

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 1

<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 PC 1.50 C 1.50 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>3 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1 cup Applesauce 15 Almonds, whole 1 1/4 cups Cottage cheese, light/low fat 2 Peaches</p>	<p>Item Portions 3.00 C 5.00 F 5.00 P 2.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts</p>	<p>Item Portions 3.00 P 1.00 PC 3.00 C 1.67 F 1.67 F .67 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>10 1/2 cups Spinach 1/2 cup Onions 5 oz Chicken breast, skinless 1 1/2 cups Shallots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 C 1.00 C 5.00 P 1.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Spinach Chicken Create a vegetable mixture by sauteing the vegetables and seasoning with salt, pepper, and thyme. Put the chicken in a small baking dish, put vegetables on top, and cover with foil. Bake on high for 45 minutes or until done.</p>

Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911

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

Have you had your Protein Smoothie today?

Notes:

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Day: 2

<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil 1 cup Peaches, canned</p>	<p>Item Portions 2.00 P 2.00 PC 4.00 F 2.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1 1/2 tsp Almond butter 1 cup Honeydew melon 12 Cherries</p>	<p>Item Portions 3.00 P 3.00 F 1.50 C 1.50 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Melon-Cherry Protein Pops Combine water, nut butter, protein powder and melon in the blender. Add flavouring extract and cherries and blend until smooth. Pour evenly into popsicle molds. Freeze for 3-4 hours.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken breast, skinless 1 Nectarine 1 1/2 slice Whole grain bread 1/2 tsp Olive or monounsaturated oil 3 1/2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 3.00 C 1.50 F 3.50 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1/4 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Milk, low fat (1%) 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 2.00 P 1.00 PC 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 5 oz Pork chop</p>	<p>Item Portions 2.00 C 1.00 C .50 C .50 C 1.00 C 5.00 F 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Have a Protein Smoothie, be Empowered</p>		

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Day: 3

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 2 cups Milk, low fat (1%) 2/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>3/4 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Mix cottage cheese and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Bass, freshwater 24 spears Asparagus 3 cups Broccoli 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Bass with Vegetables Prepare the fish any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 2/3 cup Mango 1 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 P 4.00 F 2.00 C 2.00 PC Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 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 5.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>+ energized + transformed + empowered +</p>		

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Day: 4

<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil 16 Cherries</p>	<p>Item Portions 2.00 P 2.00 PC 4.00 F 2.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>1/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 1 cup Yogurt, plain, low fat 18 Peanuts</p>	<p>Item Portions 1.00 P 1.00 C 2.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Tuna, canned in water 2 1/2 cups Beans, green or yellow 1 1/2 cups Broccoli 1 cup Cauliflower 1 Pepper (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 1 cup Onions</p>	<p>Item Portions 5.00 P 1.67 C .50 C .25 C .50 C 5.00 F 2.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Tuna with Vegetables Although you can eat the vegetables raw, the flavor of this meal will be improved if you lightly saute them first and season. This meal is easy to prepare beforehand, throw in a container and take with you. Giving it a quick shake before you eat it ensures a variety of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 P 2.00 C 4.00 F 2.00 PC Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Turkey breast, skinless 2 cups Celery 2 Peppers (bell or cubanelle) 1 cup Water chestnuts 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Roasted Turkey Skewers Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

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

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Day: 5

<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil 1/2 Nectarine 1/2 Orange</p>	<p>Item Portions 2.00 P 2.00 PC 4.00 F 1.00 C 1.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>3 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken drumstick 3 cups Beans, green or yellow 12 ears Corn, baby ears 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Spicy Roasted Chicken Create a basting mixture out of oil and spicy seasonings: salt, cayenne pepper, chili powder and garlic are good choices. Rub mixture into chicken, then roast until done. Enjoy vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil 3 Plums</p>	<p>Item Portions 3.00 P 1.00 PC 4.00 F 3.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 6 oz Haddock</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 C 2.00 C 5.00 F 4.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p align="center">Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Slim, Slender and Sexy + www.myslimappeal.com</p>		

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Day: 6

<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>21 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 cup Peaches, canned 1 cup Milk, low fat (1%)</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 2.00 C 1.00 PC Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>4 1/2 oz Ham, deli style 3/4 Cantaloupe 9 Olives</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1/2 cup Onions 5 oz Beef, lean cuts 1 cup Tomato, puree 1 2/3 tsp Olive or monounsaturated oil 6 cups Broccoli</p>	<p>Item Portions 1.00 C 5.00 P 2.00 C 5.00 F 2.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1/2 cup Blueberries 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 1.00 PC 1.00 C 1.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 2/3 tsp Olive or monounsaturated oil 1 1/3 cups Sweet potato 3 cups Broccoli 5 oz Beef, lean cuts</p>	<p>Item Portions 5.00 F 4.00 C 1.00 C 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p align="center">Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">Check your Vitals + www.vitalforcemulti.com</p>		

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Day: 7

<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil 1 Pear</p>	<p>Item Portions 2.00 P 2.00 PC 4.00 F 2.00 C Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 Grapefruit 18 Peanuts</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>4 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>

Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911

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3 steps for success today: Nutrition + Training + Supplements

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Day: 8

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>21 grams Protein powder 1/2 cup Yogurt, plain, low fat 3 Peaches 4 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>30 Peanuts 1 1/4 Cantaloupes 7 1/2 oz Chicken breast, deli style</p>	<p>Item Portions 5.00 F 5.00 C 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Barbecued chicken breast with fruit and nuts. Simple but delicious!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Beef, lean cuts 4 cups Cauliflower 1 1/3 cups Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

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Day: 9

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>4 cups Milk, low fat (1%) 12 Cashews</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>2 Plums 5 oz Tuna, canned in water 5 tsp Mayonnaise 1 1/2 whole Pita</p>	<p>Item Portions 2.00 C 5.00 P 5.00 F 3.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 tsp Olive or monounsaturated oil 1 Tangerine</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Stuffed Pork Loin Pre-heat oven to 350. Chop vegetables, then lightly saute and season. Spread vegetable mixture over pork loin, then roll pork loin around mixture. Bake in oven until done, about 25 minutes.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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Day: 10

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>1/4 cup Cottage cheese, light/low fat 7 grams Protein powder 1 cup Yogurt, plain, low fat 1/4 Cantaloupe 1/2 cup Grapes 4 Macadamia nuts</p>	<p>Item Portions 1.00 P 1.00 P 2.00 PC 1.00 C 1.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork chop 1 1/2 cups Beans, green or yellow 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Rice and Vegetables Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Pineapple</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 4.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.</p>
<p>Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins, be active & eat well. www.empowerednutrition.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 11

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 Nectarine</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Cottage cheese, light/low fat 1 Cantaloupe 12 Cashews</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>7 1/2 oz Ham, deli style 2 slice Whole grain bread 1/2 Pear 15 Cashews</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 cup Pineapple</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 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 5.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820
*** Remember to drink between 10 and 12 glasses of water per day. ***

Meal Plans That Work Are Empowered www.empowerednutritionmealplans.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 12

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Cashews</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 Apple 30 Peanuts 1 1/2 cups Grapes</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F 3.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 2 Peaches 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 2/3 tsp Olive or monounsaturated oil 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 5 oz Chicken breast, skinless</p>	<p>Item Portions 5.00 F 3.00 C 1.00 C 1.00 C 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

Smoooooooooth... www.empoweredsmoothie.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 13

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>1 tsp Olive or monounsaturated oil 2 cups Milk, low fat (1%) 7 grams Protein powder 1/2 cup Grapes</p>	<p>Item Portions 3.00 F 2.00 PC 1.00 P 1.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken breast, skinless 1 1/8 cups Grapes 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.25 C 2.67 C 3.00 F 2.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

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

Notes:

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Day: 14

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 2/3 cup Mango</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Cottage cheese, light/low fat 2 Apples 12 Cashews</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Apples & Cashews The apples in this one really add to this great snack!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Powerful Proven Results @ www.empowerednutrition.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 15

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>4 cups Milk, low fat (1%) 12 Cashews</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>4 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>7 grams Protein powder 1 cup Yogurt, plain, low fat 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 2.00 PC 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 6 oz Haddock</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 C 2.00 C 5.00 F 4.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

Remember to take your vitamins and be empowered

Notes:

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 16

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 2/3 cup Mango</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>21 grams Protein powder 1/2 cup Yogurt, plain, low fat 3 Peaches 4 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1 cup Applesauce 15 Almonds, whole 1 1/4 cups Cottage cheese, light/low fat 2 Peaches</p>	<p>Item Portions 3.00 C 5.00 F 5.00 P 2.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>1 tsp Olive or monounsaturated oil 2 cups Milk, low fat (1%) 7 grams Protein powder 1/2 cup Grapes</p>	<p>Item Portions 3.00 F 2.00 PC 1.00 P 1.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 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 5.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

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

Notes:

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Day: 17

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>1/4 cup Cottage cheese, light/low fat 7 grams Protein powder 1 cup Yogurt, plain, low fat 1/4 Cantaloupe 1/2 cup Grapes 4 Macadamia nuts</p>	<p>Item Portions 1.00 P 1.00 P 2.00 PC 1.00 C 1.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 cup Grapes 24 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 2.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork chop 1 1/2 cups Beans, green or yellow 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Rice and Vegetables Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 cup Pineapple</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 2/3 tsp Olive or monounsaturated oil 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 5 oz Chicken breast, skinless</p>	<p>Item Portions 5.00 F 3.00 C 1.00 C 1.00 C 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911

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

Burn baby burn www.burnerfatloss.com

Notes:

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Day: 18

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>10 1/2 cups Spinach 1/2 cup Onions 5 oz Chicken breast, skinless 1 1/2 cups Shallots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 C 1.00 C 5.00 P 1.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Spinach Chicken Create a vegetable mixture by sauteing the vegetables and seasoning with salt, pepper, and thyme. Put the chicken in a small baking dish, put vegetables on top, and cover with foil. Bake on high for 45 minutes or until done.</p>
<p>Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>All the essentials for women, no hype + www.slimappealessentials.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 19

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 24 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken drumstick 3 cups Beans, green or yellow 12 ears Corn, baby ears 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Spicy Roasted Chicken Create a basting mixture out of oil and spicy seasonings: salt, cayenne pepper, chili powder and garlic are good choices. Rub mixture into chicken, then roast until done. Enjoy vegetables on the side.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 2 Peaches 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 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 5.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

Smooth, Slim, Simple www.slimappealfatloss.com

Notes:

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 20

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 Nectarine</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Cashews</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>2 Plums 5 oz Tuna, canned in water 5 tsp Mayonnaise 1 1/2 whole Pita</p>	<p>Item Portions 2.00 C 5.00 P 5.00 F 3.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Pineapple</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Turkey breast, skinless 2 cups Celery 2 Peppers (bell or cubanelle) 1 cup Water chestnuts 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Roasted Turkey Skewers Cut the meat and vegetables into chunks and stick on 8 inch skewers. Baste with olive oil and seasonings. Bake or grill until done. Enjoy!</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

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Notes:

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Day: 21

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>1 tsp Olive or monounsaturated oil 2 cups Milk, low fat (1%) 7 grams Protein powder 1/2 cup Grapes</p>	<p>Item Portions 3.00 F 2.00 PC 1.00 P 1.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>2 cups Raspberries 2 cups Strawberries 24 Peanuts 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 2.00 C 4.00 F 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken breast, skinless 1 1/8 cups Grapes 1 1/3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.25 C 2.67 C 3.00 F 2.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 2/3 tsp Olive or monounsaturated oil 1 1/3 cups Sweet potato 3 cups Broccoli 5 oz Beef, lean cuts</p>	<p>Item Portions 5.00 F 4.00 C 1.00 C 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
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Notes:

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Day: 22

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>2 Oranges 4 tbsp Avocado 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 C 4.00 F 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Avocado</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Tuna, canned in water 2 1/2 cups Beans, green or yellow 1 1/2 cups Broccoli 1 cup Cauliflower 1 Pepper (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 1 cup Onions</p>	<p>Item Portions 5.00 P 1.67 C .50 C .25 C .50 C 5.00 F 2.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Tuna with Vegetables Although you can eat the vegetables raw, the flavor of this meal will be improved if you lightly saute them first and season. This meal is easy to prepare beforehand, throw in a container and take with you. Giving it a quick shake before you eat it ensures a variety of tastes and flavors!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 tsp Olive or monounsaturated oil 1 Tangerine</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Meal plans work. Personalized nutrition delivers Powerful Proven Results. http://empowerednutrition.com</p>		

Notes:

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Day: 23

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Milk, low fat (1%)</p>	<p>Item Portions 2.00 P 1.00 C 3.00 F 1.00 C 1.00 PC Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Cottage cheese, light/low fat 2 Apples 12 Cashews</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Apples & Cashews The apples in this one really add to this great snack!</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>30 Peanuts 1 1/4 Cantaloupes 7 1/2 oz Chicken breast, deli style</p>	<p>Item Portions 5.00 F 5.00 C 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Barbecued chicken breast with fruit and nuts. Simple but delicious!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P .50 C .50 C 4.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

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Day: 24

<p>Breakfast - Meal Portions: P:4 C:4 F:4</p> <p>4 Egg whites 2 cups Milk, low fat (1%) 2/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 cups Strawberries 12 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 2.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>7 1/2 oz Ham, deli style 2 slice Whole grain bread 1/2 Pear 15 Cashews</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>

Total Daily Portions: Protein: 21 Carbohydrates: 21 Fat: 21 Calories: 1911
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Notes:

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Day: 25

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>4 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 Apple 30 Peanuts 1 1/2 cups Grapes</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F 3.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil 5 oz Pork chop</p>	<p>Item Portions 2.00 C 1.00 C .50 C .50 C 1.00 C 5.00 F 5.00 P Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

Have a Protein Smoothie, be Empowered

Notes:

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Day: 26

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 1/3 cups Applesauce 24 Peanuts 4 oz Hard cheeses, light/low fat</p>	<p>Item Portions 4.00 C 4.00 F 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Bass, freshwater 24 spears Asparagus 3 cups Broccoli 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Bass with Vegetables Prepare the fish any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 Nectarine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p align="center">Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">+ energized + transformed + empowered +</p>		

Notes:

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Day: 27

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>21 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 1/3 cups Applesauce 12 Cashews 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 C 4.00 F 4.00 P Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1/2 cup Onions 5 oz Beef, lean cuts 1 cup Tomato, puree 1 2/3 tsp Olive or monounsaturated oil 6 cups Broccoli</p>	<p>Item Portions 1.00 C 5.00 P 2.00 C 5.00 F 2.00 C Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Beef, lean cuts 4 cups Cauliflower 1 1/3 cups Rice 5 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>

Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820

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

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Day: 28

<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:4</p> <p>1 cup Cottage cheese, light/low fat 1 Cantaloupe 12 Cashews</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Chicken breast, skinless 1 Nectarine 1 1/2 slice Whole grain bread 1/2 tsp Olive or monounsaturated oil 3 1/2 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 2.00 C 3.00 C 1.50 F 3.50 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:3 C:3 F:3</p> <p>14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:5 C:5 F:5</p> <p>5 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 455</p>	<p>Preparation Suggestions:</p> <p>Stuffed Pork Loin Pre-heat oven to 350. Chop vegetables, then lightly saute and season. Spread vegetable mixture over pork loin, then roll pork loin around mixture. Bake in oven until done, about 25 minutes.</p>
<p>Total Daily Portions: Protein: 20 Carbohydrates: 20 Fat: 20 Calories: 1820 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>Slim, Slender and Sexy + www.myslimappeal.com</p>		

Notes:

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Day: 29

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 3.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>2 cups Won ton soup 2 oz Mozzarella cheese, light/low fat 3 Walnuts</p>	<p>Item Portions 4.00 A 2.00 P 1.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Beef, lean cuts 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 1/2 cups Broccoli 2 cups Cauliflower 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C .50 C .50 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef, Vegetables and Beans Grill the beef and set atop a mixed bean salad. Cauliflower can be enjoyed as a separate side dish. Season to taste and enjoy!</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Check your Vitals + www.vitalforcemulti.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 30

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>2 cups Milk, low fat (1%) 4 Macadamia nuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 F 2.00 P Calories: 292</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1 1/2 cups Bean sprouts 2 cups Bamboo shoots 2 1/2 cups Beans, green or yellow 1 1/2 cups Snow peas 1 tsp Peanut oil 12 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.67 C 1.00 C 3.00 F 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Oriental Chicken Peanut Stirfry Sauté chopped vegetables in peanut oil and seasoning of your choice (five spice mix is a good choice for this dish). Add cubed chicken and cook 'til done. Sprinkle peanuts on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Pork, lean 2 cups Sauerkraut 2/3 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 31

<p>Breakfast - Meal Portions: P:6 C:3 F:5</p> <p>1 cup Milk, low fat (1%) 4 Eggs, whole 3 cups Broccoli 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 5.00 F 1.00 P Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 8 Cherries 24 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Tomato, puree 1 1/2 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1/2 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>

Total Daily Portions: Protein: 26 Carbohydrates: 15 Fat: 23 Calories: 1889

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

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Notes:

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Day: 32

Snack - Meal Portions: P:4 C:2 F:4 28 grams Protein powder 2/3 Banana 24 Peanuts	Item Portions 4.00 P 2.00 C 4.00 F Calories: 292	Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Snack - Meal Portions: P:4 C:2 F:4 1 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 1/3 Apple 4 tbsp Almonds, slivered	Item Portions 4.00 P .33 C 1.00 C .67 C 4.00 F Calories: 292	Preparation Suggestions: Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!
Mid Meal - Meal Portions: P:6 C:4 F:5 9 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 1 Peach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 5.00 F Calories: 447	Preparation Suggestions: Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Snack - Meal Portions: P:4 C:2 F:4 28 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana	Item Portions 4.00 P 4.00 F 1.00 C 1.00 C Calories: 292	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:6 C:4 F:5 9 oz Ground beef (< 10% fat) 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 4.00 C 5.00 F Calories: 447	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Notes:

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Day: 33

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 24 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Pork, lean 3 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins, be active & eat well. www.empowerednutrition.com</p>		

Notes:

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Day: 34

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Raspberries 12 Cashews</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Beef, lean cuts 12 spears Asparagus 1 1/2 cups Beans, green or yellow 1 cup Broccoli 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 15 Almonds, whole</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .33 C .50 C .13 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Day: 35

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Pineapple</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Pistachio nuts 2 oz Hard cheeses, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 F 2.00 P Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Feta cheese, light/low fat 3 1/2 cups Spinach 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Turkey breast, skinless 2 cups Beans, green or yellow 1 cup Broccoli 1 1/4 cups Cauliflower 2/3 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.33 C .33 C .31 C 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Baked turkey breast with vegetables and applesauce on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Day: 36

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1/2 Orange 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/4 cup Blueberries 1/4 cup Raspberries 1/4 cup Strawberries 1/3 cup Oatmeal 4 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P .50 C .25 C .25 C 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Berries and Oatmeal Mix berries in a bowl and pour over a cottage cheese and oatmeal blend. Top with the almonds and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>2 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 A 1.00 PC 2.00 F 2.00 P Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1 cup Raspberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Raspberry Surprise Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 2 cups Broccoli 2 cups Cauliflower 3/5 cup Rice 1/2 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .67 C .50 C 1.80 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Day: 37

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 Plum 4 Macadamia nuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 1/2 cups Won ton soup 3 oz Tuna, canned in water 1/2 whole Pita 2 tsp Mayonnaise</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Ground beef (< 10% fat) 2 cups Bamboo shoots 3/4 cup Bean sprouts 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 3.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables, like salt, pepper, garlic and rosemary really enhances this quick meal. The applesauce is a great dessert!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 38

<p>Breakfast - Meal Portions: P:6 C:3 F:5</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Almonds, whole</p>	<p>Item Portions .50 PC .50 PC 5.00 P 2.00 C 3.00 F 2.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 6 Apricots 16 Pistachio nuts</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Apricot & Pistachio Mix all the ingredients together and enjoy cold. Prepares well in advance as well.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Haddock 4 cups Cauliflower 1 cup Onions 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Haddock with Grilled Vegetables Cut up the vegetables and lightly baste with olive oil and seasonings. Grill until they begin to blacken slightly. Cook the fish any way you like, serving the vegetables on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce 1/2 cup Grapes</p>	<p>Item Portions 4.00 P 4.00 F 1.00 C 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Sole 3 cups Leeks 1 1/2 cups Shallots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Grilled Sole with Leeks Brush baking dish with oil. Layer leeks on bottom of dish & place sole on top. In a bowl, combine garlic, shallot, dill, salt and pepper. Pour mixture into dish. Sprinkle with lemon herb and cover tightly. Bake for 20-30 minutes.</p>
<p>Total Daily Portions: Protein: 26 Carbohydrates: 15 Fat: 23 Calories: 1889 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Remember to take your vitamins and be empowered</p>		

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 39

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P .50 C 4.00 F .50 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 1/4 Peach 1/4 cup Strawberries 1/4 Apple 4 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .25 C .25 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 cup Milk, low fat (1%) 5 oz Beef, lean cuts 1 1/2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 1/2 cups Broccoli 2/3 cup Rice 1 1/3 cups Cauliflower 1/3 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C .33 C .67 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</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>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Notes:

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 40

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 12 Cashews</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>2 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil 1/8 cup Mango</p>	<p>Item Portions 4.00 P 1.00 C .50 C 4.00 F .38 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Beef, lean cuts 2/3 cup Potato 18 spears Asparagus 1 3/4 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.50 C .50 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Burn baby burn www.burnerfatloss.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 41

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 4 tbsp Almonds, slivered 1/4 Pear</p>	<p>Item Portions 1.00 PC 3.00 P .50 C 4.00 F .50 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 16 Pistachio nuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 Egg whites 4 Crackers 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 A 1.00 P 1.00 C 2.00 F 2.00 P Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 2 Peaches 1/3 cup Water chestnuts 1 1/2 cups Snow peas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken</p> <p>If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 42

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange 1/3 Banana</p>	<p>Item Portions 4.00 P 4.00 F 1.00 C 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>4 oz Mozzarella cheese, light/low fat 2 Pickles 12 Olives</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 1/2 cups Beef and barley soup 3 oz Hard cheeses, light/low fat 1/2 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Apple</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1/2 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C 1.00 C 1.50 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Smooth, Slim, Simple www.slimappealfatloss.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 43

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Pineapple</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>4 oz Mozzarella cheese, light/low fat 2 Pickles 12 Olives</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 1/2 cups Won ton soup 3 oz Tuna, canned in water 1/2 whole Pita 2 tsp Mayonnaise</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Turkey breast, skinless 2 cups Beans, green or yellow 1 cup Broccoli 1 1/4 cups Cauliflower 2/3 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.33 C .33 C .31 C 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Baked turkey breast with vegetables and applesauce on the side.</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Fight Fat + www.empoweredMMA.com</p>		

Notes:

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Day: 44

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 1/4 Peach 1/4 cup Strawberries 1/4 Apple 4 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .25 C .25 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1/2 cup Tomato, puree 1 1/2 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Apple</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 1/2 cups Broccoli 2/3 cup Rice 1 1/3 cups Cauliflower 1/3 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C .33 C .67 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</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>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Notes:

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Day: 45

<p>Breakfast - Meal Portions: P:6 C:3 F:5</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Almonds, whole</p>	<p>Item Portions .50 PC .50 PC 5.00 P 2.00 C 3.00 F 2.00 F Calories: 411</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 1/3 Apple 4 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P .33 C 1.00 C .67 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 1/2 cups Beef and barley soup 3 oz Hard cheeses, light/low fat 1/2 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 2 cups Broccoli 2 cups Cauliflower 3/5 cup Rice 1/2 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .67 C .50 C 1.80 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 26 Carbohydrates: 15 Fat: 23 Calories: 1889

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

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Notes:

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Day: 46

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 4 tbsp Almonds, slivered 1/4 Pear</p>	<p>Item Portions 1.00 PC 3.00 P .50 C 4.00 F .50 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Raspberries 12 Cashews</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce 1/2 cup Grapes</p>	<p>Item Portions 4.00 P 4.00 F 1.00 C 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Beef, lean cuts 2/3 cup Potato 18 spears Asparagus 1 3/4 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.50 C .50 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>WIN Cash and Prizes http://empowerednutrition.com</p>		

Notes:

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Day: 47

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1/2 Orange 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 12 Cashews</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Beef, lean cuts 12 spears Asparagus 1 1/2 cups Beans, green or yellow 1 cup Broccoli 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 15 Almonds, whole</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .33 C .50 C .13 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

Have you had your Protein Smoothie today?

Notes:

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Day: 48

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 16 Pistachio nuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>2 cups Won ton soup 2 oz Mozzarella cheese, light/low fat 3 Walnuts</p>	<p>Item Portions 4.00 A 2.00 P 1.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1 cup Raspberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Raspberry Surprise Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1/2 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

*** 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 - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 49

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange 1/3 Banana</p>	<p>Item Portions 4.00 P 4.00 F 1.00 C 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 Plum 4 Macadamia nuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Haddock 4 cups Cauliflower 1 cup Onions 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Haddock with Grilled Vegetables Cut up the vegetables and lightly baste with olive oil and seasonings. Grill until they begin to blacken slightly. Cook the fish any way you like, serving the vegetables on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Pork, lean 2 cups Sauerkraut 2/3 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 50

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 24 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Pork, lean 3 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Notes:

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Day: 51

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 2/3 Banana 24 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 1/4 cup Blueberries 1/4 cup Raspberries 1/4 cup Strawberries 1/3 cup Oatmeal 4 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P .50 C .25 C .25 C 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Berries and Oatmeal Mix berries in a bowl and pour over a cottage cheese and oatmeal blend. Top with the almonds and enjoy!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Feta cheese, light/low fat 3 1/2 cups Spinach 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Sole 3 cups Leeks 1 1/2 cups Shallots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Grilled Sole with Leeks Brush baking dish with oil. Layer leeks on bottom of dish & place sole on top. In a bowl, combine garlic, shallot, dill, salt and pepper. Pour mixture into dish. Sprinkle with lemon herb and cover tightly. Bake for 20-30 minutes.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

Slim, Slender and Sexy + www.myslimappeal.com

Notes:

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Day: 52

<p>Breakfast - Meal Portions: P:6 C:3 F:5</p> <p>1 cup Milk, low fat (1%) 4 Eggs, whole 3 cups Broccoli 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 5.00 F 1.00 P Calories: 411</p>	<p>Preparation Suggestions:</p> <p>Poach eggs and serve on a bed of steamed spinach and vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>2 cups Milk, low fat (1%) 4 Macadamia nuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 F 2.00 P Calories: 292</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>2 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 A 1.00 PC 2.00 F 2.00 P Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Beef, lean cuts 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 1/2 cups Broccoli 2 cups Cauliflower 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C .50 C .50 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef, Vegetables and Beans Grill the beef and set atop a mixed bean salad. Cauliflower can be enjoyed as a separate side dish. Season to taste and enjoy!</p>

Total Daily Portions: Protein: 26 Carbohydrates: 15 Fat: 23 Calories: 1889

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

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Notes:

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Day: 53

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Cottage cheese, light/low fat 6 Apricots 16 Pistachio nuts</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Apricot & Pistachio Mix all the ingredients together and enjoy cold. Prepares well in advance as well.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 cup Milk, low fat (1%) 5 oz Beef, lean cuts 1 1/2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil 1/8 cup Mango</p>	<p>Item Portions 4.00 P 1.00 C .50 C 4.00 F .38 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1/2 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C 1.00 C 1.50 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p align="center">Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p align="center">3 steps for success today: Nutrition + Training + Supplements</p>		

Notes:

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Day: 54

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Pistachio nuts 2 oz Hard cheeses, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 F 2.00 P Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 1 1/2 cups Bean sprouts 2 cups Bamboo shoots 2 1/2 cups Beans, green or yellow 1 1/2 cups Snow peas 1 tsp Peanut oil 12 Peanuts</p>	<p>Item Portions 6.00 P 1.00 C .50 C 1.67 C 1.00 C 3.00 F 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Oriental Chicken Peanut Stirfry Sauté chopped vegetables in peanut oil and seasoning of your choice (five spice mix is a good choice for this dish). Add cubed chicken and cook 'til done. Sprinkle peanuts on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana</p>	<p>Item Portions 4.00 P 4.00 F 1.00 C 1.00 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>6 oz Chicken breast, skinless 2 Peaches 1/3 cup Water chestnuts 1 1/2 cups Snow peas 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken</p> <p>If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Notes:

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Day: 55

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P .50 C 4.00 F .50 C Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 8 Cherries 24 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>2 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 2.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Day: 56

<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 3.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>
<p>Mid Meal - Meal Portions: P:6 C:4 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 Egg whites 4 Crackers 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 A 1.00 P 1.00 C 2.00 F 2.00 P Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:4</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:6 C:4 F:5</p> <p>9 oz Ground beef (< 10% fat) 2 cups Bamboo shoots 3/4 cup Bean sprouts 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P .50 C .50 C 3.00 C 5.00 F Calories: 447</p>	<p>Preparation Suggestions:</p> <p>Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables, like salt, pepper, garlic and rosemary really enhances this quick meal. The applesauce is a great dessert!</p>

Total Daily Portions: Protein: 24 Carbohydrates: 14 Fat: 22 Calories: 1770

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

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Notes:

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Day: 57

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>28 grams Protein powder 1/4 cup Blueberries 1/4 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 F 3.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 20 Pistachio nuts</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Bean sprouts 1 cup Bamboo shoots 1 cup Beans, green or yellow 3/4 cup Snow peas 1 tsp Peanut oil 12 Peanuts</p>	<p>Item Portions 7.00 P .67 C .25 C .67 C .50 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Oriental Chicken Peanut Stirfry Sauté chopped vegetables in peanut oil and seasoning of your choice (five spice mix is a good choice for this dish). Add cubed chicken and cook 'til done. Sprinkle peanuts on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Tangerine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Beef, lean cuts 3/4 cup Beans, green or yellow 1/4 cup Beans, black 1 cup Broccoli 1 cup Cauliflower 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .33 C .25 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef, Vegetables and Beans Grill the beef and set atop a mixed bean salad. Cauliflower can be enjoyed as a separate side dish. Season to taste and enjoy!</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 58

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/4 cup Raspberries 1/4 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 8 Cherries 30 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 5.00 F 2.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Haddock 6 spears Asparagus 3/4 cup Beans, green or yellow 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C .19 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Beef, lean cuts 4 spears Asparagus 1/4 cup Beans, green or yellow 1/2 cup Broccoli 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 7.00 P .33 C .17 C .17 C .13 C .13 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

Smoooooooooth... www.empoweredsmoothie.com

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 59

<p>Breakfast - Meal Portions: P:7 C:2 F:5</p> <p>10 Egg whites 1/2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/8 Cantaloupe 1/2 cup Grapes 1/3 cup Honeydew melon 5 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P .50 C 1.00 C .50 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 6 spears Asparagus 1/4 Peach 1/3 cup Mandarin orange, canned 1/4 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P .50 C .25 C 1.00 C .25 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/8 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .38 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 cup Bamboo shoots 1/2 cup Bean sprouts 1/2 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .33 C 1.50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables, like salt, pepper, garlic and rosemary really enhances this quick meal. The applesauce is a great dessert!</p>

Total Daily Portions: Protein: 30 Carbohydrates: 9 Fat: 25 Calories: 1839
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 60

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Raspberries 15 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 5.00 F 1.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Haddock 1 1/2 cups Broccoli 2 cups Cauliflower 1 1/2 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Haddock with vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/8 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 20 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1/8 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .13 PC 1.00 P 2.86 P .50 C .19 C .38 C 1.00 F 3.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Pork, lean 1/2 cup Mandarin orange, canned 1/4 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Vietnamese Sweet Pork with Onions A simple but tasty stirfry.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692

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

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 61

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Nectarine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 1/3 Apple 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 4.00 P .33 C 1.00 C .67 C 5.00 F 1.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Sole 1 1/2 cups Beans, green or yellow 2 cups Cauliflower 1/2 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Pan-fried sole with vegetables and fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 Peach 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>10 1/2 oz Chicken breast, deli style 3/4 cup Cabbage 1/4 cup Onions 1/2 Pepper (bell or cubanelle) 1/2 Orange 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .50 C .25 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Hot Chicken and Vegetable Salad Sauté strips of chicken until almost done, add chopped vegetables and lightly sauté. Season to taste (try salt, pepper, garlic, and thyme). Garnish with orange slices. A little low-fat salad dressing is great on this!</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692

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

Remember to take your vitamins and be empowered

Notes:

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 62

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/4 Peach 1/4 cup Strawberries 1/4 Apple 5 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C .25 C .25 C .50 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Beef, lean cuts 3/4 cup Cabbage 1 cup Bamboo shoots 1 cup Celery 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .25 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Spicy Asian Beef & Vegetables Sauté beef with olive oil and water until almost done. Add chopped vegetables, some rice wine vinegar if you have it, and some Soya sauce. Season with salt, pepper, garlic and ginger. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Nectarine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Pork chop 1/3 cup Applesauce 3/4 cup Beans, green or yellow 1 Pepper (bell or cubanelle) 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</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>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Notes:

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Day: 63

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 4 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 30 Peanuts</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Cod 1/4 head Lettuce, iceberg 1/4 cup Cucumber 1/4 Pepper (bell or cubanelle) 1/4 cup Onions 1/4 cup Snow peas 1/2 Nectarine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .06 C .13 C .50 C .17 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cod with a Salad Try pan-frying the cod until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/4 Tangerine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Pork chop 1 cup Sauerkraut 1/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Pork chops and sauerkraut with fruit for dessert. Enjoy!</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

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Day: 64

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>2 cups Milk, low fat (1%) 30 Peanuts 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 5.00 F 3.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cheese, Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy the cheese on the side!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1/2 Orange 1/2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/8 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .38 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 3/4 cup Bok choy 3/4 cup Scallions (green onions) 1/3 cup Water chestnuts 3/4 cup Snow peas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .25 C 1.00 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Chinese Chicken and Vegetables</p>
<p>Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>All the essentials for women, no hype + www.slimappealessentials.com</p>		

Notes:

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 65

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 Plum 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 30 Peanuts 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 5.00 F 1.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Tuna, canned in water 1/3 Banana 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1/4 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692

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

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Notes:

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 66

<p>Breakfast - Meal Portions: P:7 C:2 F:5</p> <p>3 oz Ham, lean 8 Egg whites 1 Pepper (bell or cubanelle) 6 spears Asparagus 1/3 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 4.00 P .50 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Another great omelet, this one with hash browns! Make hash browns by cubing a baked potato, then sautéing with seasonings until brown. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Grapes 15 Cashews</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes and Cashews Mix the cottage cheese and grapes together and top with cashews!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/4 Orange 1 1/2 cups Strawberries 15 Walnuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P .50 C 1.50 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>28 grams Protein powder 1/4 cup Blueberries 1/4 cup Raspberries 1/4 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1/2 cup Onions 1/4 cup Tomato, puree 6 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>

Total Daily Portions: Protein: 30 Carbohydrates: 9 Fat: 25 Calories: 1839

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

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Notes:

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<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/3 cup Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .44 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 2/3 cup Oatmeal 15 Cashews</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1/2 whole Pita 1/2 Orange 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and if desired top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Strawberries 1/8 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>10 1/2 oz Sole 1 1/2 cups Leeks 3/4 cup Shallots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Grilled Sole with Leeks Brush baking dish with oil. Layer leeks on bottom of dish & place sole on top. In a bowl, combine garlic, shallot, dill, salt and pepper. Pour mixture into dish. Sprinkle with lemon herb and cover tightly. Bake for 20-30 minutes.</p>
<p>Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Your best body ever in 12 weeks! http://empowerednutrition.com</p>		

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Day: 68

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Strawberries 1/8 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 30 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 F 3.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 1.00 F 4.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/8 Nectarine 1/8 Orange 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Beef, lean cuts 9 spears Asparagus 1/3 cup Potato 1 cup Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .75 C 1.00 C .33 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
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Day: 69

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/3 cup Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .44 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>2 cups Milk, low fat (1%) 5 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 5.00 F 3.00 P Calories: 347</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/2 cup Pineapple 1/2 Nectarine 15 Walnuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>28 grams Protein powder 1/4 Orange 1/2 cup Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P .50 C .50 C 3.00 F 1.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1/4 cup Grapes 1 cup Cauliflower 3/4 cup Broccoli 1/3 cup Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .25 C .25 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p align="center">Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">WIN Cash and Prizes http://empowerednutrition.com</p>		

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Day: 70

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/8 cup Blueberries 1/8 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .38 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 2/3 cup Fruit cocktail 30 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1/2 cup Milk, low fat (1%) 6 1/2 oz Beef, lean cuts 1/2 cup Strawberries 1/2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions .50 PC 6.50 P .50 C 1.00 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 cup Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1/2 cup Cauliflower 1/3 cup Rice 3/4 cup Broccoli 1/8 cup Onions 3/4 Pepper (bell or cubanella) 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C 1.00 C .25 C .25 C .38 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</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>

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Have you had your Protein Smoothie today?

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Day: 71

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>28 grams Protein powder 1/4 cup Blueberries 1/4 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 F 3.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 30 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 F 3.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1/2 Orange 1/2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Nectarine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1/2 cup Onions 1/4 cup Tomato, puree 6 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692

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Have a Protein Smoothie, be Empowered

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Day: 72

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/3 cup Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .44 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 2/3 cup Fruit cocktail 30 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/4 Orange 1 1/2 cups Strawberries 15 Walnuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P .50 C 1.50 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/8 Nectarine 1/8 Orange 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Pork, lean 1/2 cup Mandarin orange, canned 1/4 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Vietnamese Sweet Pork with Onions A simple but tasty stirfry.</p>

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+ energized + transformed + empowered +

Notes:

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Day: 73

<p>Breakfast - Meal Portions: P:7 C:2 F:5</p> <p>10 Egg whites 1/2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/8 Cantaloupe 1/2 cup Grapes 1/3 cup Honeydew melon 5 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P .50 C 1.00 C .50 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Cod 1/4 head Lettuce, iceberg 1/4 cup Cucumber 1/4 Pepper (bell or cubanelle) 1/4 cup Onions 1/4 cup Snow peas 1/2 Nectarine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .06 C .13 C .50 C .17 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cod with a Salad Try pan-frying the cod until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/8 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .38 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1/4 cup Grapes 1 cup Cauliflower 3/4 cup Broccoli 1/3 cup Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .25 C .25 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>

Total Daily Portions: Protein: 30 Carbohydrates: 9 Fat: 25 Calories: 1839
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Day: 74

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>2 cups Milk, low fat (1%) 30 Peanuts 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 5.00 F 3.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cheese, Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy the cheese on the side!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 1.00 F 4.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/4 Tangerine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 cup Bamboo shoots 1/2 cup Bean sprouts 1/2 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .33 C 1.50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables, like salt, pepper, garlic and rosemary really enhances this quick meal. The applesauce is a great dessert!</p>

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Day: 75

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 8 Cherries 30 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 5.00 F 2.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Tuna, canned in water 1/3 Banana 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1/2 cup Cauliflower 1/3 cup Rice 3/4 cup Broccoli 1/8 cup Onions 3/4 Pepper (bell or cubanella) 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C 1.00 C .25 C .25 C .38 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</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>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 76

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 Plum 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Fruit cocktail 30 Peanuts 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 5.00 F 1.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Beef, lean cuts 3/4 cup Cabbage 1 cup Bamboo shoots 1 cup Celery 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .25 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Spicy Asian Beef & Vegetables Sauté beef with olive oil and water until almost done. Add chopped vegetables, some rice wine vinegar if you have it, and some Soya sauce. Season with salt, pepper, garlic and ginger. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>28 grams Protein powder 1/4 cup Blueberries 1/4 cup Raspberries 1/4 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P .50 C .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Pork chop 1/3 cup Applesauce 3/4 cup Beans, green or yellow 1 Pepper (bell or cubanelle) 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</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>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Day: 77

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 20 Pistachio nuts</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Sole 1 1/2 cups Beans, green or yellow 2 cups Cauliflower 1/2 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Pan-fried sole with vegetables and fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 cup Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Pork chop 1 cup Sauerkraut 1/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Pork chops and sauerkraut with fruit for dessert. Enjoy!</p>
<p>Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Put up a fight, be empowered and visit www.empoweredMMA.com</p>		

Notes:

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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Day: 78

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Strawberries 1/8 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Raspberries 15 Cashews 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 5.00 F 1.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1/2 cup Milk, low fat (1%) 6 1/2 oz Beef, lean cuts 1/2 cup Strawberries 1/2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions .50 PC 6.50 P .50 C 1.00 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Tangerine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1/4 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692

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

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Day: 79

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/8 cup Blueberries 1/8 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .38 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 cup Cottage cheese, light/low fat 1/6 Grapefruit 1/3 cup Mandarin orange, canned 1/3 Apple 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 4.00 P .33 C 1.00 C .67 C 5.00 F 1.00 P Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/2 cup Pineapple 1/2 Nectarine 15 Walnuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/8 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .38 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Beef, lean cuts 3/4 cup Beans, green or yellow 1/4 cup Beans, black 1 cup Broccoli 1 cup Cauliflower 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .33 C .25 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef, Vegetables and Beans Grill the beef and set atop a mixed bean salad. Cauliflower can be enjoyed as a separate side dish. Season to taste and enjoy!</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692

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

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Notes:

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Day: 80

<p>Breakfast - Meal Portions: P:7 C:2 F:5</p> <p>3 oz Ham, lean 8 Egg whites 1 Pepper (bell or cubanelle) 6 spears Asparagus 1/3 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 4.00 P .50 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Another great omelet, this one with hash browns! Make hash browns by cubing a baked potato, then sautéing with seasonings until brown. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/4 Peach 1/4 cup Strawberries 1/4 Apple 5 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 C .25 C .25 C .50 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Haddock 6 spears Asparagus 3/4 cup Beans, green or yellow 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/2 Peach 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Chicken breast, skinless 3/4 cup Bok choy 3/4 cup Scallions (green onions) 1/3 cup Water chestnuts 3/4 cup Snow peas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .25 C 1.00 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Chinese Chicken and Vegetables</p>

Total Daily Portions: Protein: 30 Carbohydrates: 9 Fat: 25 Calories: 1839

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

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Day: 81

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 4 Cherries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>2 cups Milk, low fat (1%) 5 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 5.00 F 3.00 P Calories: 347</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>10 1/2 oz Haddock 1 1/2 cups Broccoli 2 cups Cauliflower 1 1/2 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 5.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Haddock with vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 cup Strawberries 1/8 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Beef, lean cuts 4 spears Asparagus 1/4 cup Beans, green or yellow 1/2 cup Broccoli 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 7.00 P .33 C .17 C .17 C .13 C .13 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 82

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/2 cup Milk, low fat (1%) 24 1/2 grams Protein powder 1/4 Nectarine 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 2/3 cup Oatmeal 15 Cashews</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Bean sprouts 1 cup Bamboo shoots 1 cup Beans, green or yellow 3/4 cup Snow peas 1 tsp Peanut oil 12 Peanuts</p>	<p>Item Portions 7.00 P .67 C .25 C .67 C .50 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Oriental Chicken Peanut Stirfry Sauté chopped vegetables in peanut oil and seasoning of your choice (five spice mix is a good choice for this dish). Add cubed chicken and cook 'til done. Sprinkle peanuts on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>28 grams Protein powder 1/4 Orange 1/2 cup Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P .50 C .50 C 3.00 F 1.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>10 1/2 oz Chicken breast, deli style 3/4 cup Cabbage 1/4 cup Onions 1/2 Pepper (bell or cubanelle) 1/2 Orange 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .50 C .25 C 1.00 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Hot Chicken and Vegetable Salad Sauté strips of chicken until almost done, add chopped vegetables and lightly sauté. Season to taste (try salt, pepper, garlic, and thyme). Garnish with orange slices. A little low-fat salad dressing is great on this!</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 83

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/3 cup Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .44 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Grapes 15 Cashews</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes and Cashews Mix the cottage cheese and grapes together and top with cashews!</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>7 oz Chicken breast, skinless 1/2 whole Pita 1/2 Orange 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 F 2.00 F Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and if desired top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .50 C .19 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>7 oz Beef, lean cuts 9 spears Asparagus 1/3 cup Potato 1 cup Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .75 C 1.00 C .33 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
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Day: 84

<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/4 cup Yogurt, plain, low fat 24 1/2 grams Protein powder 1/4 cup Raspberries 1/4 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC 3.50 P .25 C .25 C 4.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:2 F:5</p> <p>5 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 30 Peanuts</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F Calories: 347</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:2 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 6 spears Asparagus 1/4 Peach 1/3 cup Mandarin orange, canned 1/4 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P .50 C .25 C 1.00 C .25 C 5.00 F 2.00 P Calories: 403</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Snack - Meal Portions: P:4 C:1 F:4</p> <p>1/8 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 20 grams Protein powder 1/8 Cantaloupe 1/8 cup Honeydew melon 1/8 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions .13 PC 1.00 P 2.86 P .50 C .19 C .38 C 1.00 F 3.00 F Calories: 256</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Dinner - Meal Portions: P:7 C:2 F:6</p> <p>10 1/2 oz Sole 1 1/2 cups Leeks 3/4 cup Shallots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.50 C .50 C 6.00 F Calories: 430</p>	<p>Preparation Suggestions:</p> <p>Grilled Sole with Leeks Brush baking dish with oil. Layer leeks on bottom of dish & place sole on top. In a bowl, combine garlic, shallot, dill, salt and pepper. Pour mixture into dish. Sprinkle with lemon herb and cover tightly. Bake for 20-30 minutes.</p>

Total Daily Portions: Protein: 27 Carbohydrates: 8 Fat: 24 Calories: 1692
 ** Remember to drink between 10 and 12 glasses of water per day. **

Remember to take your vitamins and be empowered

Notes:

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
245 grams Protein powder	1 1/2 cups Raspberries	34 1/6 tsp Olive or monounsaturated oil	20 cups Milk, low fat (1%)
3 oz Hard cheeses, light/low fat	2 1/2 cups Strawberries	58 Peanuts	4 cups Yogurt, plain, low fat
2 1/2 cups Cottage cheese, light/low fat	4 Crackers	23 Almonds, whole	4 cups Vegetable soup
15 oz Chicken breast, skinless	3 2/3 cups Applesauce	5 Cashews	
5 oz Pork chop	2 Peaches	1 1/2 tsp Almond butter	
4 Egg whites	2 cups Blueberries	3 1/2 tsp Mayonnaise	
5 oz Bass, freshwater	10 1/2 cups Spinach	9 tbsp Almonds, slivered	
10 oz Turkey breast, skinless	4 3/4 cups Onions	1 tsp Butter	
5 oz Tuna, canned in water	1 1/2 cups Shallots	9 Olives	
3 oz Cheddar cheese, light/low fat	2 cups Peaches, canned		
5 oz Chicken drumstick	1 2/3 cups Honeydew melon		
6 oz Haddock	28 Cherries		
4 1/2 oz Ham, deli style	1 1/2 Nectarines		
10 oz Beef, lean cuts	1 1/2 slice Whole grain bread		
	1 Cantaloupe		
	1/3 cup Oatmeal		
	21 cups Broccoli		
	3 cups Celery		
	3 cups Cauliflower		
	5 Peppers (bell or cubanelle)		
	2/3 cup Mandarin orange, canned		
	1 2/3 cups Fruit cocktail		
	36 spears Asparagus		
	2/3 cup Mango		
	1/2 cup Grapes		
	7 cups Beans, green or yellow		
	3 cups Watermelon		
	1 cup Water chestnuts		
	1/2 Orange		
	6 cups Popcorn		
	12 ears Corn, baby ears		
	3 Plums		
	1 cup Tomato, puree		
	1 1/3 cups Sweet potato		
	1 Pear		
	1 Grapefruit		

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
217 grams Protein powder	1 1/2 cups Blueberries	27 tsp Olive or monounsaturated oil	6 cups Yogurt, plain, low fat
7 1/2 oz Chicken breast, deli style	4 cups Raspberries	9 tbsp Almonds, slivered	15 cups Milk, low fat (1%)
20 oz Beef, lean cuts	4 cups Strawberries	66 Peanuts	
5 oz Tuna, canned in water	5 Peaches	63 Cashews	
15 oz Pork, lean	2 1/2 Cantaloupes	7 tsp Mayonnaise	
3 1/2 cups Cottage cheese, light/low fat	2 Nectarines	4 Macadamia nuts	
4 oz Cheddar cheese, light/low fat	8 cups Cauliflower	12 Walnuts	
5 oz Pork chop	3 2/3 cups Rice	12 Almonds, whole	
7 1/2 oz Ham, deli style	2 Plums		
10 oz Chicken breast, skinless	1 1/2 whole Pita		
	1 Tangerine		
	1 3/4 cups Onions		
	3 1/2 cups Spinach		
	2 cups Leeks		
	3 5/8 cups Grapes		
	4 Pickles		
	1 1/2 cups Beans, green or yellow		
	2 3/4 cups Pineapple		
	30 spears Asparagus		
	2 1/3 cups Potato		
	3 1/3 slice Whole grain bread		
	1/2 Pear		
	3 cups Broccoli		
	3 Apples		
	1 Orange		
	1 1/4 cups Tomato, puree		
	1/2 cup Fruit cocktail		
	2/3 cup Mango		
	3 cups Celery		
	3/4 cup Pasta		
	3 cups Carrots		

Grocery List

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

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
203 grams Protein powder	5 cups Raspberries	27 2/3 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
6 oz Haddock	1 1/3 Bananas	24 Cashews	4 cups Vegetable soup
2 1/2 cups Cottage cheese, light/low fat	36 spears Asparagus	30 Almonds, whole	7 1/2 cups Yogurt, plain, low fat
15 oz Beef, lean cuts	6 cups Beans, green or yellow	9 tbsp Almonds, slivered	
6 oz Cheddar cheese, light/low fat	2 1/3 cups Applesauce	4 Macadamia nuts	
5 oz Pork chop	2/3 cup Mango	96 Peanuts	
15 oz Chicken breast, skinless	7 Peaches	7 tsp Mayonnaise	
5 oz Chicken drumstick	3 5/8 cups Grapes		
10 oz Turkey breast, skinless	10 1/2 cups Broccoli		
5 oz Tuna, canned in water	1 cup Potato		
	1/4 Cantaloupe		
	2 1/3 cups Rice		
	1 1/2 cups Pineapple		
	4 cups Cauliflower		
	1 cup Blueberries		
	3 cups Celery		
	1 3/4 cups Onions		
	1/4 cup Tomato, puree		
	3/4 cup Pasta		
	1 Orange		
	10 1/2 cups Spinach		
	1 1/2 cups Shallots		
	1 1/3 cups Fruit cocktail		
	12 ears Corn, baby ears		
	2 Nectarines		
	2 Plums		
	1 1/2 whole Pita		
	3 cups Strawberries		
	2 Peppers (bell or cubanelle)		
	1 cup Water chestnuts		
	1 1/3 slice Whole grain bread		
	1 1/3 cups Sweet potato		

Grocery List

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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

Protein	Carbohydrates	Fats	Other
210 grams Protein powder	5 cups Raspberries	29 1/6 tsp Olive or monounsaturated oil	2 1/2 cups Yogurt, plain, low fat
8 oz Mozzarella cheese, light/low fat	9 cups Strawberries	4 tbsp Avocado	8 cups Milk, low fat (1%)
5 oz Tuna, canned in water	4 Oranges	63 Cashews	
10 oz Chicken breast, skinless	2 1/2 cups Beans, green or yellow	90 Peanuts	
3 1/4 cups Cottage cheese, light/low fat	13 1/2 cups Broccoli	3 Almonds, whole	
7 1/2 oz Chicken breast, deli style	7 cups Cauliflower	12 Walnuts	
15 oz Pork, lean	3 Peppers (bell or cubanelle)	5 tbsp Almonds, slivered	
4 Egg whites	4 3/4 cups Onions	3 1/2 tsp Mayonnaise	
6 oz Cheddar cheese, light/low fat	1 Tangerine		
7 1/2 oz Ham, deli style	3 2/3 cups Applesauce		
5 oz Pork chop	1 1/6 cups Fruit cocktail		
4 oz Hard cheeses, light/low fat	1/2 cup Peaches, canned		
5 oz Bass, freshwater	3 Apples		
15 oz Beef, lean cuts	2 1/4 Cantaloupes		
	3 1/2 cups Blueberries		
	30 spears Asparagus		
	1 1/3 cups Potato		
	2/3 cup Mandarin orange, canned		
	3 1/2 slice Whole grain bread		
	1/2 Pear		
	2 cups Tomato, puree		
	1 1/4 cups Pineapple		
	3 Nectarines		
	4 Pickles		
	1 1/2 cups Grapes		
	3 cups Celery		
	3 cups Carrots		
	1 1/3 cups Rice		
	3 1/2 cups Spinach		
	2 cups Leeks		

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
343 grams Protein powder	1 1/2 cups Blueberries	18 Almonds, whole	7 1/2 cups Yogurt, plain, low fat
2 oz Mozzarella cheese, light/low fat	1 Orange	32 tsp Olive or monounsaturated oil	2 cups Won ton soup
12 oz Beef, lean cuts	1/4 Cantaloupe	3 Walnuts	7 cups Milk, low fat (1%)
3 oz Cheddar cheese, light/low fat	1 1/2 Apricots	4 Macadamia nuts	
12 oz Chicken breast, skinless	1/2 Tangerine	1 tsp Peanut oil	
12 oz Pork, lean	12 cups Beans, green or yellow	144 Peanuts	
4 Eggs, whole	1/2 cup Beans, black	15 Olives	
3 1/2 cups Cottage cheese, light/low fat	6 1/2 cups Broccoli	4 tbsps Almonds, slivered	
18 oz Ground beef (< 10% fat)	3 1/4 cups Cauliflower	12 Cashews	
9 oz Haddock	1 1/3 Bananas	16 Pistachio nuts	
6 oz Chicken breast, deli style	1 1/2 cups Bean sprouts		
2 oz Hard cheeses, light/low fat	2 cups Bamboo shoots		
6 oz Feta cheese, light/low fat	1 1/2 cups Snow peas		
6 oz Turkey breast, skinless	2 1/2 cups Raspberries		
	4 1/2 cups Strawberries		
	2 cups Sauerkraut		
	2 cups Potato		
	10 1/2 cups Spinach		
	8 Cherries		
	1/2 cup Tomato, puree		
	1 cup Carrots		
	1 1/2 cups Turnip		
	1/3 cup Honeydew melon		
	1/2 cup Onions		
	1/2 cup Tomato sauce		
	1 1/4 cups Pasta		
	1/6 Grapefruit		
	1/3 cup Mandarin orange, canned		
	1/3 Apple		
	24 spears Asparagus		
	1 Peach		
	2/3 cup Fruit cocktail		
	1/3 cup Mango		
	3 Chestnuts		
	1 Pear		
	1 Pepper (bell or cubanelle)		
	1/4 head Lettuce, iceberg		
	1/2 cup Pineapple		
	2/3 cup Applesauce		

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
350 grams Protein powder	1 Orange	16 tbsp Almonds, slivered	3 3/4 cups Yogurt, plain, low fat
5 1/2 cups Cottage cheese, light/low fat	2 cups Blueberries	31 2/3 tsp Olive or monounsaturated oil	2 cups Beef and vegetable soup
8 oz Mozzarella cheese, light/low fat	1 1/4 cups Raspberries	4 Macadamia nuts	7 1/2 cups Milk, low fat (1%)
24 oz Chicken breast, skinless	3 1/2 cups Strawberries	4 tsp Mayonnaise	1 1/2 cups Won ton soup
3 oz Tuna, canned in water	1/3 cup Oatmeal	15 Almonds, whole	2 cups Tomato vegetable soup
9 oz Ground beef (< 10% fat)	5 cups Broccoli	32 Pistachio nuts	1 1/2 cups Chicken noodle soup
9 oz Haddock	7 1/3 cups Cauliflower	12 Cashews	1 1/2 cups Beef and barley soup
9 oz Sole	1 4/15 cups Rice	12 Olives	
11 oz Beef, lean cuts	2 1/2 cups Grapes		
2 Egg whites	1 Plum		
3 oz Hard cheeses, light/low fat	1/2 whole Pita		
	3/4 Pear		
	2 cups Bamboo shoots		
	3/4 cup Bean sprouts		
	1 2/3 cups Applesauce		
	6 Apricots		
	2 1/12 cups Onions		
	3 Peppers (bell or cubanelle)		
	3 cups Leeks		
	1 1/2 cups Shallots		
	2 1/4 Peaches		
	1 1/4 Apples		
	1 1/2 slice Whole grain bread		
	2/3 Banana		
	1/2 Nectarine		
	1/4 Cantaloupe		
	1/3 cup Honeydew melon		
	1/8 cup Mango		
	2/3 cup Potato		
	18 spears Asparagus		
	1 3/4 cups Spinach		
	8 Cherries		
	4 Crackers		
	1/3 cup Water chestnuts		
	3 cups Snow peas		
	2 Pickles		

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
322 grams Protein powder	1/2 cup Pineapple	29 2/3 tsp Olive or monounsaturated oil	5 3/4 cups Yogurt, plain, low fat
6 oz Mozzarella cheese, light/low fat	2 Pickles	27 Olives	3 1/2 cups Won ton soup
3 oz Tuna, canned in water	1/2 whole Pita	2 tsp Mayonnaise	5 1/2 cups Milk, low fat (1%)
6 oz Turkey breast, skinless	3 1/2 cups Raspberries	16 tbsp Almonds, slivered	1 1/2 cups Beef and barley soup
5 1/4 cups Cottage cheese, light/low fat	5 1/4 cups Strawberries	21 Almonds, whole	
18 oz Chicken breast, skinless	8 cups Beans, green or yellow	24 Cashews	
3 oz Hard cheeses, light/low fat	5 1/2 cups Broccoli	30 Peanuts	
6 oz Chicken breast, deli style	8 7/12 cups Cauliflower	16 Pistachio nuts	
12 oz Beef, lean cuts	1 1/3 cups Applesauce	3 Walnuts	
18 oz Haddock	1 1/4 Peaches	4 Macadamia nuts	
9 oz Ground beef (< 10% fat)	1 7/12 Apples		
6 oz Pork, lean	1/2 cup Tomato, puree		
	1 cup Carrots		
	1 1/2 cups Turnip		
	4 Peppers (bell or cubanelle)		
	1 4/15 cups Rice		
	1 5/6 cups Onions		
	1/6 Grapefruit		
	1/3 cup Mandarin orange, canned		
	1 1/2 cups Grapes		
	1/4 Pear		
	1 1/2 cups Blueberries		
	1 1/3 cups Potato		
	42 spears Asparagus		
	1 3/4 cups Spinach		
	1 Orange		
	1/8 Cantaloupe		
	1/3 cup Honeydew melon		
	1/4 head Lettuce, iceberg		
	2/3 Banana		
	8 Cherries		
	1/2 cup Tomato sauce		
	1/2 cup Pasta		
	1 Plum		
	1/3 cup Mango		
	2 cups Sauerkraut		

Grocery List

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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

Protein	Carbohydrates	Fats	Other
371 grams Protein powder	1 1/3 Bananas	34 tsp Olive or monounsaturated oil	5 1/2 cups Yogurt, plain, low fat
3 3/4 cups Cottage cheese, light/low fat	2/3 cup Fruit cocktail	114 Peanuts	9 cups Milk, low fat (1%)
6 oz Pork, lean	1 1/2 Pears	4 tbsp Almonds, slivered	2 cups Beef and vegetable soup
6 oz Feta cheese, light/low fat	2 3/4 cups Strawberries	4 Macadamia nuts	2 cups Tomato vegetable soup
9 oz Sole	3 Chestnuts	32 Pistachio nuts	1 1/2 cups Chicken noodle soup
4 Eggs, whole	10 1/2 cups Spinach	12 Almonds, whole	
3 oz Cheddar cheese, light/low fat	2 cups Blueberries	2 tsp Mayonnaise	
4 oz Mozzarella cheese, light/low fat	1/4 cup Raspberries	1 tsp Peanut oil	
11 oz Beef, lean cuts	1/3 cup Oatmeal		
18 oz Chicken breast, skinless	3/4 cup Pasta		
2 oz Hard cheeses, light/low fat	3 cups Leeks		
18 oz Ground beef (< 10% fat)	1 1/2 cups Shallots		
2 Egg whites	6 cups Broccoli		
	4 cups Beans, green or yellow		
	1/2 cup Beans, black		
	2 cups Cauliflower		
	1 Orange		
	7 1/2 Apricots		
	1 1/2 slice Whole grain bread		
	3/8 Cantaloupe		
	1/3 cup Honeydew melon		
	1/8 cup Mango		
	4 1/2 cups Snow peas		
	3/4 cup Onions		
	1 cup Grapes		
	2 1/4 cups Bean sprouts		
	4 cups Bamboo shoots		
	2 Peaches		
	1/3 cup Water chestnuts		
	8 Cherries		
	1/2 Nectarine		
	1 1/3 cups Potato		
	4 Crackers		
	1/2 Tangerine		
	1 cup Applesauce		

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
324 1/2 grams Protein powder	1/4 cup Blueberries	21 Almonds, whole	3 5/8 cups Milk, low fat (1%)
7 1/2 cups Cottage cheese, light/low fat	3/4 Orange	38 2/3 tsp Olive or monounsaturated oil	2 cups Yogurt, plain, low fat
7 oz Chicken breast, skinless	1 1/4 cups Grapes	20 Pistachio nuts	
21 oz Beef, lean cuts	20 Cherries	1 tsp Peanut oil	
5 oz Cheddar cheese, light/low fat	1 1/2 cups Bean sprouts	72 Peanuts	
21 oz Haddock	3 cups Bamboo shoots	21 tbsp Almonds, slivered	
10 Egg whites	6 1/2 cups Beans, green or yellow	15 Cashews	
2 oz Mozzarella cheese, light/low fat	1 cup Snow peas		
10 1/2 oz Ground beef (< 10% fat)	1/2 Tangerine		
7 oz Pork, lean	1/4 cup Beans, black		
10 1/2 oz Sole	3 cups Broccoli		
10 1/2 oz Chicken breast, deli style	5 cups Cauliflower		
14 oz Pork chop	1 1/4 cups Raspberries		
5 oz Hard cheeses, light/low fat	3 3/4 cups Strawberries		
10 1/2 oz Cod	16 spears Asparagus		
	2 Peaches		
	3/8 Cantaloupe		
	7/12 cup Honeydew melon		
	2 Peppers (bell or cubanelle)		
	1/2 head Lettuce, iceberg		
	1/2 slice Whole grain bread		
	1 1/6 cups Mandarin orange, canned		
	1/8 Banana		
	1 1/6 cups Applesauce		
	1/8 cup Oatmeal		
	3/4 cup Onions		
	1 Nectarine		
	1/6 Grapefruit		
	7/12 Apple		
	1 1/2 cups Cabbage		
	1 cup Celery		
	3 1/2 cups Spinach		
	1 Pickle		
	4 Crackers		
	1/4 cup Cucumber		
	1 cup Sauerkraut		
	1/3 cup Fruit cocktail		

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
325 1/2 grams Protein powder	1/4 Pear	34 tsp Olive or monounsaturated oil	10 cups Milk, low fat (1%)
6 oz Mozzarella cheese, light/low fat	1 5/8 Oranges	126 Peanuts	1 cup Yogurt, plain, low fat
56 oz Chicken breast, skinless	2 slice Whole grain bread	15 tsp Mayonnaise	
7 1/4 cups Cottage cheese, light/low fat	1/8 cup Mango	30 Cashews	
7 oz Tuna, canned in water	3/4 cup Bok choy	30 Walnuts	
3 oz Ham, lean	3/4 cup Scallions (green onions)	18 Almonds, whole	
8 Egg whites	1/3 cup Water chestnuts	5 Macadamia nuts	
8 oz Cheddar cheese, light/low fat	3/4 cup Snow peas		
10 1/2 oz Sole	1/2 Plum		
13 1/2 oz Beef, lean cuts	1 1/3 cups Fruit cocktail		
	1/3 Banana		
	1 whole Pita		
	7/8 cup Pineapple		
	1 cup Carrots		
	1/4 cup Corn, canned		
	1 3/4 Peppers (bell or cubanelle)		
	21 spears Asparagus		
	2/3 cup Potato		
	1 1/4 cups Grapes		
	2 3/4 cups Strawberries		
	3/8 cup Blueberries		
	1 1/4 cups Raspberries		
	5/8 cup Onions		
	1/4 cup Tomato, puree		
	2/3 cup Watermelon		
	2/3 cup Oatmeal		
	1/8 cup Peaches, canned		
	1 1/2 cups Leeks		
	3/4 cup Shallots		
	5/8 Nectarine		
	2 1/2 cups Broccoli		
	1 1/2 cups Cauliflower		
	2/3 cup Rice		
	1/8 cup Applesauce		

Grocery List

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

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

Protein	Carbohydrates	Fats	Other
325 1/2 grams Protein powder	1/2 cup Blueberries	3 Almonds, whole	7 1/2 cups Milk, low fat (1%)
9 oz Cheddar cheese, light/low fat	1 1/8 Oranges	37 1/3 tsp Olive or monounsaturated oil	1 1/2 cups Yogurt, plain, low fat
35 oz Chicken breast, skinless	2 slice Whole grain bread	150 Peanuts	
6 1/2 cups Cottage cheese, light/low fat	7/8 Nectarine	11 tsp Mayonnaise	
7 oz Pork, lean	1 1/8 cups Onions	15 Walnuts	
10 Egg whites	1/4 cup Tomato, puree	10 tbsp Almonds, slivered	
10 1/2 oz Cod	6 spears Asparagus	20 Pistachio nuts	
4 oz Mozzarella cheese, light/low fat	1/3 cup Watermelon		
10 1/2 oz Ground beef (< 10% fat)	1 2/3 cups Fruit cocktail		
7 oz Tuna, canned in water	3 3/4 cups Strawberries		
7 oz Beef, lean cuts	1/2 cup Mandarin orange, canned		
14 oz Pork chop	1/8 Cantaloupe		
10 1/2 oz Sole	1 1/2 cups Grapes		
	1/3 cup Honeydew melon		
	1/4 head Lettuce, iceberg		
	1/4 cup Cucumber		
	2 Peppers (bell or cubanelle)		
	1/4 cup Snow peas		
	1/8 cup Mango		
	3 1/2 cups Cauliflower		
	1 1/2 cups Broccoli		
	2/3 cup Rice		
	1/4 Tangerine		
	2 cups Bamboo shoots		
	1/2 cup Bean sprouts		
	5/6 cup Applesauce		
	16 Cherries		
	1/3 Banana		
	1/2 whole Pita		
	1/4 cup Pineapple		
	1/2 Plum		
	3/4 cup Cabbage		
	1 cup Celery		
	3 1/2 cups Spinach		
	3/4 cup Raspberries		
	2 1/4 cups Beans, green or yellow		
	1/4 Pear		
	1 cup Sauerkraut		

Grocery List

Empowered Nutrition – Critical Bench Lean Muscle Builder - 1911 Calories

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

Protein	Carbohydrates	Fats	Other
324 1/2 grams Protein powder	2 3/4 cups Strawberries	35 1/3 tsp Olive or monounsaturated oil	6 1/8 cups Milk, low fat (1%)
8 1/4 cups Cottage cheese, light/low fat	5/8 cup Pineapple	45 Cashews	1 1/2 cups Yogurt, plain, low fat
4 oz Cheddar cheese, light/low fat	1 3/4 cups Raspberries	36 Almonds, whole	
27 1/2 oz Beef, lean cuts	1/2 slice Whole grain bread	4 tsp Mayonnaise	
28 oz Chicken breast, skinless	1/4 Tangerine	11 tbs Almonds, slivered	
4 oz Mozzarella cheese, light/low fat	1 cup Carrots	15 Walnuts	
3 oz Ham, lean	1/4 cup Corn, canned	5 Macadamia nuts	
8 Egg whites	1/8 cup Blueberries	1 tsp Peanut oil	
21 oz Haddock	11/24 cup Applesauce	48 Peanuts	
10 1/2 oz Chicken breast, deli style	1/6 Grapefruit		
5 oz Hard cheeses, light/low fat	2/3 cup Mandarin orange, canned		
10 1/2 oz Sole	7/12 Apple		
	3/4 Nectarine		
	1/8 Banana		
	4 1/4 cups Beans, green or yellow		
	1/4 cup Beans, black		
	4 cups Broccoli		
	3 cups Cauliflower		
	1 3/4 Peppers (bell or cubanelle)		
	31 spears Asparagus		
	2/3 cup Potato		
	2 Peaches		
	3/4 cup Bok choy		
	3/4 cup Scallions (green onions)		
	1/3 cup Water chestnuts		
	1 1/2 cups Snow peas		
	4 Cherries		
	1/8 cup Peaches, canned		
	1/4 head Lettuce, iceberg		
	19/24 cup Oatmeal		
	1 cup Bean sprouts		
	1 cup Bamboo shoots		
	1 1/4 Oranges		
	3/4 cup Cabbage		
	1/4 cup Onions		
	1/3 cup Watermelon		
	1 cup Grapes		
	1/2 whole Pita		
	1/4 Cantaloupe		
	1/4 cup Honeydew melon		
	1 Pickle		
	4 Crackers		
	1 1/2 cups Leeks		
	3/4 cup Shallots		