whites              1 cup Onions              3 1/2 cups Spinach              1 Tomato              1 cup Celery              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 P              4.00 P              2.00 C              1.00 C              .50 C              .50 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet              Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste 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 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:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless              2 cups Mushrooms              4 Peppers (bell or cubanelle)              2 cups Broccoli              2 cups Tomatoes              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              1.00 C              2.00 C              .67 C              1.33 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry              Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts              12 spears Asparagus              3 cups Broccoli              1 cup Potato              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>Steak Dinner              Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat              1 cup Strawberries              2 tbsp Almonds, slivered              1/2 cup Ricotta cheese, skim</p>	<p>Item              Portions              1.00 PC              1.00 C              2.00 F              2.00 P              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 36**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 3/4 cup Ricotta cheese, skim 1 cup Raspberries 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>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp 2 cups Celery 2 cups Cucumber 3/4 cup Pineapple 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 37**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Ricotta cheese, skim 1 cup Raspberries 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>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 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>Steak Dinner</p> <p>Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 38

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Hard cheeses, light/low fat          1 cup Bran cereal, all varieties          1/2 cup Grapes          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item          Portions          1.00 PC          4.00 P          2.00 C          1.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          2 tbsp Almonds, slivered          14 grams Protein powder</p>	<p>Item          Portions          2.00 PC          2.00 F          2.00 P          Calories:          238</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 cups Mushrooms          4 Peppers (bell or cubanelle)          2 cups Broccoli          2 cups Tomatoes          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          1.00 C          2.00 C          .67 C          1.33 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry          Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          4 1/2 cups Broccoli          3/4 cup Onions          2/3 cup Applesauce          5 tbsp Almonds, slivered</p>	<p>Item          Portions          7.00 P          1.50 C          1.50 C          2.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner          Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          2/3 tsp Olive or monounsaturated oil</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>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

**\*\* 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 - 1890 Calories

**Day: 39**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1 1/2 cups Cereal, cold          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          5.00 P          3.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat          6 Cashews          14 grams Protein powder</p>	<p>Item Portions          2.00 PC          2.00 F          2.00 P          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews          Enjoy this quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat          3 1/2 cups Spinach          1 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          4 1/2 cups Broccoli          3/4 cup Onions          2/3 cup Applesauce          5 tbsp Almonds, slivered</p>	<p>Item Portions          7.00 P          1.50 C          1.50 C          2.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner          Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 Kiwi          1/2 cup Strawberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

\*\* 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 - 1890 Calories

**Day: 40**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      5 Eggs, whole                      3 cups Broccoli                      7 cups Spinach                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      1.00 C                      2.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      6 Cashews                      14 grams Protein powder</p>	<p>Item Portions                      2.00 PC                      2.00 F                      2.00 P                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews                      Enjoy this quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat                      3 1/2 cups Spinach                      1 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      2/3 cup Rice                      1 Pepper (bell or cubanelle)                      3 cups Lettuce, romaine                      1 3/4 cups Cucumber                      1 1/2 cups Mushrooms                      2 Tomatoes                      1 1/3 tsp Olive or monounsaturated oil                      3 Almonds, whole</p>	<p>Item Portions                      7.00 P                      2.00 C                      .50 C                      .30 C                      .44 C                      .75 C                      1.00 C                      4.00 F                      1.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad</p> <p>Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 Kiwi                      1/2 cup Strawberries                      2 tbsp Almonds, slivered</p>	<p>Item Portions                      1.00 PC                      2.00 P                      .50 C                      .50 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit</p> <p>Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 41**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat              8 Egg whites              1 cup Grapes              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions              2.00 PC              4.00 P              2.00 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. 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              3/4 cup Watermelon              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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>2 1/2 cups Chicken noodle soup              2 oz Hard cheeses, light/low fat</p>	<p>Item Portions              5.00 A              2.00 P              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Swordfish              12 spears Asparagus              2 1/2 cups Beans, green or yellow              1 1/2 cups Cauliflower              1/2 cup Chickpeas              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions              7.00 P              1.00 C              1.67 C              .38 C              2.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Swordfish Dinner              Cook fish any way you like and sauté vegetables in water. Seasoning the fish with your choice of spices before cooking enhances its flavour. 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 Blueberries              6 Pecans</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, Protein, Blueberries &amp; Pecans              Mix protein powder, fruit and yogurt together. Top with nuts.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 42

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          35 grams Protein powder          1 cup Cereal, cold          1/2 cup Grapes          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          5.00 P          2.00 C          1.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</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          3/4 cup Watermelon          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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless, Grilled          1/4 head Lettuce, iceberg          1 cup Mushrooms          1 Pepper (bell or cubanelle)          1/2 cup Onions          1 1/2 cups Peaches, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .13 C          .50 C          .50 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad.          You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless          3 cups Broccoli          1 1/3 cups Rice          1 2/3 tsp Olive or monounsaturated oil</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>Turkey Breast with Rice          Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 Grapefruit          1 cup Raspberries          6 Walnuts          3/4 cup Ricotta cheese, skim</p>	<p>Item Portions          1.00 C          1.00 C          2.00 F          3.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Ricotta Cheese and Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim 2/3 cup Mandarin orange, canned 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

**\*\* 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 - 1890 Calories

**Day: 44**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      4 oz Hard cheeses, light/low fat                      1 cup Bran cereal, all varieties                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil                      7 grams Protein powder</p>	<p>Item                      Portions                      1.00 PC                      4.00 P                      2.00 C                      1.00 C                      4.00 F                      1.00 P                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</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 Peach                      2 tbsp Almonds, slivered</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>Sweet and Spicy Peaches                      Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Tuna, canned in water                      1/2 cup Pineapple                      1 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</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>Tuna &amp; Chickpea Salad                      Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop                      1 cup Applesauce                      1 1/2 cups Beans, green or yellow                      2 Peppers (bell or cubanelle)                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      7.00 P                      3.00 C                      1.00 C                      1.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans                      Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</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                      1/8 Cantaloupe                      1/3 cup Honeydew melon                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      .50 C                      .50 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 45

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 F Calories: 238</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Turkey, ground 2 Tomatoes 1/2 cup Onions 1 cup Mushrooms 1/2 cup Carrots 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .50 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop 2 cups Sauerkraut 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork chops and sauerkraut with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 46**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</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 1/2 Apricots                      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>Combine these ingredients for a refreshing snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      2 cups Mushrooms                      4 Peppers (bell or cubanelle)                      2 cups Broccoli                      2 cups Tomatoes                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      1.00 C                      2.00 C                      .67 C                      1.33 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry                      Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp                      3/4 cup Pasta                      1 cup Tomato sauce                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      3.00 C                      2.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Shrimp &amp; Pasta                      Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      14 grams Protein powder                      1/8 Cantaloupe                      1/3 cup Honeydew melon                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      .50 C                      .50 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 47**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat              8 Egg whites              1 cup Grapes              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat              1/3 cup Applesauce              6 Almonds, whole              2 oz Hard cheeses, light/low fat              7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P 1.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless, Grilled              1/4 head Lettuce, iceberg              1 cup Mushrooms              1 Pepper (bell or cubanelle)              1/2 cup Onions              1 1/2 cups Peaches, canned              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad.              You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless              4 1/2 cups Broccoli              3/4 cup Onions              2/3 cup Applesauce              5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner              Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1/2 cup Strawberries              1/4 cup Pineapple              2/3 tsp Olive or monounsaturated oil</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>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 48**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)            4 oz Hard cheeses, light/low fat            1 cup Bran cereal, all varieties            1/2 cup Grapes            1 1/3 tsp Olive or monounsaturated oil            7 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese 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            3/4 cup Watermelon            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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style            3 cups Lettuce, romaine            1 cup Mushrooms            1 cup Celery            1 Pepper (bell or cubanelle)            1 cup Cucumber            3/4 cup Chickpeas            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .30 C .50 C .50 C .50 C .25 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Chickpea Salad            Mix diced chicken in with the rest of the salad ingredients and top with a balsamic vinegar and olive oil dressing. A great lunch at home or on the go!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop            2 cups Sauerkraut            1 cup Fruit cocktail            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork chops and sauerkraut 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 cup Strawberries            2 tbsp Almonds, slivered            1/2 cup Ricotta cheese, skim</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 49**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. 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 Raspberries 1/2 cup Strawberries 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:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless 3 cups Broccoli 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</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>Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p><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 Blueberries 6 Pecans</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, Protein, Blueberries &amp; Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 50**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 Yogurt, plain, low fat 6 Cashews 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</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 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 51**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. 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 cup Strawberries 6 Almonds, whole</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>Yogurt, Protein, Strawberries &amp; Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Tuna, canned in water 1/2 cup Pineapple 1 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</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>Tuna &amp; Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 52**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</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 Peach 2 tbsp Almonds, slivered</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>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp 2 cups Celery 2 cups Cucumber 3/4 cup Pineapple 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

\*\* 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 - 1890 Calories

**Day: 53**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)              8 Egg whites              1 Apple              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim              2/3 cup Mandarin orange, canned              6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless              2 cups Mushrooms              4 Peppers (bell or cubanelle)              2 cups Broccoli              2 cups Tomatoes              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C .67 C 1.33 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry              Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop              1 cup Applesauce              1 1/2 cups Beans, green or yellow              2 Peppers (bell or cubanelle)              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans              Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1/2 cup Grapes              2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit              Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 54**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>3 oz Chicken breast, deli style            8 Egg whites            1 cup Onions            3 1/2 cups Spinach            1 Tomato            1 cup Celery            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 1.00 C .50 C .50 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet            Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste 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 1/2 Apricots            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>Combine these ingredients for a refreshing snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp            2 cups Celery            2 cups Cucumber            3/4 cup Pineapple            2/3 cup Mandarin orange, canned            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Japanese Sweet and Sour Mandarin Shrimp            Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. 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            1/3 cup Mango            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 55

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 8 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, easy-to-prepare breakfast. 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:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Lettuce, romaine 1 cup Mushrooms 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 3/4 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .30 C .50 C .50 C .50 C .25 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken and Chickpea Salad Mix diced chicken in with the rest of the salad ingredients and top with a balsamic vinegar and olive oil dressing. A great lunch at home or on the go!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 2/3 cup Rice 1 Pepper (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil 3 Almonds, whole</p>	<p>Item Portions 7.00 P 2.00 C .50 C .30 C .44 C .75 C 1.00 C 4.00 F 1.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsps Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 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: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 56

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      5 Eggs, whole                      3 cups Broccoli                      7 cups Spinach                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      1.00 C                      2.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C: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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Tuna, canned in water                      1/2 cup Pineapple                      1 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</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>Tuna &amp; Chickpea Salad                      Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless                      3 cups Broccoli                      1 1/3 cups Rice                      1 2/3 tsp Olive or monounsaturated oil</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>Turkey Breast with Rice                      Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Yogurt, plain, low fat                      10 1/2 grams Protein powder                      1/4 cup Blackberries                      2 tbsp Almonds, slivered</p>	<p>Item Portions                      1.50 PC                      1.50 P                      .50 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                      Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

**\*\* 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 - 1890 Calories

**Day: 57**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 Yogurt, plain, low fat 2 tbsp Almonds, slivered 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 F Calories: 238</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 58**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat 6 Cashews 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Cashews Enjoy this quick snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 2 Peppers (bell or cubanelle) 2 Tomatoes 2 cups Zucchini 1 cup Onions 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>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 59

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Hard cheeses, light/low fat          1 cup Bran cereal, all varieties          1/2 cup Grapes          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item          Portions          1.00 PC          4.00 P          2.00 C          1.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim          2/3 cup Mandarin orange, canned          6 Walnuts</p>	<p>Item          Portions          4.00 P          2.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          4 cups Mushrooms          3 cups Tomato, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          2.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken          Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          1 cup Zucchini          1 Pepper (bell or cubanelle)          1 1/3 cups Mandarin orange, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          .50 C          .50 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables          Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.           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          14 grams Protein powder          1/3 cup Mango          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 60**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim 2/3 cup Mandarin orange, canned 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 2 Peppers (bell or cubanelle) 2 Tomatoes 2 cups Zucchini 1 cup Onions 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>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken drumstick 1 cup Peas 1/2 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil</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>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 61**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites                      4 cups Mushrooms                      3 cups Tomatoes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      6.00 P                      2.00 C                      2.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      3/4 cup Ricotta cheese, skim                      1 cup Raspberries                      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>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style                      2 Peppers (bell or cubanelle)                      2 Tomatoes                      2 cups Zucchini                      1 cup Onions                      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>Deli Chicken and Vegetables                      Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp                      2 cups Celery                      2 cups Cucumber                      3/4 cup Pineapple                      2/3 cup Mandarin orange, canned                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      7.00 P                      1.00 C                      .50 C                      1.50 C                      2.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Japanese Sweet and Sour Mandarin Shrimp                      Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 Kiwi                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

**Day: 62**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</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 Raspberries                      1/2 cup Strawberries                      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:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat                      3 1/2 cups Spinach                      1 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens                      Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp                      3/4 cup Pasta                      1 cup Tomato sauce                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      3.00 C                      2.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Shrimp &amp; Pasta                      Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 Grapefruit                      1 cup Raspberries                      6 Walnuts                      3/4 cup Ricotta cheese, skim</p>	<p>Item Portions                      1.00 C                      1.00 C                      2.00 F                      3.00 P                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Ricotta Cheese and Fruit                      Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

Day: 63

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. 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 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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Swordfish 12 spears Asparagus 2 1/2 cups Beans, green or yellow 1 1/2 cups Cauliflower 1/2 cup Chickpeas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.67 C .38 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Swordfish Dinner Cook fish any way you like and sauté vegetables in water. Seasoning the fish with your choice of spices before cooking enhances its flavour. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat 1 cup Strawberries 2 tbsp Almonds, slivered 1/2 cup Ricotta cheese, skim</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
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Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 64**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)            8 Egg whites            1 Apple            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious 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 Peach            2 tbsp Almonds, slivered</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>Sweet and Spicy Peaches            Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style            2 Peppers (bell or cubanelle)            2 Tomatoes            2 cups Zucchini            1 cup Onions            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>Deli Chicken and Vegetables            Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Swordfish            12 spears Asparagus            2 1/2 cups Beans, green or yellow            1 1/2 cups Cauliflower            1/2 cup Chickpeas            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.67 C .38 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Swordfish Dinner            Cook fish any way you like and sauté vegetables in water. Seasoning the fish with your choice of spices before cooking enhances its flavour. 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            1/3 cup Mango            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 65**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      2 tbsp Almonds, slivered                      14 grams Protein powder</p>	<p>Item Portions                      2.00 PC                      2.00 F                      2.00 P                      Calories:                      238</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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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                      7.00 P                      1.00 C                      1.00 C                      2.00 C                      1.00 C                      5.00 F                      Calories:                      511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Swordfish                      12 spears Asparagus                      2 1/2 cups Beans, green or yellow                      1 1/2 cups Cauliflower                      1/2 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      1.00 C                      1.67 C                      .38 C                      2.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Swordfish Dinner                      Cook fish any way you like and sauté vegetables in water. Seasoning the fish with your choice of spices before cooking enhances its flavour. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 Peach                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 66**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      5 Eggs, whole                      3 cups Broccoli                      7 cups Spinach                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      1/3 cup Applesauce                      6 Almonds, whole                      2 oz Hard cheeses, light/low fat                      7 grams Protein powder</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 2.00 P 1.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Turkey, ground                      2 Tomatoes                      1/2 cup Onions                      1 cup Mushrooms                      1/2 cup Carrots                      1/2 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .50 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      12 spears Asparagus                      3 cups Broccoli                      1 cup Potato                      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>Steak Dinner</p> <p>Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 Kiwi                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 67

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1 cup Cereal, cold          1/3 Banana          1 1/3 tsp Olive or monounsaturated oil          1 cup Ricotta cheese, skim          7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 1.00 C 4.00 F 4.00 P 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Mix the protein with the ricotta cheese 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 cup Strawberries          6 Almonds, whole</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>Yogurt, Protein, Strawberries &amp; Almonds          Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 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 7.00 P 1.50 C .50 C 3.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          1 cup Zucchini          1 Pepper (bell or cubanelle)          1 1/3 cups Mandarin orange, canned          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon and Vegetables          Bake salmon in aluminum foil for 25 minutes. Cook vegetables any way you like.</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%)          14 grams Protein powder          1/2 cup Grapes          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 68

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      1 cup Cereal, cold                      1/3 Banana                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Ricotta cheese, skim                      7 grams Protein powder</p>	<p>Item Portions                      1.00 PC                      2.00 C                      1.00 C                      4.00 F                      4.00 P                      1.00 P                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Mix the protein with the ricotta cheese and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim                      2/3 cup Mandarin orange, canned                      6 Walnuts</p>	<p>Item Portions                      4.00 P                      2.00 C                      2.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Tuna, canned in water                      1/2 cup Pineapple                      1 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</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>Tuna &amp; Chickpea Salad                      Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop                      2 cups Sauerkraut                      1 cup Fruit cocktail                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      2.00 C                      3.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork chops and sauerkraut with fruit for dessert. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/4 Nectarine                      1/4 Orange                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      .50 C                      .50 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 69**

<b>Breakfast - Meal Portions: P:6 C:4 F:4</b> 12 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 4.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A simple breakfast. Enjoy fruit on the side.
<b>Snack - Meal Portions: P:4 C:2 F:2</b> 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Mid Meal - Meal Portions: P:7 C:5 F:5</b> 7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
<b>Dinner - Meal Portions: P:7 C:5 F:5</b> 7 oz Pork chop 1 cup Applesauce 1 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Broiled Pork Chops with Basil Green Beans Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!
<b>Snack - Meal Portions: P:3 C:2 F:2</b> 1/2 Grapefruit 1 cup Raspberries 6 Walnuts 3/4 cup Ricotta cheese, skim	Item Portions 1.00 C 1.00 C 2.00 F 3.00 P Calories: 210	<b>Preparation Suggestions:</b> Ricotta Cheese and Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 70

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. 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 3/4 cup Watermelon 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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.  Enjoy the fruit for dessert.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless 3 cups Broccoli 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</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>Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.</p>
<p><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 Blueberries 6 Pecans</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, Protein, Blueberries &amp; Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
*\*\* 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 - 1890 Calories

**Day: 71**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      5 Eggs, whole                      3 cups Broccoli                      7 cups Spinach                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      1.00 C                      2.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      21 grams Protein powder                      1 cup Strawberries                      6 Almonds, whole</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>Yogurt, Protein, Strawberries &amp; Almonds                      Mix protein powder and fruit into yogurt. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      4 cups Mushrooms                      3 cups Tomato, canned                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      2.00 C                      3.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken                      Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1 Kiwi                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
 \*\* 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 - 1890 Calories

**Day: 72**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      1/3 cup Applesauce                      6 Almonds, whole                      2 oz Hard cheeses, light/low fat                      7 grams Protein powder</p>	<p>Item Portions                      1.00 PC                      1.00 C                      2.00 F                      2.00 P                      1.00 P                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      2 cups Cucumber                      5 cups Lettuce, romaine                      2 Peppers (bell or cubanelle)                      1 cup Pineapple                      2 Tomatoes                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      .50 C                      .50 C                      1.00 C                      2.00 C                      1.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                      Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp                      2 cups Celery                      2 cups Cucumber                      3/4 cup Pineapple                      2/3 cup Mandarin orange, canned                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      1.00 C                      .50 C                      1.50 C                      2.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Japanese Sweet and Sour Mandarin Shrimp                      Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. 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                      1/8 Cantaloupe                      1/3 cup Honeydew melon                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      .50 C                      .50 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 73**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites                  4 cups Mushrooms                  3 cups Tomatoes                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  2.00 C                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/8 Cantaloupe                  1 1/2 Apricots                  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>Combine these ingredients for a refreshing snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style                  2 Peppers (bell or cubanelle)                  2 Tomatoes                  2 cups Zucchini                  1 cup Onions                  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>Deli Chicken and Vegetables                  Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</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 2/3 cups Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  5.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner                  Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Peaches, canned                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 74

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      1 cup Cereal, cold                      1/3 Banana                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Ricotta cheese, skim                      7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 1.00 C 4.00 F 4.00 P 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Mix the protein with the ricotta cheese and enjoy.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      6 Almonds, whole                      14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds                      Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Tuna, canned in water                      1/2 cup Pineapple                      1 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</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>Tuna &amp; Chickpea Salad                      Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                      2/3 cup Rice                      1 Pepper (bell or cubanelle)                      3 cups Lettuce, romaine                      1 3/4 cups Cucumber                      1 1/2 cups Mushrooms                      2 Tomatoes                      1 1/3 tsp Olive or monounsaturated oil                      3 Almonds, whole</p>	<p>Item Portions 7.00 P 2.00 C .50 C .30 C .44 C .75 C 1.00 C 4.00 F 1.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad                      Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 Kiwi                      1/2 cup Strawberries                      2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 75**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      5 Eggs, whole                      3 cups Broccoli                      7 cups Spinach                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      1.00 C                      2.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Yogurt, plain, low fat                      6 Almonds, whole                      14 grams Protein powder</p>	<p>Item Portions                      2.00 PC                      2.00 F                      2.00 P                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds                      Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat                      3 1/2 cups Spinach                      1 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken drumstick                      1 cup Peas                      1/2 cup Tomato sauce                      1 2/3 tsp Olive or monounsaturated oil</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>Italian-Style Chicken                      Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Grapes                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 76

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  28 grams Protein powder                  1 cup Grapes                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. 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                  3/4 cup Watermelon                  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>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Turkey, ground                  2 Tomatoes                  1/2 cup Onions                  1 cup Mushrooms                  1/2 cup Carrots                  1/2 cup Chickpeas                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  1.00 C                  1.00 C                  .50 C                  .50 C                  2.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Yogurt, plain, low fat                  10 1/2 grams Protein powder                  1/4 cup Blackberries                  2 tbsp Almonds, slivered</p>	<p>Item                  Portions                  1.50 PC                  1.50 P                  .50 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                  Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

*\*\* 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 - 1890 Calories

Day: 77

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1 cup Cereal, cold          1/3 Banana          1 1/3 tsp Olive or monounsaturated oil          1 cup Ricotta cheese, skim          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 C          1.00 C          4.00 F          4.00 P          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Mix the protein with the ricotta cheese 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 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:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 cups Cucumber          5 cups Lettuce, romaine          2 Peppers (bell or cubanelle)          1 cup Pineapple          2 Tomatoes          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .50 C          .50 C          1.00 C          2.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad          Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Pork chop          1 cup Applesauce          1 1/2 cups Beans, green or yellow          2 Peppers (bell or cubanelle)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          3.00 C          1.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans          Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>3/4 cup Yogurt, plain, low fat          10 1/2 grams Protein powder          1/4 cup Blackberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.50 PC          1.50 P          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 78

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1 cup Ricotta cheese, skim                      2/3 cup Mandarin orange, canned                      6 Walnuts</p>	<p>Item Portions                      4.00 P                      2.00 C                      2.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>2 1/2 cups Chicken noodle soup                      2 oz Hard cheeses, light/low fat</p>	<p>Item Portions                      5.00 P                      2.00 P                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Swordfish                      12 spears Asparagus                      2 1/2 cups Beans, green or yellow                      1 1/2 cups Cauliflower                      1/2 cup Chickpeas                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      1.00 C                      1.67 C                      .38 C                      2.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Swordfish Dinner                      Cook fish any way you like and sauté vegetables in water. Seasoning the fish with your choice of spices before cooking enhances its flavour. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Peaches, canned                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890                      ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Save money, look great! <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 79

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>3 oz Chicken breast, deli style              8 Egg whites              1 cup Onions              3 1/2 cups Spinach              1 Tomato              1 cup Celery              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 P              4.00 P              2.00 C              1.00 C              .50 C              .50 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet              Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste 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 Peach              2 tbs Almonds, slivered</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>Sweet and Spicy Peaches              Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Turkey, ground              2 Tomatoes              1/2 cup Onions              1 cup Mushrooms              1/2 cup Carrots              1/2 cup Chickpeas              1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              7.00 P              1.00 C              1.00 C              .50 C              .50 C              2.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato              Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts              2/3 cup Rice              1 Pepper (bell or cubanelle)              3 cups Lettuce, romaine              1 3/4 cups Cucumber              1 1/2 cups Mushrooms              2 Tomatoes              1 1/3 tsp Olive or monounsaturated oil              3 Almonds, whole</p>	<p>Item              Portions              7.00 P              2.00 C              .50 C              .30 C              .44 C              .75 C              1.00 C              4.00 F              1.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad              Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1/4 Nectarine              1/4 Orange              2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              1.00 PC              2.00 P              .50 C              .50 C              2.00 F              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

**\*\* 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 - 1890 Calories

**Day: 80**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty, yet easy-to-prepare breakfast. 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 Peach 2 tbsp Almonds, slivered</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>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 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 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</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>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 2/3 cup Rice 1 Pepper (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil 3 Almonds, whole</p>	<p>Item Portions 7.00 P 2.00 C .50 C .30 C .44 C .75 C 1.00 C 4.00 F 1.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 81**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)                      35 grams Protein powder                      1 cup Cereal, cold                      1/2 cup Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      5.00 P                      2.00 C                      1.00 C                      4.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat                      3/4 cup Ricotta cheese, skim                      1 cup Raspberries                      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>Mix these ingredients together to create a simple and delicious snack.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Feta cheese, light/low fat                      3 1/2 cups Spinach                      1 cup Pasta                      1 2/3 tsp Olive or monounsaturated oil</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>Pasta with Feta Cheese and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</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 2/3 cups Potato                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      7.00 P                      5.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner</p> <p>Prepare a beef patty using your favorite spices.</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                      1/3 cup Mango                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

**Day: 82**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>3 oz Chicken breast, deli style              8 Egg whites              1 cup Onions              3 1/2 cups Spinach              1 Tomato              1 cup Celery              1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              2.00 P              4.00 P              2.00 C              1.00 C              .50 C              .50 C              4.00 F              Calories:              420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelet              Sauté all vegetables until softened, mix in egg and chopped chicken, cook until set. Add seasoning to taste 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 1/2 Apricots              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>Combine these ingredients for a refreshing snack!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:5 F:5</b></p> <p>2 1/2 cups Chicken noodle soup              2 oz Hard cheeses, light/low fat</p>	<p>Item              Portions              5.00 A              2.00 P              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Turkey breast, skinless              4 1/2 cups Broccoli              3/4 cup Onions              2/3 cup Applesauce              5 tbsp Almonds, slivered</p>	<p>Item              Portions              7.00 P              1.50 C              1.50 C              2.00 C              5.00 F              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Quick Turkey Dinner              Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)              14 grams Protein powder              1 Peach              2/3 tsp Olive or monounsaturated oil</p>	<p>Item              Portions              1.00 PC              2.00 P              1.00 C              2.00 F              Calories:              210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 83

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 4 Peppers (bell or cubanelle) 2 cups Broccoli 2 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C .67 C 1.33 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry Try using some thyme in this for extra flavor!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Shrimp 3/4 cup Pasta 1 cup Tomato sauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Shrimp &amp; Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p><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 Blueberries 6 Pecans</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, Protein, Blueberries &amp; Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Day: 84

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>12 Egg whites          4 cups Mushrooms          3 cups Tomatoes          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 C          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C: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:7 C:5 F:5</b></p> <p>7 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          7.00 P          1.50 C          .50 C          3.00 C          5.00 F          Calories:          511</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>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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Yogurt, plain, low fat          1 cup Strawberries          2 tbsp Almonds, slivered          1/2 cup Ricotta cheese, skim</p>	<p>Item Portions          1.00 PC          1.00 C          2.00 F          2.00 P          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

**Total Daily Portions:** Protein: 27 Carbohydrates: 18 Fat: 18 Calories: 1890  
 \*\* 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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
297 1/2 grams Protein powder	4 cups Grapes	33 2/3 tsp Olive or monounsaturated oil	6 3/4 cups Yogurt, plain, low fat
3 3/4 cups Ricotta cheese, skim	3 1/3 cups Mandarin orange, canned	12 Walnuts	8 cups Milk, low fat (1%)
24 oz Chicken breast, deli style	1 1/2 cups Blueberries	12 tbsp Almonds, slivered	2 1/2 cups Chicken noodle soup
10 1/2 oz Salmon steak	3/4 Cantaloupe	6 Cashews	
7 oz Feta cheese, light/low fat	1 2/3 cups Honeydew melon	6 Pecans	
7 oz Turkey breast, skinless	1 cup Zucchini		
20 Egg whites	6 Peppers (bell or cubanelle)		
2 oz Hard cheeses, light/low fat	1 Peach		
7 oz Beef, lean cuts	2 1/2 cups Cereal, cold		
21 oz Chicken breast, skinless, Grilled	1/3 Banana		
21 oz Shrimp	7 cups Spinach		
7 oz Pork chop	1 3/4 cups Pasta		
10 1/2 oz Ground beef (< 10% fat)	6 cups Broccoli		
	1 1/3 cups Rice		
	3 1/2 cups Peaches, canned		
	1 1/2 cups Raspberries		
	12 spears Asparagus		
	2 2/3 cups Potato		
	1/4 Nectarine		
	1/4 Orange		
	1/4 head Lettuce, iceberg		
	5 cups Mushrooms		
	1 1/2 cups Onions		
	3 cups Celery		
	4 cups Cucumber		
	3 cups Pineapple		
	1 Kiwi		
	1 1/2 Apricots		
	1 cup Tomato sauce		
	1 cup Strawberries		
	3 Tomatoes		
	3 cups Tomato, canned		
	1 cup Applesauce		
	1 1/2 cups Beans, green or yellow		
	3/4 cup Watermelon		
	5 cups Lettuce, romaine		
	1/4 cup Blackberries		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
273 grams Protein powder	2 cups Cereal, cold	34 2/3 tsp Olive or monounsaturated oil	11 cups Milk, low fat (1%)
21 oz Chicken breast, deli style	3 cups Grapes	13 tbsp Almonds, slivered	5 1/2 cups Yogurt, plain, low fat
14 oz Chicken breast, skinless	1 Peach	21 Almonds, whole	
28 Egg whites	10 Peppers (bell or cubanelle)	6 Walnuts	
10 1/2 oz Swordfish	6 Tomatoes		
10 1/2 oz Turkey, ground	2 cups Zucchini		
7 oz Chicken drumstick	3 1/2 cups Onions		
6 oz Hard cheeses, light/low fat	3 1/2 cups Cauliflower		
14 oz Tuna, canned in water	11 cups Broccoli		
14 oz Beef, lean cuts	1 1/3 cups Rice		
7 oz Turkey breast, skinless	9 1/2 cups Mushrooms		
7 oz Feta cheese, light/low fat	5 cups Tomatoes		
1 1/4 cups Ricotta cheese, skim	3 cups Strawberries		
5 Eggs, whole	6 cups Lettuce, romaine		
7 oz Pork chop	6 cups Celery		
	2 3/4 cups Cucumber		
	3 1/2 cups Chickpeas		
	12 spears Asparagus		
	3 1/4 cups Beans, green or yellow		
	2 Kiwis		
	1 Apple		
	1/2 cup Carrots		
	1 cup Peas		
	1/2 cup Tomato sauce		
	1/2 cup Peaches, canned		
	1 cup Bran cereal, all varieties		
	1/3 cup Mango		
	1 cup Applesauce		
	1 Plum		
	1/2 Pear		
	10 1/2 cups Spinach		
	1 cup Pasta		
	1/3 cup Mandarin orange, canned		
	1/2 Grapefruit		
	1 1/2 cups Raspberries		
	1/2 cup Blueberries		
	1/2 cup Pineapple		
	2 cups Sauerkraut		
	1 cup Fruit cocktail		

## Grocery List

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



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
24 Egg whites	2 Apples	32 1/3 tsp Olive or monounsaturated oil	13 cups Milk, low fat (1%)
273 grams Protein powder	3 Tomatoes	12 Almonds, whole	5 1/2 cups Yogurt, plain, low fat
10 1/2 oz Turkey, ground	2 cups Onions	19 tbsp Almonds, slivered	
7 oz Chicken breast, skinless	1/2 cup Carrots	12 Walnuts	
3 cups Ricotta cheese, skim	1 1/4 cups Chickpeas	6 Cashews	
45 oz Chicken breast, deli style	2 cups Cauliflower		
21 oz Salmon steak	4 1/2 cups Broccoli		
2 oz Hard cheeses, light/low fat	2/3 cup Rice		
14 oz Feta cheese, light/low fat	7 Peppers (bell or cubanelle)		
7 oz Beef, lean cuts	1/2 Kiwi		
10 1/2 oz Ground beef (< 10% fat)	3 cups Strawberries		
7 oz Pork chop	2 cups Cereal, cold		
7 oz Chicken drumstick	5 cups Grapes		
	2 1/2 cups Raspberries		
	1 1/2 cups Blueberries		
	3/4 Cantaloupe		
	2 cups Honeydew melon		
	2 cups Zucchini		
	3 1/3 cups Mandarin orange, canned		
	1/4 Nectarine		
	1/4 Orange		
	10 1/2 cups Spinach		
	2 cups Celery		
	1 1/3 cups Applesauce		
	2 cups Pasta		
	12 spears Asparagus		
	2 2/3 cups Potato		
	1 Plum		
	1 1/2 cups Pineapple		
	1 1/2 cups Beans, green or yellow		
	3 cups Lettuce, romaine		
	1 cup Cucumber		
	1 cup Peas		
	1/2 cup Tomato sauce		
	1/2 Pear		
	1/2 Grapefruit		

## Grocery List

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
28 Egg whites	1 Apple	33 tsp Olive or monounsaturated oil	11 cups Milk, low fat (1%)
290 1/2 grams Protein powder	2 3/4 cups Onions	18 Almonds, whole	7 1/4 cups Yogurt, plain, low fat
14 oz Tuna, canned in water	1 1/2 cups Beans, green or yellow	19 tbsp Almonds, slivered	
21 oz Shrimp	3 cups Chickpeas	6 Pecans	
1 cup Ricotta cheese, skim	1 1/2 cups Pasta		
42 oz Chicken breast, deli style	2 1/2 cups Tomato sauce		
14 oz Chicken breast, skinless	1 Peach		
7 oz Pork chop	3 1/2 cups Cereal, cold		
6 oz Hard cheeses, light/low fat	1/3 Banana		
7 oz Turkey breast, skinless	1 1/2 cups Blueberries		
10 1/2 oz Salmon steak	3/4 Cantaloupe		
7 oz Chicken drumstick	4 cups Grapes		
	1 2/3 cups Honeydew melon		
	2 cups Cauliflower		
	6 cups Broccoli		
	2/3 cup Rice		
	5 Peppers (bell or cubanelle)		
	1 cup Strawberries		
	1/4 cup Pineapple		
	6 cups Lettuce, romaine		
	6 cups Mushrooms		
	2 cups Celery		
	2 cups Cucumber		
	2 cups Sauerkraut		
	1 cup Fruit cocktail		
	1/3 cup Mango		
	1 cup Applesauce		
	3 cups Tomato, canned		
	1 cup Bran cereal, all varieties		
	1 1/2 Apricots		
	1/4 Nectarine		
	1/4 Orange		
	1/2 Pear		
	1 cup Zucchini		
	1 1/3 cups Mandarin orange, canned		
	1/4 cup Blackberries		
	2 cups Peaches, canned		
	1/2 cup Raspberries		
	1 cup Peas		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
294 grams Protein powder	3 cups Grapes	30 2/3 tsp Olive or monounsaturated oil	3 cups Yogurt, plain, low fat
4 1/4 cups Ricotta cheese, skim	2 1/3 cups Mandarin orange, canned	24 Walnuts	8 cups Milk, low fat (1%)
7 oz Feta cheese, light/low fat	7 cups Spinach	12 Almonds, whole	5 cups Chicken noodle soup
21 oz Beef, lean cuts	1 cup Pasta	12 tbsp Almonds, slivered	
4 oz Hard cheeses, light/low fat	6 cups Celery		
7 oz Turkey breast, skinless	2 1/2 Kiwis		
32 Egg whites	2 Plums		
24 oz Chicken breast, deli style	4 1/2 cups Cereal, cold		
7 oz Chicken drumstick	4 cups Strawberries		
7 oz Tuna, canned in water	11 cups Broccoli		
7 oz Pork chop	1 1/3 cups Rice		
10 1/2 oz Ground beef (< 10% fat)	2 1/2 cups Peaches, canned		
7 oz Chicken breast, skinless	6 cups Mushrooms		
	5 cups Tomatoes		
	1 1/2 cups Blueberries		
	5/8 Cantaloupe		
	1 2/3 cups Honeydew melon		
	1 cup Peas		
	1/2 cup Tomato sauce		
	1 3/4 cups Onions		
	3/4 cup Beans, green or yellow		
	3/4 cup Chickpeas		
	2 cups Sauerkraut		
	1 cup Fruit cocktail		
	3 2/3 cups Potato		
	2 cups Raspberries		
	24 spears Asparagus		
	1/2 Grapefruit		
	1 Tomato		
	4 Peppers (bell or cubanelle)		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
301 grams Protein powder	3 cups Pineapple	32 tsp Olive or monounsaturated oil	7 1/2 cups Yogurt, plain, low fat
2 1/4 cups Ricotta cheese, skim	3 cups Raspberries	16 tbsp Almonds, slivered	11 cups Milk, low fat (1%)
21 oz Chicken breast, skinless	5 3/4 cups Cucumber	12 Cashews	2 1/2 cups Chicken noodle soup
10 1/2 oz Shrimp	8 cups Lettuce, romaine	3 Almonds, whole	
21 oz Feta cheese, light/low fat	4 Tomatoes	6 Pecans	
14 oz Beef, lean cuts	2 cups Celery	6 Walnuts	
6 oz Hard cheeses, light/low fat	2/3 cup Mandarin orange, canned		
21 oz Turkey breast, skinless	2 cups Peaches, canned		
5 Eggs, whole	3 cups Grapes		
8 Egg whites	17 1/2 cups Spinach		
10 1/2 oz Swordfish	3 cups Pasta		
	24 spears Asparagus		
	20 cups Broccoli		
	1 cup Potato		
	1 Plum		
	1 cup Bran cereal, all varieties		
	4 1/2 cups Mushrooms		
	2 cups Tomatoes		
	2 cups Onions		
	1 1/3 cups Applesauce		
	1 1/2 cups Strawberries		
	2 1/2 cups Cereal, cold		
	1 Kiwi		
	2 cups Rice		
	1 1/2 cups Watermelon		
	2 1/2 cups Beans, green or yellow		
	1 1/2 cups Cauliflower		
	1/2 cup Chickpeas		
	1/2 cup Blueberries		
	1/4 head Lettuce, iceberg		
	1/2 Grapefruit		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
28 Egg whites	6 1/2 cups Peaches, canned	36 1/3 tsp Olive or monounsaturated oil	8 cups Milk, low fat (1%)
1 1/2 cups Ricotta cheese, skim	2/3 cup Mandarin orange, canned	6 Walnuts	7 1/2 cups Yogurt, plain, low fat
35 oz Chicken breast, skinless, Grilled	3/4 head Lettuce, iceberg	11 tbsp Almonds, slivered	
266 grams Protein powder	7 cups Mushrooms	6 Almonds, whole	
10 oz Hard cheeses, light/low fat	12 Peppers (bell or cubanelle)	6 Pecans	
7 oz Tuna, canned in water	3 1/4 cups Onions		
21 oz Pork chop	2 cups Cauliflower		
10 1/2 oz Turkey, ground	11 cups Broccoli		
10 1/2 oz Shrimp	2 cups Rice		
14 oz Turkey breast, skinless	1/4 Nectarine		
10 1/2 oz Chicken breast, deli style	1/4 Orange		
	2 cups Bran cereal, all varieties		
	5 cups Grapes		
	1 Peach		
	3/4 cup Pineapple		
	2 1/4 cups Chickpeas		
	2 cups Applesauce		
	1 1/2 cups Beans, green or yellow		
	3/8 Cantaloupe		
	2/3 cup Honeydew melon		
	2 Tomatoes		
	1/2 cup Carrots		
	4 cups Sauerkraut		
	2 cups Fruit cocktail		
	1 cup Cereal, cold		
	1 1/2 Apricots		
	2 cups Tomatoes		
	3/4 cup Pasta		
	1 cup Tomato sauce		
	2 cups Strawberries		
	3/4 cup Watermelon		
	3 cups Lettuce, romaine		
	1 cup Celery		
	1 cup Cucumber		
	1/2 cup Raspberries		
	1/2 cup Blueberries		

## Grocery List

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
273 grams Protein powder	4 1/2 cups Pineapple	35 1/3 tsp Olive or monounsaturated oil	7 1/2 cups Yogurt, plain, low fat
7 oz Feta cheese, light/low fat	14 cups Spinach	6 Cashews	8 cups Milk, low fat (1%)
10 1/2 oz Ground beef (< 10% fat)	1 cup Pasta	9 Almonds, whole	
14 oz Tuna, canned in water	1 2/3 cups Potato	13 tbsp Almonds, slivered	
14 oz Beef, lean cuts	2 Peaches	6 Walnuts	
36 Egg whites	3 1/2 cups Grapes		
14 oz Chicken breast, skinless	2 cups Strawberries		
21 oz Shrimp	2 3/4 cups Chickpeas		
1 cup Ricotta cheese, skim	11 cups Celery		
7 oz Pork chop	2 Kiwis		
24 oz Chicken breast, deli style	2 1/3 cups Mandarin orange, canned		
5 Eggs, whole	1 Plum		
7 oz Turkey breast, skinless	2 cups Peaches, canned		
	8 3/4 cups Cucumber		
	11 cups Lettuce, romaine		
	10 Peppers (bell or cubanella)		
	5 Tomatoes		
	1 Apple		
	4 1/2 cups Mushrooms		
	8 cups Broccoli		
	2 cups Tomatoes		
	1 cup Applesauce		
	1 1/2 cups Beans, green or yellow		
	1 cup Onions		
	3/8 Cantaloupe		
	1 1/2 Apricots		
	1 cup Blueberries		
	2/3 cup Honeydew melon		
	1/3 cup Mango		
	1/2 cup Raspberries		
	2 cups Rice		
	1/2 cup Blackberries		
	1/2 Pear		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
266 grams Protein powder	2 3/4 cups Pineapple	38 tsp Olive or monounsaturated oil	6 1/2 cups Yogurt, plain, low fat
35 oz Chicken breast, skinless	4 cups Cucumber	4 tbsp Almonds, slivered	8 cups Milk, low fat (1%)
24 Egg whites	5 cups Lettuce, romaine	6 Cashews	
31 1/2 oz Chicken breast, deli style	13 Peppers (bell or cubanelle)	18 Walnuts	
4 oz Hard cheeses, light/low fat	8 Tomatoes		
4 cups Ricotta cheese, skim	5 1/2 cups Cauliflower		
10 1/2 oz Salmon steak	4 cups Onions		
7 oz Chicken drumstick	3 cups Broccoli		
21 oz Shrimp	1 1/3 cups Rice		
7 oz Feta cheese, light/low fat	3 1/2 cups Grapes		
10 1/2 oz Swordfish	16 cups Mushrooms		
	6 cups Tomatoes		
	7 cups Zucchini		
	1 Peach		
	1 cup Bran cereal, all varieties		
	3 1/3 cups Mandarin orange, canned		
	6 cups Tomato, canned		
	1/3 cup Mango		
	1 cup Peas		
	1 1/2 cups Tomato sauce		
	2 Kiwis		
	2 1/2 cups Raspberries		
	2 cups Celery		
	1 cup Cereal, cold		
	1 1/2 cups Strawberries		
	3 1/2 cups Spinach		
	1 3/4 cups Pasta		
	1/2 Grapefruit		
	1/2 Pear		
	12 spears Asparagus		
	2 1/2 cups Beans, green or yellow		
	1/2 cup Chickpeas		

## Grocery List

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
20 Egg whites	1 Apple	35 2/3 tsp Olive or monounsaturated oil	12 cups Milk, low fat (1%)
266 grams Protein powder	2 Peaches	9 tbsp Almonds, slivered	4 1/2 cups Yogurt, plain, low fat
21 oz Chicken breast, deli style	6 Peppers (bell or cubanelle)	12 Almonds, whole	
21 oz Swordfish	4 Tomatoes	12 Walnuts	
5 Eggs, whole	3 cups Zucchini	6 Pecans	
2 oz Hard cheeses, light/low fat	2 3/4 cups Onions		
10 1/2 oz Turkey, ground	36 spears Asparagus		
7 oz Beef, lean cuts	7 1/4 cups Beans, green or yellow		
3 3/4 cups Ricotta cheese, skim	3 cups Cauliflower		
14 oz Tuna, canned in water	3 1/4 cups Chickpeas		
10 1/2 oz Salmon steak	1/3 cup Mango		
14 oz Pork chop	3 cups Cereal, cold		
14 oz Chicken breast, skinless	3 cups Grapes		
7 oz Turkey breast, skinless	1 cup Blueberries		
	1/4 Cantaloupe		
	2/3 cup Honeydew melon		
	9 cups Broccoli		
	7 cups Spinach		
	1 1/3 cups Applesauce		
	6 cups Mushrooms		
	1/2 cup Carrots		
	1 cup Potato		
	1 Kiwi		
	2/3 Banana		
	1 cup Strawberries		
	2 cups Mandarin orange, canned		
	1/2 cup Pineapple		
	2 cups Sauerkraut		
	1 cup Fruit cocktail		
	1/4 Nectarine		
	1/4 Orange		
	3 1/2 cups Peaches, canned		
	1/2 Pear		
	3 cups Tomato, canned		
	1/2 Grapefruit		
	1 cup Raspberries		
	3/4 cup Watermelon		
	1/4 head Lettuce, iceberg		
	1 1/3 cups Rice		

## Grocery List

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



Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
10 Eggs, whole	6 cups Broccoli	37 tsp Olive or monounsaturated oil	10 cups Milk, low fat (1%)
294 grams Protein powder	17 1/2 cups Spinach	27 Almonds, whole	6 1/2 cups Yogurt, plain, low fat
21 oz Chicken breast, skinless	2 cups Strawberries	6 tbsp Almonds, slivered	
21 oz Beef, lean cuts	10 1/2 cups Mushrooms		
2 oz Hard cheeses, light/low fat	3 cups Tomato, canned		
10 1/2 oz Shrimp	12 cups Celery		
12 Egg whites	4 1/2 Kiwis		
10 1/2 oz Chicken breast, deli style	1 1/3 cups Mandarin orange, canned		
10 1/2 oz Ground beef (< 10% fat)	3 cups Cereal, cold		
2 cups Ricotta cheese, skim	2 cups Grapes		
7 oz Tuna, canned in water	1 1/3 cups Applesauce		
7 oz Feta cheese, light/low fat	7 3/4 cups Cucumber		
7 oz Chicken drumstick	13 cups Lettuce, romaine		
10 1/2 oz Turkey, ground	9 Peppers (bell or cubanelle)		
7 oz Pork chop	3 1/4 cups Pineapple		
	10 Tomatoes		
	1/4 Cantaloupe		
	1/3 cup Honeydew melon		
	3 cups Tomatoes		
	1 1/2 Apricots		
	2 cups Zucchini		
	1 1/2 cups Onions		
	1 2/3 cups Potato		
	1/2 cup Peaches, canned		
	2/3 Banana		
	1 1/2 cups Chickpeas		
	2/3 cup Rice		
	1 cup Pasta		
	1 cup Peas		
	1/2 cup Tomato sauce		
	3/4 cup Watermelon		
	1/2 cup Carrots		
	1/2 cup Blackberries		
	1/2 cup Blueberries		
	1/2 cup Raspberries		
	1 1/2 cups Beans, green or yellow		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 1890 Calories

Protein	Carbohydrates	Fats	Other
329 grams Protein powder	2 cups Cereal, cold	31 1/3 tsp Olive or monounsaturated oil	6 cups Milk, low fat (1%)
2 1/4 cups Ricotta cheese, skim	3 cups Grapes	6 Walnuts	5 cups Chicken noodle soup
4 oz Hard cheeses, light/low fat	1 cup Mandarin orange, canned	16 tbsp Almonds, slivered	5 1/2 cups Yogurt, plain, low fat
10 1/2 oz Swordfish	12 spears Asparagus	6 Almonds, whole	
16 1/2 oz Chicken breast, deli style	3 1/4 cups Beans, green or yellow	6 Pecans	
28 Egg whites	1 1/2 cups Cauliflower		
10 1/2 oz Turkey, ground	1 3/4 cups Chickpeas		
21 oz Beef, lean cuts	1 cup Peaches, canned		
7 oz Feta cheese, light/low fat	4 cups Onions		
10 1/2 oz Ground beef (< 10% fat)	10 1/2 cups Spinach		
7 oz Turkey breast, skinless	8 Tomatoes		
7 oz Chicken breast, skinless	7 cups Celery		
10 1/2 oz Shrimp	3 Peaches		
7 oz Tuna, canned in water	10 cups Mushrooms		
	1/2 cup Carrots		
	1 1/3 cups Rice		
	6 Peppers (bell or cubanelle)		
	6 cups Lettuce, romaine		
	3 1/2 cups Cucumber		
	1/4 Nectarine		
	1/4 Orange		
	2 cups Blueberries		
	3/8 Cantaloupe		
	2/3 cup Honeydew melon		
	2 cups Raspberries		
	1 3/4 cups Pasta		
	1 2/3 cups Potato		
	1/3 cup Mango		
	1 1/2 Apricots		
	6 1/2 cups Broccoli		
	2/3 cup Applesauce		
	1 cup Pineapple		
	2 cups Strawberries		
	5 cups Tomatoes		
	1 cup Tomato sauce		
	1 1/2 Kiwis		