

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Hey Lean Muscle Builder:

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

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

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

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

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

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

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

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 1**

<b>Breakfast - Meal Portions: P:6 C:4 F:4</b> 6 oz Cheese, low or non fat 1 1/3 Bananas 4 Macadamia nuts	Item Portions 6.00 P 4.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> A refreshing breakfast.
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
<b>Mid Meal - Meal Portions: P:6 C:4 F:4</b> 1 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 24 Peanuts	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	<b>Preparation Suggestions:</b> Chicken with yogurt, fruit and nuts on the side.
<b>Snack - Meal Portions: P:4 C:2 F: 2</b> 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
<b>Dinner - Meal Portions: P:7 C:5 F:5</b> 7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> 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.
<b>Snack - Meal Portions: P:3 C:2 F:2</b> 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100 ** Remember to drink between 10 and 12 glasses of water per day. **		
Have you had your Protein Smoothie today?		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 2**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions</p> <p>1.00 PC          4.00 P          2.00 C          1.00 C          4.00 F          1.00 P          Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blueberries          9 Pecans</p>	<p>Item Portions</p> <p>2.00 PC          2.00 P          1.00 C          3.00 F          Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Blueberries &amp; Pecans          Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>4 1/2 oz Turkey breast, deli style          6 Egg whites          2 slice Rye bread          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 P          3.00 P          4.00 C          4.00 F          Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich          Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC          3.00 P          1.00 C          2.00 F          Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          3 cups Beans, green or yellow          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P          2.00 C          3.00 C          5.00 F          Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice          Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 P          1.00 C          .50 C          .50 C          2.00 F          Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

\*\* 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 - 2100 Calories

**Day: 3**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          1 tsp Olive or monounsaturated oil          3 Almonds, whole</p>	<p>Item Portions          1.00 PC          1.00 PC          4.00 P          2.00 C          3.00 F          1.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          1/2 cup Oatmeal          9 Almonds, whole</p>	<p>Item Portions          1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          1 Pear          24 Peanuts</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/3 cup Mango          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 2/3 cups Potato          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          5.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner          Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 cup Raspberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 4**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%) 12 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Chili, canned 2 oz Beef, lean cuts</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot bowl of chili - easy, tasty and filling! Add in some extra beef.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Enter the challenge and WIN! + <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 5**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil          3 slices Turkey bacon</p>	<p>Item Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/2 cups Watermelon          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          2.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          12 Almonds, whole</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie          Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          3/4 cup Watermelon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Beans, green or yellow          1 cup Zucchini          1 cup Mushrooms          1 1/2 cups Grapes          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          .50 C          .50 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill seasoned chicken until done. In a pan add oil and saute vegetables over medium heat until tender-crisp. Add some cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 6**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites          1 cup Grapes          1 slice Whole grain bread          2/3 tsp Olive or monounsaturated oil          2 tsp Peanut butter, natural          1 link Soy sausage</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          1 1/2 Apples          18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts          A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless          4 cups Mushrooms          2 cups Tomato, canned          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken          Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1/2 cup Onions          1/2 cup Tomato sauce          3/4 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Blueberries          3 Almonds, whole          2 Cashews          2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 7**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Beef and vegetable soup 3 oz Cheddar cheese, light/low fat 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C .50 C .50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>3 steps for success today: Nutrition + Training + Supplements</p>		

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 8**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Eggs, whole 1 cup Peaches, canned 1 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 1/2 cups Raspberries 1 1/2 cups Strawberries 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 1/4 cups Mushrooms 2 Peppers (bell or cubanella) 2 1/2 cups Beans, green or yellow 3 3/4 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.13 C 1.00 C 1.67 C 1.25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 9**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Egg whites 2 links Soy sausage 1 Orange 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and sausage with fruit on the side. A great breakfast to get your day on its way!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>3 cups Vegetable soup 3 oz Cheese, low or non fat 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms</p> <p>Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 10**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered 3 slices Turkey bacon</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Pistachios A unique blend of tastes and flavours!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 2/3 cups Beef and vegetable soup 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 11**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  1 cup Bran cereal, all varieties                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat                  3 tbsp Almonds, slivered                  7 grams Protein powder</p>	<p>Item                  Portions                  3.00 PC                  3.00 F                  1.00 P                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat                  1 slice Whole grain bread                  2 Peaches                  12 Almonds, whole</p>	<p>Item                  Portions                  6.00 P                  2.00 C                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1 Plum                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 1/2 cups Beans, green or yellow                  1 1/3 cups Potato                  2 1/2 tbsp Sour cream</p>	<p>Item                  Portions                  7.00 P                  1.00 C                  4.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Blueberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 12**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blackberries 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 3 cups Broccoli 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef  Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 13**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 Egg whites            3 oz Cheese, low or non fat            1 cup Strawberries            1 cup Oatmeal            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 3.00 P 1.00 C 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat            3 Peaches            9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts            Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Won ton soup            3 oz Crab</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy crab on its own.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder            2/3 Banana            12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas            If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)            1 1/3 cups Applesauce            1 cup Mushrooms            1 cup Broccoli            1 cup Cauliflower            15 Almonds, whole</p>	<p>Item Portions 7.00 P 4.00 C .50 C .33 C .25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Ultra-Fast Beef Dinner with Vegetables            Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/3 cup Applesauce            1/3 cup Fruit cocktail</p>	<p>Item Portions 3.00 P 2.00 F 1.00 C 1.00 C Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100            ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Feel the burn &amp; incinerate the fat. <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 14**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. You can half the protein and milk and create a shake on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat                  2 1/2 oz Cheese, low or non fat                  1 1/2 cups Raspberries                  9 Almonds, whole</p>	<p>Item Portions                  1.50 PC                  2.50 P                  1.50 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>9 oz Turkey breast, deli style                  1 1/2 cups Strawberries                  1 1/4 cups Grapes                  12 Almonds, whole</p>	<p>Item Portions                  6.00 P                  1.50 C                  2.50 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/3 cup Fruit cocktail</p>	<p>Item Portions                  1.00 PC                  3.00 P                  2.00 F                  1.00 C                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 cup Rice                  4 cups Cauliflower                  12 spears Asparagus                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  3.00 C                  1.00 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Blueberries</p>	<p>Item Portions                  1.00 PC                  2.00 P                  2.00 F                  1.00 C                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Day: 15

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 1 link Soy sausage</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 3 Peaches 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Beef and vegetable soup 3 oz Cheddar cheese, light/low fat 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

Take your vitamins. Be empowered

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 1 link Soy sausage</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1 1/2 cups Raspberries 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 slice Whole grain bread 2 Peaches 12 Almonds, whole</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 17**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  1 cup Bran cereal, all varieties                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat                  2 1/2 oz Cheese, low or non fat                  3/4 cup Blueberries                  18 Peanuts</p>	<p>Item Portions                  1.50 PC                  2.50 P                  1.50 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  28 grams Protein powder                  1 Pear                  24 Peanuts</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts                  Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1 Kiwi                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                  4 cups Mushrooms                  24 spears Asparagus                  2 Peppers (bell or cubanella)                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  2.00 C                  2.00 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms                  Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/2 cup Blueberries</p>	<p>Item Portions                  1.00 PC                  2.00 P                  2.00 F                  1.00 C                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 18**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Egg whites 2 links Soy sausage 1 Orange 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and sausage with fruit on the side. A great breakfast to get your day on its way!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 3 Peaches 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless 4 cups Mushrooms 2 cups Tomato, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 1/3 cups Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100  <i>** Remember to drink between 10 and 12 glasses of water per day. **</i></p>		
<p>All The Essentials, No Hype, NO BS <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 19**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          4 oz Cheese, low or non fat          1 Orange          24 Peanuts</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/2 cups Watermelon          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          2.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          1 Pear          24 Peanuts</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/3 cup Mango          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 1/4 cups Mushrooms          2 Peppers (bell or cubanella)          2 1/2 cups Beans, green or yellow          3 3/4 cups Broccoli          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.13 C          1.00 C          1.67 C          1.25 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/3 cup Applesauce          1/3 cup Fruit cocktail</p>	<p>Item Portions          3.00 P          2.00 F          1.00 C          1.00 C          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 20**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          1 tsp Olive or monounsaturated oil          3 Almonds, whole</p>	<p>Item Portions          1.00 PC          1.00 PC          4.00 P          2.00 C          3.00 F          1.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          1/2 cup Oatmeal          9 Almonds, whole</p>	<p>Item Portions          1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Beef and vegetable soup          3 oz Cheddar cheese, light/low fat          4 Crackers          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 A          3.00 P          1.00 C          1.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          4 cups Mushrooms          24 spears Asparagus          2 Peppers (bell or cubanella)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          2.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms           Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 21**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          1 tsp Olive or monounsaturated oil          3 Almonds, whole</p>	<p>Item Portions 1.00 PC 1.00 PC 4.00 P 2.00 C 3.00 F 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          1 1/2 cups Raspberries          9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:4 C:4 F:4</b></p> <p>2 2/3 cups Beef and vegetable soup          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 Plum          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/3 cups Potato          1 1/2 cups Broccoli          1 cup Zucchini          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C .50 C .50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 22**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. You can half the proteina nd milk and create a shake on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat                  1 1/2 cups Raspberries                  1 1/2 cups Strawberries                  18 Peanuts</p>	<p>Item Portions                  4.00 P                  1.50 C                  1.50 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts                  Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat                  1 slice Whole grain bread                  2 Peaches                  12 Almonds, whole</p>	<p>Item Portions                  6.00 P                  2.00 C                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1/3 cup Mango                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  2 cups Cauliflower                  1/2 cup Onions                  1 1/2 cups Broccoli                  2/3 cup Rice                  2 Peppers (bell or cubanelle)                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  .50 C                  1.00 C                  .50 C                  2.00 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry                  Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Peaches, canned                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 23**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Won ton soup 3 oz Crab</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy crab on its own.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/3 cup Fruit cocktail</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 F 1.00 C Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1 1/3 cups Applesauce 1 cup Mushrooms 1 cup Broccoli 1 cup Cauliflower 15 Almonds, whole</p>	<p>Item Portions 7.00 P 4.00 C .50 C .33 C .25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 24**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. You can half the protein and milk and create a shake on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat                  2 1/2 oz Cheese, low or non fat                  3/4 cup Grapes                  18 Peanuts</p>	<p>Item Portions                  1.50 PC                  2.50 P                  1.50 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  6 oz Chicken breast, deli style                  1 cup Blueberries                  24 Peanuts</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1/3 cup Mango                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 cup Rice                  4 cups Cauliflower                  12 spears Asparagus                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  3.00 C                  1.00 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Peaches, canned                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

Have you had your Protein Smoothie today?

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 25**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  1 cup Bran cereal, all varieties                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat                  9 Almonds, whole                  7 grams Protein powder</p>	<p>Item Portions                  3.00 PC                  3.00 F                  1.00 P                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless                  2 cups Mushrooms                  1 cup Rice                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  1.00 C                  3.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.                  Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  2/3 tsp Olive or monounsaturated oil                  1/3 cup Fruit cocktail</p>	<p>Item Portions                  1.00 PC                  3.00 P                  2.00 F                  1.00 C                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style                  3 cups Beans, green or yellow                  4 cups Mushrooms                  2 cups Zucchini                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  2.00 C                  2.00 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad                  Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Raspberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100  
 \*\* 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 - 2100 Calories

**Day: 26**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Grapes          4 tbsp Almonds, slivered          3 slices Turkey bacon</p>	<p>Item          Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blackberries          1/2 cup Blueberries          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          1.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 2/3 cups Beef and vegetable soup          2 oz Mozzarella cheese, light/low fat</p>	<p>Item          Portions          4.00 A          2.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/3 Banana          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style          3 cups Beans, green or yellow          4 cups Mushrooms          2 cups Zucchini          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          2.00 C          2.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          1.00 C          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 27**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. You can half the protein and milk and create a shake on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat                  1 cup Applesauce                  12 Pistachio nuts</p>	<p>Item Portions                  4.00 P                  3.00 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Pistachios                  A unique blend of tastes and flavours!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 2/3 cups Beef and vegetable soup                  2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions                  4.00 A                  2.00 P                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 cup Mango                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)                  1 2/3 cups Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  5.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner                  Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Raspberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 28**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                      6 Egg whites                      1 cup Blueberries                      1 1/3 tsp Olive or monounsaturated oil                      3 slices Turkey bacon</p>	<p>Item                      Portions                      2.00 PC                      3.00 P                      2.00 C                      4.00 F                      1.00 P                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat                      2 1/2 oz Cheese, low or non fat                      1 1/2 cups Raspberries                      9 Almonds, whole</p>	<p>Item                      Portions                      1.50 PC                      2.50 P                      1.50 C                      3.00 F                      Calories:                      301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>3 cups Vegetable soup                      3 oz Cheese, low or non fat                      4 Crackers                      1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      3.00 A                      3.00 P                      1.00 C                      1.00 F                      Calories:                      420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder                      1/2 cup Blueberries                      1/2 Orange                      3 Almonds, whole                      1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      4.00 P                      1.00 C                      1.00 C                      1.00 F                      1.00 F                      Calories:                      238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak                      24 spears Asparagus                      1 1/2 cups Onions                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      7.00 P                      2.00 C                      3.00 C                      5.00 F                      Calories:                      511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus                      Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                      14 grams Protein powder                      1/2 cup Grapes                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      1.00 PC                      2.00 P                      1.00 C                      2.00 F                      Calories:                      210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 29**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          1 cup Oatmeal          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 P          3.00 P          1.00 C          3.00 C          4.00 F          Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          1 1/2 Apples          18 Peanuts</p>	<p>Item Portions</p> <p>4.00 P          3.00 C          3.00 F          Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts          A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Beef and vegetable soup          3 oz Cheddar cheese, light/low fat          4 Crackers          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 A          3.00 P          1.00 C          1.00 F          Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          3 Almonds, whole          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>4.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          4 cups Mushrooms          24 spears Asparagus          2 Peppers (bell or cubanella)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P          2.00 C          2.00 C          1.00 C          5.00 F          Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms          Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 30**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          1 1/2 Apples          18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts          A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless          4 cups Mushrooms          2 cups Tomato, canned          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken          Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 1/4 cups Mushrooms          2 Peppers (bell or cubanella)          2 1/2 cups Beans, green or yellow          3 3/4 cups Broccoli          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.13 C 1.00 C 1.67 C 1.25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 31**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Eggs, whole          1 cup Peaches, canned          1 slice Whole grain bread          1 1/3 tsp Olive or monounsaturated oil          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions</p> <p>4.00 P          2.00 C          2.00 C          4.00 F          2.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          1/2 cup Oatmeal          9 Almonds, whole</p>	<p>Item Portions</p> <p>1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts.          Enjoy cheese on the side or grate and mix together.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Beef, lean cuts          1/2 cup Onions          1 cup Tomato, puree          3 cups Broccoli          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>6.00 P          1.00 C          2.00 C          1.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef           Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          3/4 cup Watermelon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/3 cups Potato          1 1/2 cups Broccoli          1 cup Zucchini          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P          4.00 C          .50 C          .50 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Blueberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 32**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Eggs, whole          1 cup Peaches, canned          1 slice Whole grain bread          1 1/3 tsp Olive or monounsaturated oil          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions          4.00 P          2.00 C          2.00 C          4.00 F          2.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          1 1/2 cups Raspberries          1 1/2 cups Strawberries          18 Peanuts</p>	<p>Item Portions          4.00 P          1.50 C          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Beef and vegetable soup          3 oz Cheddar cheese, light/low fat          4 Crackers          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 A          3.00 P          1.00 C          1.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          3 cups Beans, green or yellow          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice          Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/3 cup Applesauce          1/3 cup Fruit cocktail</p>	<p>Item Portions          3.00 P          2.00 F          1.00 C          1.00 C          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 33**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil          3 slices Turkey bacon</p>	<p>Item          Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/2 cups Watermelon          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          2.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>4 1/2 oz Turkey breast, deli style          6 Egg whites          2 slice Rye bread          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          3.00 P          4.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich          Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/3 cup Fruit cocktail</p>	<p>Item          Portions          1.00 PC          3.00 P          2.00 F          1.00 C          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1/2 cup Onions          1/2 cup Tomato sauce          3/4 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 34**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)            1/2 cup Yogurt, plain, low fat            28 grams Protein powder            2 cups Strawberries            1 tsp Olive or monounsaturated oil            3 Almonds, whole</p>	<p>Item Portions            1.00 PC            1.00 PC            4.00 P            2.00 C            3.00 F            1.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat            3 tbsp Almonds, slivered            7 grams Protein powder</p>	<p>Item Portions            3.00 PC            3.00 F            1.00 P            Calories:            301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds            Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>9 oz Turkey breast, deli style            1 1/2 cups Strawberries            1 1/4 cups Grapes            12 Almonds, whole</p>	<p>Item Portions            6.00 P            1.50 C            2.50 C            4.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder            1/2 cup Blueberries            1/2 Orange            3 Almonds, whole            1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            4.00 P            1.00 C            1.00 C            1.00 F            1.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)            1/2 cup Onions            1/2 cup Tomato sauce            3/4 cup Pasta            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            7.00 P            1.00 C            1.00 C            3.00 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%)            1/4 cup Yogurt, plain, low fat            14 grams Protein powder            1/4 cup Blueberries            1/6 cup Applesauce            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            .50 PC            .50 PC            2.00 P            .50 C            .50 C            2.00 F            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 35**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil          3 slices Turkey bacon</p>	<p>Item Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat          9 Almonds, whole          7 grams Protein powder</p>	<p>Item Portions          3.00 PC          3.00 F          1.00 P          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          12 Almonds, whole</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie          Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          24 spears Asparagus          1 1/2 cups Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus          Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 36**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  1 cup Bran cereal, all varieties                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat                  14 grams Protein powder                  1/2 cup Blueberries                  9 Pecans</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  1.00 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Blueberries &amp; Pecans                  Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  6 oz Chicken breast, deli style                  1 cup Blueberries                  24 Peanuts</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1/2 Kiwi                  1/2 cup Strawberries                  2 tbsp Almonds, slivered</p>	<p>Item                  Portions                  1.00 PC                  3.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.                  Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.                  Eat nuts separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 cup Rice                  4 cups Cauliflower                  12 spears Asparagus                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  3.00 C                  1.00 C                  1.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken.                  Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Peaches, canned                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 37**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          1 cup Oatmeal          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 3.00 P 1.00 C 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          3/4 cup Grapes          18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 2/3 cups Beef and vegetable soup          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Kiwi          1/2 cup Strawberries          2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 1/4 cups Mushrooms          2 Peppers (bell or cubanelle)          2 1/2 cups Beans, green or yellow          3 3/4 cups Broccoli          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.13 C 1.00 C 1.67 C 1.25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 38**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat                  28 grams Protein powder                  2 cups Raspberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%)                  12 Pistachio nuts                  1 oz Cheddar cheese, light/low fat</p>	<p>Item                  Portions                  3.00 PC                  3.00 F                  1.00 P                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>9 oz Turkey breast, deli style                  1 1/2 cups Strawberries                  1 1/4 cups Grapes                  12 Almonds, whole</p>	<p>Item                  Portions                  6.00 P                  1.50 C                  2.50 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat                  21 grams Protein powder                  1/3 Banana                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 1/3 cups Potato                  1 1/2 cups Broccoli                  1 cup Zucchini                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  4.00 C                  .50 C                  .50 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Grapes                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

Take your vitamins. Be empowered

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 39**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Egg whites 2 links Soy sausage 1 Orange 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and sausage with fruit on the side. A great breakfast to get your day on its way!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%) 12 Pistachio nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>9 oz Turkey breast, deli style 1 1/2 cups Strawberries 1 1/4 cups Grapes 12 Almonds, whole</p>	<p>Item Portions 6.00 P 1.50 C 2.50 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak 3 cups Beans, green or yellow 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 40**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Won ton soup 3 oz Crab</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy crab on its own.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms</p> <p>Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Burn Fat Build MUSCLE <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 41**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Eggs, whole          1 cup Peaches, canned          1 slice Whole grain bread          1 1/3 tsp Olive or monounsaturated oil          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blueberries          9 Pecans</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Blueberries &amp; Pecans          Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Beef, lean cuts          1/2 cup Onions          1 cup Tomato, puree          3 cups Broccoli          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef           Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          3/4 cup Watermelon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          3 cups Beans, green or yellow          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice          Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 42**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites          1 cup Grapes          1 slice Whole grain bread          2/3 tsp Olive or monounsaturated oil          2 tsp Peanut butter, natural          1 link Soy sausage</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          3/4 cup Blueberries          18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 2/3 cups Beef and vegetable soup          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Kiwi          1/2 cup Strawberries          2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.          Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.          Eat nuts separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          3 cups Beans, green or yellow          1 cup Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice          Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.          Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 43**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 Egg whites            3 oz Cheese, low or non fat            1 cup Strawberries            1 cup Oatmeal            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 3.00 P 1.00 C 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat            2 1/2 oz Cheese, low or non fat            1 1/2 cups Raspberries            9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless            4 cups Mushrooms            2 cups Tomato, canned            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken            Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)            21 grams Protein powder            1/2 cup Peaches, canned            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless            2 1/4 cups Mushrooms            2 Peppers (bell or cubanella)            2 1/2 cups Beans, green or yellow            3 3/4 cups Broccoli            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.13 C 1.00 C 1.67 C 1.25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry            Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder            1/2 cup Blueberries            1/2 cup Raspberries            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 44**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 1/3 Bananas 4 Macadamia nuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Beef and vegetable soup 3 oz Cheddar cheese, light/low fat 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 2/3 Banana 12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1 1/3 cups Applesauce 1 cup Mushrooms 1 cup Broccoli 1 cup Cauliflower 15 Almonds, whole</p>	<p>Item Portions 7.00 P 4.00 C .50 C .33 C .25 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Your best body ever in 12 weeks! <a href="http://empowerednutrition.net">http://empowerednutrition.net</a></p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 45**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 1/2 cups Raspberries 1 1/2 cups Strawberries 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C .50 C .50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Day: 46

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          1/2 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          1 tsp Olive or monounsaturated oil          3 Almonds, whole</p>	<p>Item Portions          1.00 PC          1.00 PC          4.00 P          2.00 C          3.00 F          1.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blueberries          9 Pecans</p>	<p>Item Portions          2.00 PC          2.00 P          1.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Blueberries &amp; Pecans          Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat          1 slice Whole grain bread          2 Peaches          12 Almonds, whole</p>	<p>Item Portions          6.00 P          2.00 C          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/3 Banana          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 cups Cauliflower          1/2 cup Onions          1 1/2 cups Broccoli          2/3 cup Rice          2 Peppers (bell or cubanella)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .50 C          1.00 C          .50 C          2.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%)          1/4 cup Yogurt, plain, low fat          14 grams Protein powder          1/4 cup Blueberries          1/6 cup Applesauce          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          .50 PC          .50 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Day: 47

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blackberries          1/2 cup Blueberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          1.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>3 cups Vegetable soup          3 oz Cheese, low or non fat          4 Crackers          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 A          3.00 P          1.00 C          1.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 Kiwi          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          2 cups Cauliflower          1/2 cup Onions          1 1/2 cups Broccoli          2/3 cup Rice          2 Peppers (bell or cubanelle)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .50 C          1.00 C          .50 C          2.00 C          1.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 Peach          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have you had your Protein Smoothie today?

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 48**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 1/3 Bananas 4 Macadamia nuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/3 cup Fruit cocktail</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 F 1.00 C Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

*\*\* 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 - 2100 Calories

**Day: 49**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 3 Peaches 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Won ton soup 3 oz Crab</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy crab on its own.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100  
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+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 50**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites            1 cup Grapes            1 slice Whole grain bread            2/3 tsp Olive or monounsaturated oil            2 tsp Peanut butter, natural            1 link Soy sausage</p>	<p>Item            Portions            4.00 P            2.00 C            2.00 C            2.00 F            2.00 F            2.00 P            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat            2 1/2 oz Cheese, low or non fat            1/2 cup Oatmeal            9 Almonds, whole</p>	<p>Item            Portions            1.50 PC            2.50 P            1.50 C            3.00 F            Calories:            301</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Chili, canned            2 oz Beef, lean cuts</p>	<p>Item            Portions            4.00 A            2.00 P            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot bowl of chili - easy, tasty and filling! Add in some extra beef.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat            21 grams Protein powder            1/2 cup Raspberries            1/2 cup Strawberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            1.00 PC            3.00 P            .50 C            .50 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)            1 1/3 cups Applesauce            1 cup Mushrooms            1 cup Broccoli            1 cup Cauliflower            15 Almonds, whole</p>	<p>Item            Portions            7.00 P            4.00 C            .50 C            .33 C            .25 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Ultra-Fast Beef Dinner with Vegetables            Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            2/3 tsp Olive or monounsaturated oil            1/2 cup Blueberries</p>	<p>Item            Portions            1.00 PC            2.00 P            2.00 F            1.00 C            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 51**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Egg whites 2 links Soy sausage 1 Orange 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and sausage with fruit on the side. A great breakfast to get your day on its way!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless 4 cups Mushrooms 2 cups Tomato, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/3 cup Fruit cocktail</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 F 1.00 C Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C .50 C .50 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 52**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Pistachios A unique blend of tastes and flavours!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>3 cups Vegetable soup 3 oz Cheese, low or non fat 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 53**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Pistachios A unique blend of tastes and flavours!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 cup Zucchini 1 cup Mushrooms 1 1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over medium heat until tender-crisp. Add some cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 2/3 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 F 1.00 C Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 54**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Grapes          4 tbsp Almonds, slivered          3 slices Turkey bacon</p>	<p>Item          Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blackberries          1/2 cup Blueberries          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          1.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          12 Almonds, whole</p>	<p>Item          Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie          Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Beans, green or yellow          1 1/3 cups Potato          2 1/2 tbsp Sour cream</p>	<p>Item          Portions          7.00 P          1.00 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          1.00 C          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 55**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. You can half the protein and milk and create a shake on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat                  3 Peaches                  9 Almonds, whole</p>	<p>Item Portions                  4.00 P                  3.00 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts                  Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>4 1/2 oz Turkey breast, deli style                  6 Egg whites                  2 slice Rye bread                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  3.00 P                  4.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich                  Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  1/2 cup Strawberries                  1/4 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  .50 C                  .50 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.                  Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts                  12 spears Asparagus                  3 cups Broccoli                  1 cup Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  1.00 C                  1.00 C                  3.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1/2 cup Pineapple                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.                  Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 56**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          1 1/2 Apples          18 Peanuts</p>	<p>Item Portions          4.00 P          3.00 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts          A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          12 Almonds, whole</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie          Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder          2/3 Banana          12 Peanuts</p>	<p>Item Portions          4.00 P          2.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas          If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          24 spears Asparagus          1 1/2 cups Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          2.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus          Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/3 cup Applesauce          1/3 cup Fruit cocktail</p>	<p>Item Portions          3.00 P          2.00 F          1.00 C          1.00 C          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 57**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)            1/2 cup Yogurt, plain, low fat            28 grams Protein powder            2 cups Strawberries            1 tsp Olive or monounsaturated oil            3 Almonds, whole</p>	<p>Item Portions            1.00 PC            1.00 PC            4.00 P            2.00 C            3.00 F            1.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></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><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat            1 1/2 cups Raspberries            1 1/2 cups Strawberries            18 Peanuts</p>	<p>Item Portions            4.00 P            1.50 C            1.50 C            3.00 F            Calories:            301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts            Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat            1 slice Whole grain bread            2 Peaches            12 Almonds, whole</p>	<p>Item Portions            6.00 P            2.00 C            2.00 C            4.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat            21 grams Protein powder            1/3 cup Mango            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            3.00 P            1.00 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)            1 1/3 cups Applesauce            1 cup Mushrooms            1 cup Broccoli            1 cup Cauliflower            15 Almonds, whole</p>	<p>Item Portions            7.00 P            4.00 C            .50 C            .33 C            .25 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Ultra-Fast Beef Dinner with Vegetables            Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1/2 cup Blueberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            2.00 P            1.00 C            2.00 F            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Day: 58

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil          3 slices Turkey bacon</p>	<p>Item Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat          3 tbsp Almonds, slivered          7 grams Protein powder</p>	<p>Item Portions          3.00 PC          3.00 F          1.00 P          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          6 oz Chicken breast, deli style          1 cup Blueberries          24 Peanuts</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 Kiwi          1/2 cup Strawberries          2 tbsp Almonds, slivered</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.          Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.          Eat nuts separately.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Beans, green or yellow          1 1/3 cups Potato          2 1/2 tbsp Sour cream</p>	<p>Item Portions          7.00 P          1.00 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 Peach          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.          Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 59**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Egg whites 2 links Soy sausage 1 Orange 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and sausage with fruit on the side. A great breakfast to get your day on its way!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 3 cups Broccoli 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef  Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 2/3 Banana 12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 1/3 cups Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 60**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites          1 cup Grapes          1 slice Whole grain bread          2/3 tsp Olive or monounsaturated oil          2 tsp Peanut butter, natural          1 link Soy sausage</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          3 Peaches          9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Fruit &amp; Nuts          Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Chili, canned          2 oz Beef, lean cuts</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot bowl of chili - easy, tasty and filling!          Add in some extra beef.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.          Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 2/3 cups Potato          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner          Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 F 1.00 C Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.          Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 61**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 1/3 Bananas 4 Macadamia nuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blackberries 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>3 cups Vegetable soup 3 oz Cheese, low or non fat 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

Take your vitamins. Be empowered

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 62**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                      4 oz Cheese, low or non fat                      1 Orange                      24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat                      2 1/2 oz Cheese, low or non fat                      1 1/2 cups Raspberries                      9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Chili, canned                      2 oz Beef, lean cuts</p>	<p>Item Portions 4.00 A 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot bowl of chili - easy, tasty and filling!                      Add in some extra beef.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                      21 grams Protein powder                      1/3 cup Mango                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend.                      Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                      1 cup Rice                      4 cups Cauliflower                      12 spears Asparagus                      1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                      Brush chicken lightly with oil, broil or grill chicken.                      Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%)                      1/4 cup Yogurt, plain, low fat                      14 grams Protein powder                      1/4 cup Blueberries                      1/6 cup Applesauce                      2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 63**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Grapes          4 tbsp Almonds, slivered          3 slices Turkey bacon</p>	<p>Item Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          1/2 cup Oatmeal          9 Almonds, whole</p>	<p>Item Portions          1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>4 1/2 oz Turkey breast, deli style          6 Egg whites          2 slice Rye bread          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          3.00 P          4.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich          Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder          2/3 Banana          12 Peanuts</p>	<p>Item Portions          4.00 P          2.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas          If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Beans, green or yellow          1 cup Zucchini          1 cup Mushrooms          1 1/2 cups Grapes          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          .50 C          .50 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill seasoned chicken until done. In a pan add oil and saute vegetables over medium heat until tender-crisp. Add some cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Strawberries          1/4 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 64**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 1.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat          14 grams Protein powder          1/2 cup Blueberries          9 Pecans</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Blueberries &amp; Pecans          Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>3 cups Vegetable soup          3 oz Cheese, low or non fat          4 Crackers          1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 3.00 P 1.00 C 1.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Beans, green or yellow          1 cup Zucchini          1 cup Mushrooms          1 1/2 cups Grapes          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad          Grill seasoned chicken until done. In a pan add oil and saute vegetables over medium heat until tender-crisp. Add some cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/3 cup Applesauce          1/3 cup Fruit cocktail</p>	<p>Item Portions 3.00 P 2.00 F 1.00 C 1.00 C Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Day: 65

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Rice 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 cup Zucchini 1 cup Mushrooms 1 1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over medium heat until tender-crisp. Add some cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 66**

<b>Breakfast - Meal Portions: P:6 C:4 F:4</b> 8 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A simple breakfast. Enjoy fruit on the side.
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 3 cups Milk, low fat (1%) 12 Pistachio nuts 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:6 C:4 F:4</b> 2 cups Chili, canned 2 oz Beef, lean cuts	Item Portions 4.00 A 2.00 P Calories: 420	<b>Preparation Suggestions:</b> A hot bowl of chili - easy, tasty and filling! Add in some extra beef.
<b>Snack - Meal Portions: P:4 C:2 F: 2</b> 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>Dinner - Meal Portions: P:7 C:5 F:5</b> 7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> 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.
<b>Snack - Meal Portions: P:3 C:2 F:2</b> 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts	Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210	<b>Preparation Suggestions:</b> 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.

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 67**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Eggs, whole          1 cup Peaches, canned          1 slice Whole grain bread          1 1/3 tsp Olive or monounsaturated oil          2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions</p> <p>4.00 P          2.00 C          2.00 C          4.00 F          2.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat          3 tbsp Almonds, slivered          7 grams Protein powder</p>	<p>Item Portions</p> <p>3.00 PC          3.00 F          1.00 P          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless          2 cups Mushrooms          1 cup Rice          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>6.00 P          1.00 C          3.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.          Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 Kiwi          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak          24 spears Asparagus          1 1/2 cups Onions          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P          2.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Salmon with Herbed Asparagus          Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 P          1.00 C          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 68**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 Egg whites            3 oz Cheese, low or non fat            1 cup Strawberries            1 cup Oatmeal            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            3.00 P            3.00 P            1.00 C            3.00 C            4.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat            21 grams Protein powder            1 1/2 cups Watermelon            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            3.00 P            2.00 C            3.00 F            Calories:            301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless            2 cups Mushrooms            1 cup Rice            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            6.00 P            1.00 C            3.00 C            4.00 F            Calories:            420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.            Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)            21 grams Protein powder            1 Kiwi            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            3.00 P            1.00 C            2.00 F            Calories:            238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts            12 spears Asparagus            3 cups Broccoli            1 cup Potato            1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            7.00 P            1.00 C            1.00 C            3.00 C            5.00 F            Calories:            511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner            Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)            14 grams Protein powder            1/2 cup Blueberries            2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 PC            2.00 P            1.00 C            2.00 F            Calories:            210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 69**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Grapes          4 tbsp Almonds, slivered          3 slices Turkey bacon</p>	<p>Item          Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat          1 1/2 cups Raspberries          1 1/2 cups Strawberries          18 Peanuts</p>	<p>Item          Portions          4.00 P          1.50 C          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Won ton soup          3 oz Crab</p>	<p>Item          Portions          4.00 A          2.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy crab on its own.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder          1/2 Orange          1 cup Raspberries          1/3 tsp Olive or monounsaturated oil          6 Peanuts</p>	<p>Item          Portions          4.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless          1 1/2 cups Beans, green or yellow          1 1/3 cups Potato          2 1/2 tbsp Sour cream</p>	<p>Item          Portions          7.00 P          1.00 C          4.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%)          1/4 cup Yogurt, plain, low fat          14 grams Protein powder          1/4 cup Blueberries          1/6 cup Applesauce          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          .50 PC          .50 PC          2.00 P          .50 C          .50 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 70**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 1/3 Bananas 4 Macadamia nuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Pears &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 cup Zucchini 1 cup Mushrooms 1 1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over medium heat until tender-crisp. Add some cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

Have you had your Protein Smoothie today?

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 71**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Egg whites 2 links Soy sausage 1 Orange 1 Pear 24 Peanuts</p>	<p>Item Portions 2.00 P 4.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs and sausage with fruit on the side. A great breakfast to get your day on its way!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 3 cups Broccoli 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef</p> <p>Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; Sauce</p> <p>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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 1.00 F .67 F .33 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit</p> <p>Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

\*\* 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 - 2100 Calories

**Day: 72**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>8 Egg whites 2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>9 oz Turkey breast, deli style 1 1/2 cups Strawberries 1 1/4 cups Grapes 12 Almonds, whole</p>	<p>Item Portions 6.00 P 1.50 C 2.50 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 2/3 Banana 12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Salmon steak 3 cups Beans, green or yellow 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 73**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Grapes          4 tbsp Almonds, slivered          3 slices Turkey bacon</p>	<p>Item Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%)          12 Pistachio nuts          1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          3.00 PC          3.00 F          1.00 P          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          12 Almonds, whole</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie          Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          3/4 cup Watermelon          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts          12 spears Asparagus          3 cups Broccoli          1 cup Potato          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner          Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 cup Blueberries          3 Almonds, whole          2 Cashews          2 Peanuts</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          1.00 F          .67 F          .33 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 74**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  1 cup Bran cereal, all varieties                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat                  1 cup Applesauce                  12 Pistachio nuts</p>	<p>Item Portions                  4.00 P                  3.00 C                  3.00 F                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Pistachios                  A unique blend of tastes and flavours!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Chili, canned                  2 oz Beef, lean cuts</p>	<p>Item Portions                  4.00 A                  2.00 P                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>A hot bowl of chili - easy, tasty and filling!                  Add in some extra beef.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)                  21 grams Protein powder                  3/4 cup Watermelon                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  3.00 P                  1.00 C                  2.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  2 1/4 cups Mushrooms                  2 Peppers (bell or cubanella)                  2 1/2 cups Beans, green or yellow                  3 3/4 cups Broccoli                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  7.00 P                  1.13 C                  1.00 C                  1.67 C                  1.25 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry                  Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Strawberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.                  Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Day: 75

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 1/3 Bananas 4 Macadamia nuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 6 oz Chicken breast, deli style 1 cup Blueberries 24 Peanuts</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 76**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Cheese, low or non fat 1 slice Whole grain bread 2 Peaches 12 Almonds, whole</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 77**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  2/3 cup Oatmeal                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 PC                  4.00 P                  2.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. You can half the protein and milk and create a shake on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 1/2 cups Yogurt, plain, low fat                  3 tbsp Almonds, slivered                  7 grams Protein powder</p>	<p>Item                  Portions                  3.00 PC                  3.00 F                  1.00 P                  Calories:                  301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>4 1/2 oz Turkey breast, deli style                  6 Egg whites                  2 slice Rye bread                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 P                  3.00 P                  4.00 C                  4.00 F                  Calories:                  420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich                  Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder                  1/2 Orange                  1 cup Raspberries                  1/3 tsp Olive or monounsaturated oil                  6 Peanuts</p>	<p>Item                  Portions                  4.00 P                  1.00 C                  1.00 C                  1.00 F                  1.00 F                  Calories:                  238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)                  1 2/3 cups Potato                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  7.00 P                  5.00 C                  5.00 F                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner                  Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 cup Raspberries                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  1.00 PC                  2.00 P                  1.00 C                  2.00 F                  Calories:                  210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 78**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)                  28 grams Protein powder                  1 cup Bran cereal, all varieties                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat                  14 grams Protein powder                  1/2 cup Blueberries                  9 Pecans</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Protein, Blueberries &amp; Pecans                  Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless                  2 cups Mushrooms                  1 cup Rice                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.                  Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder                  1/2 Orange                  1 cup Raspberries                  1/3 tsp Olive or monounsaturated oil                  6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Chicken breast, skinless                  1 cup Rice                  4 cups Cauliflower                  12 spears Asparagus                  1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken lightly with oil, broil or grill chicken.                  Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)                  14 grams Protein powder                  1 Peach                  2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 79**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>6 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          1 cup Oatmeal          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          3.00 P          1.00 C          3.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%)          12 Pistachio nuts          1 oz Cheddar cheese, light/low fat</p>	<p>Item          Portions          3.00 PC          3.00 F          1.00 P          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Won ton soup          3 oz Crab</p>	<p>Item          Portions          4.00 A          2.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple meal of soup. Enjoy crab on its own.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1/2 cup Onions          1/2 cup Tomato sauce          3/4 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1/2 Pear          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 80**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          6 Egg whites          1 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil          3 slices Turkey bacon</p>	<p>Item          Portions          2.00 PC          3.00 P          2.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          3/4 cup Grapes          18 Peanuts</p>	<p>Item          Portions          1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat          28 grams Protein powder          2 cups Strawberries          12 Almonds, whole</p>	<p>Item          Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie          Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Strawberries          1/4 cup Pineapple          2/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          .50 C          .50 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 1/3 cups Applesauce          1 cup Mushrooms          1 cup Broccoli          1 cup Cauliflower          15 Almonds, whole</p>	<p>Item          Portions          7.00 P          4.00 C          .50 C          .33 C          .25 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Ultra-Fast Beef Dinner with Vegetables          Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/2 cup Blueberries</p>	<p>Item          Portions          1.00 PC          2.00 P          2.00 F          1.00 C          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 81**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>2 cups Milk, low fat (1%)          4 oz Cheese, low or non fat          1 Orange          24 Peanuts</p>	<p>Item Portions          2.00 PC          4.00 P          2.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          3/4 cup Blueberries          18 Peanuts</p>	<p>Item Portions          1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>9 oz Turkey breast, deli style          1 1/2 cups Strawberries          1 1/4 cups Grapes          12 Almonds, whole</p>	<p>Item Portions          6.00 P          1.50 C          2.50 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Peaches, canned          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          2.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1/2 cup Onions          1/2 cup Tomato sauce          3/4 cup Pasta          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          1.00 C          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%)          14 grams Protein powder          1 cup Raspberries          2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          2.00 P          1.00 C          2.00 F          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 82**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>4 Eggs, whole 1 cup Peaches, canned 1 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blackberries 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>4 1/2 oz Turkey breast, deli style 6 Egg whites 2 slice Rye bread 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 3.00 P 4.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms  Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 83**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          1 1/3 tsp Olive or monounsaturated oil          7 grams Protein powder</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          4.00 F          1.00 P          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>3/4 cup Yogurt, plain, low fat          2 1/2 oz Cheese, low or non fat          3/4 cup Grapes          18 Peanuts</p>	<p>Item Portions          1.50 PC          2.50 P          1.50 C          3.00 F          Calories:          301</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Beef, lean cuts          1/2 cup Onions          1 cup Tomato, puree          3 cups Broccoli          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          1.00 C          2.00 C          1.00 C          4.00 F          Calories:          420</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef          Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder          1/2 Orange          1 cup Raspberries          1/3 tsp Olive or monounsaturated oil          6 Peanuts</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          1.00 F          1.00 F          Calories:          238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Ground beef (&lt; 10% fat)          1 2/3 cups Potato          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          5.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef Patty Dinner          Prepare a beef patty using your favorite spices.</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>21 grams Protein powder          2/3 tsp Olive or monounsaturated oil          1/3 cup Applesauce          1/3 cup Fruit cocktail</p>	<p>Item Portions          3.00 P          2.00 F          1.00 C          1.00 C          Calories:          210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

**Day: 84**

<p><b>Breakfast - Meal Portions: P:6 C:4 F:4</b></p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:3</b></p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Pistachios A unique blend of tastes and flavours!</p>
<p><b>Mid Meal - Meal Portions: P:6 C:4 F:4</b></p> <p>6 oz Chicken breast, skinless 4 cups Mushrooms 2 cups Tomato, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F Calories: 420</p>	<p><b>Preparation Suggestions:</b></p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 2</b></p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:7 C:5 F:5</b></p> <p>10 1/2 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:2 F:2</b></p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 30 Carbohydrates: 20 Fat: 20 Calories: 2100

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

Take your vitamins. Be empowered

**Notes:**

## **Grocery List**

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
19 oz Cheese, low or non fat	1 2/3 Bananas	4 Macadamia nuts	9 1/2 cups Yogurt, plain, low fat
6 oz Chicken breast, deli style	4 3/4 cups Blueberries	110 Peanuts	18 cups Milk, low fat (1%)
392 grams Protein powder	2 1/2 cups Raspberries	29 2/3 tsp Olive or monounsaturated oil	2 cups Chili, canned
9 oz Beef, lean cuts	5 1/2 cups Strawberries	9 Pecans	2 cups Beef and vegetable soup
4 oz Mozzarella cheese, light/low fat	12 spears Asparagus	39 Almonds, whole	
4 1/2 oz Turkey breast, deli style	6 cups Broccoli	12 Pistachio nuts	
28 Egg whites	4 cups Potato	2 tsp Peanut butter, natural	
10 1/2 oz Salmon steak	3 cups Grapes	2 Cashews	
21 oz Ground beef (< 10% fat)	1 cup Cereal, cold		
6 oz Cheddar cheese, light/low fat	1 Peach		
27 oz Chicken breast, skinless	2 slice Rye bread		
3 slices Turkey bacon	2 1/2 cups Peaches, canned		
1 link Soy sausage	4 1/2 cups Beans, green or yellow		
	1 2/3 cups Rice		
	1/2 cup Oatmeal		
	1 1/2 Pears		
	2/3 cup Mango		
	2 cups Cauliflower		
	1 cup Onions		
	2 Peppers (bell or cubanelle)		
	2 1/4 cups Watermelon		
	2 cups Zucchini		
	5 cups Mushrooms		
	1/2 cup Pineapple		
	1 slice Whole grain bread		
	1 1/2 Apples		
	2 cups Tomato, canned		
	1 1/2 Oranges		
	1/2 cup Tomato sauce		
	3/4 cup Pasta		
	4 Crackers		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
4 Eggs, whole	1 1/4 cups Peaches, canned	26 2/3 tsp Olive or monounsaturated oil	17 1/2 cups Milk, low fat (1%)
4 oz Mozzarella cheese, light/low fat	2 slice Whole grain bread	78 Peanuts	4 1/4 cups Yogurt, plain, low fat
29 oz Cheese, low or non fat	6 cups Raspberries	9 tbsp Almonds, slivered	3 cups Vegetable soup
27 oz Chicken breast, skinless	6 1/2 cups Strawberries	12 Pistachio nuts	2 2/3 cups Beef and vegetable soup
378 grams Protein powder	13 1/4 cups Mushrooms	57 Almonds, whole	2 cups Won ton soup
16 Egg whites	2 cups Rice	2 1/2 tbsp Sour cream	
2 links Soy sausage	1/4 cup Pineapple		
13 oz Beef, lean cuts	4 Peppers (bell or cubanelle)		
3 slices Turkey bacon	7 cups Beans, green or yellow		
10 1/2 oz Chicken breast, deli style	7 3/4 cups Broccoli		
10 1/2 oz Salmon steak	1 1/2 Oranges		
3 oz Crab	1 Pear		
10 1/2 oz Ground beef (< 10% fat)	3 cups Grapes		
9 oz Turkey breast, deli style	4 Crackers		
	1 1/2 Kiwis		
	60 spears Asparagus		
	2 5/6 cups Applesauce		
	2 cups Zucchini		
	1 3/4 cups Blueberries		
	1 cup Bran cereal, all varieties		
	6 Peaches		
	1 Plum		
	1 1/3 cups Potato		
	1/2 cup Blackberries		
	2 cups Onions		
	1 cup Tomato, puree		
	1 2/3 cups Oatmeal		
	2/3 Banana		
	5 cups Cauliflower		
	2/3 cup Fruit cocktail		

## 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 - 2100 Calories

Protein	Carbohydrates	Fats	Other
20 Egg whites	2 1/2 cups Grapes	27 tsp Olive or monounsaturated oil	6 2/3 cups Beef and vegetable soup
4 links Soy sausage	3 slice Whole grain bread	4 tsp Peanut butter, natural	18 cups Milk, low fat (1%)
28 oz Cheese, low or non fat	8 Peaches	63 Almonds, whole	7 cups Yogurt, plain, low fat
6 oz Cheddar cheese, light/low fat	8 Crackers	114 Peanuts	
413 grams Protein powder	4 Plums	2 1/2 tbsp Sour cream	
34 oz Chicken breast, skinless	1 cup Rice		
10 1/2 oz Salmon steak	4 cups Cauliflower		
14 oz Beef, lean cuts	84 spears Asparagus		
2 oz Mozzarella cheese, light/low fat	3 1/2 Pears		
	4 cups Raspberries		
	1 1/2 cups Onions		
	7 cups Strawberries		
	1 cup Bran cereal, all varieties		
	1 1/4 cups Blueberries		
	1 Kiwi		
	14 1/4 cups Mushrooms		
	6 Peppers (bell or cubanelle)		
	2 Oranges		
	2 cups Tomato, canned		
	4 cups Beans, green or yellow		
	2 2/3 cups Potato		
	1 1/2 cups Watermelon		
	1/3 cup Mango		
	5 1/4 cups Broccoli		
	1/3 cup Applesauce		
	1/3 cup Fruit cocktail		
	1/2 cup Oatmeal		
	1 cup Zucchini		

## Grocery List

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
406 grams Protein powder	2 cups Oatmeal	29 2/3 tsp Olive or monounsaturated oil	23 cups Milk, low fat (1%)
22 oz Cheese, low or non fat	5 1/2 cups Raspberries	60 Peanuts	6 1/2 cups Yogurt, plain, low fat
20 oz Chicken breast, skinless	4 cups Strawberries	57 Almonds, whole	2 cups Won ton soup
20 Egg whites	1 slice Whole grain bread	4 tbsp Almonds, slivered	5 1/3 cups Beef and vegetable soup
2 oz Cheddar cheese, light/low fat	2 Peaches	12 Pistachio nuts	3 cups Vegetable soup
3 oz Crab	1 cup Mango		
21 oz Ground beef (< 10% fat)	7 cups Cauliflower		
27 oz Chicken breast, deli style	2 cups Onions		
6 slices Turkey bacon	2 1/2 cups Broccoli		
4 oz Mozzarella cheese, light/low fat	2 2/3 cups Rice		
10 1/2 oz Salmon steak	2 Peppers (bell or cubanelle)		
	2 1/2 cups Peaches, canned		
	2/3 cup Fruit cocktail		
	2 1/3 cups Applesauce		
	11 cups Mushrooms		
	2 1/4 cups Grapes		
	3 1/2 cups Blueberries		
	36 spears Asparagus		
	1 cup Bran cereal, all varieties		
	6 cups Beans, green or yellow		
	4 cups Zucchini		
	1/2 cup Blackberries		
	1/3 Banana		
	1 2/3 cups Potato		
	4 Crackers		
	1/2 Orange		

## Grocery List

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
24 Egg whites	10 1/2 cups Strawberries	35 tsp Olive or monounsaturated oil	4 cups Beef and vegetable soup
17 1/2 oz Cheese, low or non fat	1 1/2 cups Oatmeal	54 Peanuts	15 1/2 cups Milk, low fat (1%)
6 oz Cheddar cheese, light/low fat	3 Apples	51 Almonds, whole	6 1/2 cups Yogurt, plain, low fat
364 grams Protein powder	8 Crackers	3 tbsp Almonds, slivered	
13 oz Beef, lean cuts	3 3/4 cups Blueberries		
8 oz Mozzarella cheese, light/low fat	1 Orange		
20 oz Chicken breast, skinless	10 1/4 cups Mushrooms		
8 Eggs, whole	48 spears Asparagus		
21 oz Salmon steak	4 Peppers (bell or cubanelle)		
6 slices Turkey bacon	3 1/2 cups Raspberries		
13 1/2 oz Turkey breast, deli style	1 cup Cereal, cold		
21 oz Ground beef (< 10% fat)	1 Peach		
	2 cups Tomato, canned		
	5 1/2 cups Beans, green or yellow		
	8 1/4 cups Broccoli		
	3/4 cup Pineapple		
	2 1/2 cups Peaches, canned		
	2 slice Whole grain bread		
	3 cups Onions		
	1 cup Tomato, puree		
	2 1/4 cups Watermelon		
	1 1/3 cups Potato		
	1 cup Zucchini		
	1 cup Rice		
	1/2 cup Applesauce		
	2/3 cup Fruit cocktail		
	2 slice Rye bread		
	1 cup Tomato sauce		
	1 1/2 cups Pasta		
	1 1/4 cups Grapes		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
350 grams Protein powder	1 cup Bran cereal, all varieties	28 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
6 oz Chicken breast, deli style	3 1/4 cups Blueberries	18 Pecans	7 1/2 cups Yogurt, plain, low fat
21 oz Chicken breast, skinless	1 1/2 Kiwis	86 Peanuts	5 1/3 cups Beef and vegetable soup
26 Egg whites	8 cups Strawberries	6 tbsp Almonds, slivered	2 cups Won ton soup
8 oz Cheese, low or non fat	4 cups Rice	24 Pistachio nuts	
6 oz Mozzarella cheese, light/low fat	4 cups Cauliflower	27 Almonds, whole	
4 oz Cheddar cheese, light/low fat	36 spears Asparagus	2 Cashews	
18 oz Turkey breast, deli style	3 1/4 cups Peaches, canned	2 tsp Peanut butter, natural	
3 links Soy sausage	1 cup Oatmeal		
31 1/2 oz Salmon steak	4 3/4 cups Grapes		
3 oz Crab	6 1/4 cups Mushrooms		
13 oz Beef, lean cuts	4 Peppers (bell or cubanelle)		
4 Eggs, whole	11 1/2 cups Beans, green or yellow		
	8 1/4 cups Broccoli		
	3 cups Raspberries		
	1/3 Banana		
	1 1/3 cups Potato		
	1 cup Zucchini		
	1 Orange		
	1 Pear		
	1 cup Pineapple		
	2 1/4 cups Watermelon		
	1/3 cup Mango		
	2 slice Whole grain bread		
	1/2 cup Onions		
	1 cup Tomato, puree		

## Grocery List

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
6 Egg whites	6 cups Strawberries	26 tsp Olive or monounsaturated oil	8 cups Yogurt, plain, low fat
43 1/2 oz Cheese, low or non fat	1 cup Oatmeal	48 Almonds, whole	13 1/2 cups Milk, low fat (1%)
34 oz Chicken breast, skinless	6 cups Raspberries	8 Macadamia nuts	2 cups Beef and vegetable soup
392 grams Protein powder	11 1/4 cups Mushrooms	138 Peanuts	3 cups Vegetable soup
3 oz Cheddar cheese, light/low fat	2 cups Tomato, canned	9 Pecans	2 cups Won ton soup
21 oz Ground beef (< 10% fat)	1/2 cup Peaches, canned	2 tbsp Almonds, slivered	
16 1/2 oz Chicken breast, deli style	6 Peppers (bell or cubanelle)		
4 oz Mozzarella cheese, light/low fat	5 1/2 cups Beans, green or yellow		
3 oz Crab	9 1/4 cups Broccoli		
	4 1/2 cups Blueberries		
	3 2/3 Bananas		
	8 Crackers		
	1 1/2 cups Applesauce		
	5 cups Cauliflower		
	1 Orange		
	1/3 cup Mango		
	3 cups Potato		
	3 cups Zucchini		
	1/2 cup Pineapple		
	1 slice Whole grain bread		
	7 Peaches		
	1 cup Onions		
	1 1/3 cups Rice		
	1 cup Cereal, cold		
	1/2 cup Blackberries		
	1 1/2 Kiwis		
	3/4 cup Grapes		
	1 1/2 Pears		
	1/3 cup Fruit cocktail		

## Grocery List

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
32 Egg whites	3 1/2 cups Grapes	26 tsp Olive or monounsaturated oil	5 3/4 cups Yogurt, plain, low fat
3 links Soy sausage	1 slice Whole grain bread	2 tsp Peanut butter, natural	2 cups Chili, canned
25 1/2 oz Cheese, low or non fat	1 1/6 cups Oatmeal	63 Almonds, whole	14 cups Milk, low fat (1%)
9 oz Beef, lean cuts	3 1/2 cups Raspberries	98 Peanuts	3 cups Vegetable soup
441 grams Protein powder	6 cups Strawberries	2 Cashews	
10 1/2 oz Ground beef (< 10% fat)	3 2/3 cups Applesauce	24 Pistachio nuts	
34 oz Chicken breast, skinless	6 cups Mushrooms	4 tbsp Almonds, slivered	
2 oz Cheddar cheese, light/low fat	7 cups Broccoli	2 1/2 tbsp Sour cream	
3 slices Turkey bacon	3 cups Cauliflower		
4 1/2 oz Turkey breast, deli style	3 cups Blueberries		
4 oz Mozzarella cheese, light/low fat	1 1/2 Oranges		
10 1/2 oz Salmon steak	2 Pears		
	3 Apples		
	2 cups Tomato, canned		
	2/3 cup Fruit cocktail		
	3 2/3 cups Potato		
	2 cups Zucchini		
	2 1/2 cups Peaches, canned		
	4 Crackers		
	2 cups Onions		
	2/3 cup Rice		
	2 Peppers (bell or cubanelle)		
	5 Peaches		
	3 cups Beans, green or yellow		
	1/2 cup Blackberries		
	2 slice Rye bread		
	3/4 cup Pineapple		
	36 spears Asparagus		
	1 cup Cereal, cold		
	2/3 Banana		

## Grocery List

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
315 grams Protein powder	5 cups Strawberries	21 tsp Olive or monounsaturated oil	17 1/2 cups Milk, low fat (1%)
36 oz Cheese, low or non fat	3 cups Raspberries	57 Almonds, whole	5 3/4 cups Yogurt, plain, low fat
21 oz Ground beef (< 10% fat)	2 slice Whole grain bread	132 Peanuts	4 cups Chili, canned
30 Egg whites	6 Peaches	9 tbsp Almonds, slivered	3 cups Vegetable soup
6 slices Turkey bacon	2/3 cup Mango	5 tbsp Sour cream	
6 oz Chicken breast, deli style	1 1/2 cups Applesauce	2 tsp Peanut butter, natural	
35 oz Chicken breast, skinless	2 cups Mushrooms	4 Macadamia nuts	
3 links Soy sausage	5 1/2 cups Broccoli		
10 oz Beef, lean cuts	7 cups Cauliflower		
4 1/2 oz Turkey breast, deli style	4 1/4 cups Blueberries		
	1/2 Kiwi		
	4 1/2 cups Beans, green or yellow		
	4 1/3 cups Potato		
	2 Oranges		
	1 Pear		
	1 1/2 Apples		
	1 cup Onions		
	1 cup Tomato, puree		
	3 Bananas		
	4 cups Grapes		
	1/4 cup Pineapple		
	1/2 cup Blackberries		
	4 Crackers		
	1 2/3 cups Rice		
	2 Peppers (bell or cubanelle)		
	12 spears Asparagus		
	1/2 cup Oatmeal		
	2 slice Rye bread		
	1 cup Zucchini		
	1/4 cup Peaches, canned		

## Grocery List

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
6 oz Mozzarella cheese, light/low fat	1 cup Cereal, cold	29 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
357 grams Protein powder	1 Peach	9 Pecans	8 1/2 cups Yogurt, plain, low fat
20 oz Cheese, low or non fat	2 1/2 cups Blueberries	74 Peanuts	3 cups Vegetable soup
46 oz Chicken breast, skinless	4 Crackers	12 Almonds, whole	2 cups Chili, canned
20 Egg whites	3 1/2 cups Peaches, canned	12 Pistachio nuts	2 cups Won ton soup
3 oz Cheddar cheese, light/low fat	6 cups Beans, green or yellow	2 Cashews	
16 oz Beef, lean cuts	3 cups Zucchini	10 tbsp Almonds, slivered	
4 Eggs, whole	9 cups Mushrooms	2 1/2 tbsp Sour cream	
10 1/2 oz Salmon steak	5 1/2 cups Grapes	4 Macadamia nuts	
3 slices Turkey bacon	2/3 cup Applesauce		
3 oz Crab	1/3 cup Fruit cocktail		
	1 1/2 Oranges		
	3 cups Rice		
	2/3 cup Mango		
	1 1/2 Pears		
	1 2/3 Bananas		
	48 spears Asparagus		
	6 cups Broccoli		
	3 1/3 cups Potato		
	1 slice Whole grain bread		
	2 Kiwis		
	1 1/2 cups Onions		
	3 cups Raspberries		
	3 cups Strawberries		
	1 cup Oatmeal		
	1 1/2 cups Watermelon		

## Grocery List

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
24 Egg whites	2 Oranges	88 Peanuts	8 cups Yogurt, plain, low fat
2 links Soy sausage	1 1/2 Pears	27 1/3 tsp Olive or monounsaturated oil	20 cups Milk, low fat (1%)
21 oz Cheese, low or non fat	3 1/4 cups Blueberries	63 Almonds, whole	2 cups Chili, canned
22 oz Beef, lean cuts	1 cup Onions	4 Cashews	
413 grams Protein powder	1 cup Tomato, puree	7 tbsps Almonds, slivered	
21 oz Ground beef (< 10% fat)	12 3/4 cups Broccoli	24 Pistachio nuts	
3 oz Cheddar cheese, light/low fat	1 Kiwi	4 Macadamia nuts	
13 1/2 oz Turkey breast, deli style	1/2 cup Tomato sauce		
10 1/2 oz Salmon steak	3/4 cup Pasta		
3 slices Turkey bacon	2 cups Peaches, canned		
7 oz Chicken breast, skinless	4 1/2 cups Strawberries		
16 1/2 oz Chicken breast, deli style	2 3/4 cups Grapes		
	2 Bananas		
	8 1/2 cups Beans, green or yellow		
	1 cup Rice		
	3 Peaches		
	3 cups Watermelon		
	24 spears Asparagus		
	3 2/3 cups Potato		
	1 cup Bran cereal, all varieties		
	1 cup Applesauce		
	6 1/4 cups Mushrooms		
	2 Peppers (bell or cubanelle)		
	1 Plum		
	4 cups Raspberries		
	1 1/6 cups Oatmeal		
	1 slice Whole grain bread		
	2 cups Zucchini		
	2 slice Rye bread		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2100 Calories

Protein	Carbohydrates	Fats	Other
399 grams Protein powder	1 cup Bran cereal, all varieties	32 2/3 tsp Olive or monounsaturated oil	21 cups Milk, low fat (1%)
19 oz Chicken breast, skinless	3 1/4 cups Blueberries	9 Pecans	5 1/4 cups Yogurt, plain, low fat
18 Egg whites	15 cups Mushrooms	96 Peanuts	2 cups Won ton soup
18 1/2 oz Cheese, low or non fat	2 cups Rice	24 Pistachio nuts	
1 oz Cheddar cheese, light/low fat	2 1/2 Oranges	39 Almonds, whole	
3 oz Crab	7 cups Raspberries		
42 oz Ground beef (< 10% fat)	5 cups Cauliflower		
3 slices Turkey bacon	36 spears Asparagus		
13 1/2 oz Turkey breast, deli style	2 Peaches		
4 Eggs, whole	6 cups Strawberries		
6 oz Mozzarella cheese, light/low fat	1 cup Oatmeal		
13 oz Beef, lean cuts	1/2 cup Pineapple		
10 1/2 oz Chicken breast, deli style	1 1/2 cups Onions		
	1 cup Tomato sauce		
	1 1/2 cups Pasta		
	1/2 Pear		
	2 3/4 cups Grapes		
	2 2/3 cups Applesauce		
	4 cups Broccoli		
	1 3/4 cups Peaches, canned		
	1 slice Whole grain bread		
	1/2 cup Blackberries		
	2 slice Rye bread		
	3/4 cup Watermelon		
	2 Peppers (bell or cubanelle)		
	1 cup Cereal, cold		
	1 cup Tomato, puree		
	1 2/3 cups Potato		
	1/3 cup Fruit cocktail		
	2 cups Tomato, canned		
	3 cups Beans, green or yellow		
	2 cups Zucchini		