Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>8 Egg whites</li><li>4 cups Mushrooms</li><li>3 cups Tomatoes</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	4.00 P 2.00 C 2.00 C 4.00 F Calories: 364	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Mushrooms</li> <li>5 oz Chicken breast, skinless</li> <li>4 Peppers (bell or cubanelle)</li> <li>2 cups Broccoli</li> <li>2 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	1.00 C 5.00 P 2.00 C .67 C 1.33 C 5.00 F Calories: 455	Chicken Stir-Fry Try using some thyme in this for extra flavor!
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
<ul><li>1 cup Cottage cheese, light/low fat</li><li>4 cups Raspberries</li><li>24 Peanuts</li></ul>	4.00 P 4.00 C 4.00 F Calories: 364	Cottage Cheese, Raspberries & Peanuts A great, quick snack!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 cups Mushrooms</li> <li>5 oz Beef, lean cuts</li> <li>24 spears Asparagus</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	2.00 C 5.00 P 2.00 C 1.00 C 5.00 F Calories: 455	Sautéed Beef with Mushrooms  Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3	Item	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1/2 cup Yogurt, plain, low fat</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Partiana, Protain	n: 24 Carboby	drates: 24 Fat: 24 Calories: 2184

Tremember to anim between 10 and 12 glasses of water per da

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Yogurt, plain, low fat</li><li>2 cups Raspberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	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!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>30 Peanuts</li><li>3 cups Raspberries</li><li>1 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li></ul>	5.00 F 3.00 C 2.00 PC 3.00 P Calories: 455	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.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
4 cups Milk, low fat (1%) 24 Peanuts	4.00 PC 4.00 F Calories: 364	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Dinner - Meal Portions: P:5 C:5 F:5  1 2/3 tsp Olive or monounsaturated oil 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 5 oz Chicken breast, skinless	Item Portions 5.00 F 3.00 C 1.00 C 1.00 C 5.00 P Calories: 455	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1/2 cup Yogurt, plain, low fat</li><li>1 cup Raspberries</li><li>1 cup Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273	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!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have a Protein Smoothie, be Empowered

	Bench Lean M	

Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>4 Egg whites</li><li>2 cups Milk, low fat (1%)</li><li>1 cup Blueberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:3 C:3 F:3  7 grams Protein powder 1 cup Yogurt, plain, low fat 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 1.00 P 2.00 PC 1.00 C 3.00 F Calories: 273	Preparation Suggestions:  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!
Mid Meal - Meal Portions: P:5 C:5 F:5 2 1/2 cups Chicken noodle soup	Item Portions 5.00 A Calories: 455	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:4 F: 4  1 cup Cottage cheese, light/low fat 1 1/3 cups Oatmeal 12 Cashews	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions:  Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Dinner - Meal Portions: P:5 C:5 F:5  5 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455	Preparation Suggestions:  Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

+ energized + transformed + empowered +

	Bench Lean M	

Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
4 Egg whites	2.00 P	Cook egg whites any style for a nutritious breakfast.
2 cups Milk, low fat (1%)	2.00 PC	Sook ogg willoo arly olyro for a marillodo broakladi.
1 Apple	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
•	Calories:	
	364	
Snack - Meal Portions: P:3 C:3 F:3	Item	Preparation Suggestions:
44 avenue Dretain noveler	Portions	
14 grams Protein powder	2.00 P 2.00 C	Protein Shake with Fruit
1 cup Blueberries 1 cup Milk, low fat (1%)	1.00 PC	Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
r tsp Olive or monounsaturated on	Calories:	have remaining ingredients on the side.
	273	have remaining ingredients on the side.
Mid Meal - Meal Portions: P:5 C:5 F:5	Item	Proporation Suggestions
	Portions	Preparation Suggestions:
5 oz Chicken breast, skinless	5.00 P	Chicken with Rice and Vegetables.
2 cups Mushrooms	1.00 C	Season the vegetables any way you like. Enjoy!
1 1/3 cups Rice	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	455	
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Simple, quick and balanced.
1 cup Yogurt, plain, low fat	2.00 PC	Ompro, quior and balancou.
24 Peanuts	4.00 F	
	Calories:	
	364	
Dinner - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
2 aura Draggali	Portions	
3 cups Broccoli	1.00 C 1.50 C	Chicken Kabobs
3 cups Mushrooms 2 cups Cucumber	.50 C	Skewer the chicken and vegetables together, then
5 oz Chicken breast, skinless	5.00 P	baste with olive oil, salt, pepper, garlic and tarragon.
1 Pepper (bell or cubanelle)	.50 C	Grill or bake, then enjoy!
3 cups Cherry tomatoes	1.50 C	Offil of bake, their enjoy:
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 2/0 top Gilve of Monouncatarated on	Calories:	
	455	
Snack - Meal Portions: P:3 C:3 F:3	Item	Preparation Suggestions:
	Portions	
14 grams Protein powder	2.00 P	Protein Shake with Fruit
1 cup Milk, low fat (1%)	1.00 PC	Put all ingredients in a blender over ice and blend,
1/2 cup Blackberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Blueberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories: 273	mix it all together, then eat the fruit on the side. Enjoy!

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

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

	Bench Lean M	

Day: 5	•	
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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 cup Cereal, cold 1 cup Milk, low fat (1%) 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	3.00 P 2.00 C 1.00 PC 1.00 C 4.00 F Calories: 364	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>5 oz Chicken breast, skinless</li> <li>2 1/2 cups Lettuce, romaine</li> <li>2 cups Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 Tomato</li> <li>3 cups Raspberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	5.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 455	Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1/4 cup Cottage cheese, light/low fat 1 1/2 cups Yogurt, plain, low fat 1 cup Raspberries 12 Cashews	1.00 P 3.00 PC 1.00 C 4.00 F Calories: 364	Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>5 oz Chicken breast, skinless</li> <li>1 cup Celery</li> <li>1 1/2 cups Tomatoes</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Rice</li> </ul>	5.00 P .50 C 1.00 C .50 C 5.00 F 3.00 C Calories: 455	Chicken Gumbo Creole Chop the chicken and vegetables into chunks. Boil the rice. Meanwhile, saute the chicken and vegetables, except the tomatoes, until done, seasoning with salt, pepper, garlic and rosemary. Add the tomatoes and some mustard and Worcestershire sauce, now dump in the rice and bring to a simmer, then enjoy.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 Orange</li><li>1 cup Raspberries</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	3.00 P 2.00 C 1.00 C 2.00 F 1.00 F	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.

Slim, Slender and Sexy + www.myslimappeal.com

	Bench Lean M	

Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Yogurt, plain, low fat</li><li>1 slice Whole grain bread</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews	Item Portions 3.00 PC 3.00 F Calories: 273	Preparation Suggestions:  Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 2/3 tsp Olive or monounsaturated oil</li><li>1 1/2 oz Turkey breast, deli style</li><li>2 1/2 slice Whole grain bread</li><li>4 Eggs, whole</li></ul>	5.00 F 1.00 P 5.00 C 4.00 P Calories: 455	Toasted Western Chop deli meat (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread.
Snack - Meal Portions: P:4 C:4 F: 4  14 grams Protein powder 1 cup Yogurt, plain, low fat 1 Grapefruit 24 Peanuts	Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:5 C:5 F:5  2/3 cup Rice 1 Pepper (bell or cubanelle) 5 oz Beef, lean cuts 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 C .50 C 5.00 P .30 C .44 C .75 C 1.00 C 5.00 F Calories: 455	Preparation Suggestions:  Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 2 Peaches 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 24 Fat: 24 Calories: 2184

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Check your Vitals + www.vitalforcemulti.com

	Bench Lean M	

Day: 7	7
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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Cereal, cold 1 1/3 tsp Olive or monounsaturated oil	3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
3 oz Turkey breast, deli style 6 Egg whites 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread 1 Peach	2.00 P 3.00 P 5.00 F 4.00 C 1.00 C Calories: 455	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.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1 cup Blueberries 12 Cashews	2.00 PC 2.00 P 2.00 C 4.00 F Calories: 364	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Dinner - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 7 1/2 oz Ground beef (< 10% fat) 1 Orange	Portions .50 C .50 C 1.00 C 1.00 C 5.00 F 5.00 P 2.00 C Calories: 455	Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.
Snack - Meal Portions: P:3 C:3 F:3	Item	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Blackberries</li><li>1/3 cup Oatmeal</li></ul>	Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 218\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

3 steps for success today: Nutrition + Training + Supplements

	Bench Lean M	

Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 tsp Olive or monounsaturated oil</li><li>2 cups Milk, low fat (1%)</li><li>7 grams Protein powder</li><li>1/2 cup Blueberries</li></ul>	3.00 F 2.00 PC 1.00 P 1.00 C Calories: 273	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!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Cucumber</li> <li>5 cups Lettuce, romaine</li> <li>2 Peppers (bell or cubanelle)</li> <li>5 oz Chicken breast, skinless</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 Tomatoes</li> <li>1 Orange</li> </ul>	50 C .50 C 1.00 C 5.00 P 5.00 F 1.00 C 2.00 C Calories: 455	Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad with orange wedges.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 12 Cashews	4.00 PC 4.00 F Calories: 364	Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 2/3 tsp Olive or monounsaturated oil</li><li>1 1/2 cups Broccoli</li><li>18 spears Asparagus</li><li>5 oz Beef, lean cuts</li><li>1 cup Rice</li></ul>	5.00 F .50 C 1.50 C 5.00 P 3.00 C Calories: 455	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li><li>1 cup Raspberries</li><li>1/3 cup Oatmeal</li></ul>	2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Put up a fight, be empowered and visit <a href="www.empoweredMMA.com">www.empoweredMMA.com</a>

	Bench Lean M	

Day:	9
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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>8 Egg whites</li><li>2 Grapefruits</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	4.00 P 4.00 C 4.00 F Calories: 364	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Oatmeal	2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273	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!
Mid Meal - Meal Portions: P:5 C:5 F:5  5 oz Chicken breast, skinless 1 1/2 cups Cauliflower 1 1/3 cups Celery 2 cups Cucumber 1 1/2 Peppers (bell or cubanelle) 1 2/3 cups Mushrooms 1 1/2 Tomatoes 6 Cashews 1 tsp Olive or monounsaturated oil 1/2 Grapefruit	Item Portions 5.00 P .38 C .67 C .50 C .75 C .83 C .75 C 2.00 F 3.00 F 1.00 C Calories: 455	Preparation Suggestions: Grilled Chicken Salad Grill the chicken while mixing together your vegetables. When the chicken is done, set on top of the salad and garnish with the cashews and grapefruit wedges. A great lunch salad!
Snack - Meal Portions: P:4 C:4 F: 4  1 cup Cottage cheese, light/low fat 2 Apples	Portions 4.00 P 4.00 C	Preparation Suggestions:  Cottage Cheese, Apples & Cashews The apples in this one really add to this great snack!
12 Cashews	4.00 F Calories: 364	
Dinner - Meal Portions: P:5 C:5 F:5  5 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Pasta	Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 3.00 C Calories: 455	Preparation Suggestions:  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.
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 Orange	Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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	Bench Lean M	

Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	Eggs with oatmeal on the side. Enjoy!
1 1/3 cups Oatmeal	4.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	364	
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
7 grams Protein powder	1.00 P	Protein Shake with Fruit
1 cup Yogurt, plain, low fat	2.00 PC	Blend all ingredients together and add ice cubes until
1/3 Banana	1.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F Calories:	available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	273	have remaining ingredients on the side. Enjoy:
Mid Meal - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
	Portions	
5 oz Chicken breast, skinless	5.00 P 5.00 C	Chicken Breast Sandwich
2 1/2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	5.00 C 5.00 F	Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and
1 2/3 tsp Olive of Monodinsaturated off	Calories:	top with mayonnaise. You may also wish to add
	455	lettuce for crunch.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
3/4 cup Cottage cheese, light/low fat	3.00 P	Mix oatmeal with cottage cheese. Top with cashews
1 cup Milk, low fat (1%)	1.00 PC	and enjoy! Enjoy a cool glass of milk on the side.
1 cup Blueberries	2.00 C	
1/3 cup Oatmeal	1.00 C	
12 Cashews	4.00 F	
	Calories: 364	
Dinner - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
5 oz Beef, lean cuts	Portions 5.00 P	Grilled Beef Salad with Fruit
2 cups Cauliflower	.50 C	Grill beef and set atop this great mixed salad. Enjoy
1 cup Celery	.50 C	the fruit for dessert.
2 cups Cucumber	.50 C	
4 cups Lettuce, romaine	.40 C	
1 2/3 cups Tomatoes	1.11 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 cups Strawberries	2.00 C	
	Calories: 455	
Oncels Meet Bertieres Bro 0:0 Fro	Item	Barranetian Orangetiana
Snack - Meal Portions: P:3 C:3 F:3	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C 3.00 F	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	Calories:	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	Eggs with a bagel on the side. Enjoy!
1 Bagel	4.00 C	
4 tsp Cream cheese	4.00 F	
	Calories: 364	
	Item	
Snack - Meal Portions: P:3 C:3 F:3	Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake with Fruit
1 cup Blueberries	2.00 C	Blend all ingredients together and add ice cubes unt
1 cup Milk, low fat (1%)	1.00 PC	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F Calories:	available mix protein powder with cold water and have remaining ingredients on the side.
	273	have remaining ingredients on the side.
Mid Meal - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
1.1/4 ours Cottage shoose light/low fot	Portions 5.00 P	
1 1/4 cups Cottage cheese, light/low fat 12 spears Asparagus	1.00 C	Cottage cheese and fruit with vegetables.
1 Peach	1.00 C	
1 cup Strawberries	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 Orange	2.00 C	
	Calories: 455	
Oneste Mark Dantieura Del Oct Fold	Item	Barrandian Commentions
Snack - Meal Portions: P:4 C:4 F: 4	Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Berries and Oatmeal
1/2 cup Blueberries	1.00 C 1.00 C	Mix berries in a bowl and pour over a cottage chees
1 cup Raspberries 1 cup Strawberries	1.00 C	and oatmeal blend. Top with the cashews and enjoy
1/3 cup Oatmeal	1.00 C	
12 Cashews	4.00 F	
	Calories:	
	364	
Dinner - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
Dinner - Meal Portions: P:5 C:5 F:5 3 cups Broccoli		Preparation Suggestions: Chicken Kabobs
3 cups Broccoli 3 cups Mushrooms	Item Portions 1.00 C 1.50 C	Chicken Kabobs
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber	Item Portions 1.00 C 1.50 C .50 C	Chicken Kabobs  Skewer the chicken and vegetables together, then
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless	Item Portions 1.00 C 1.50 C .50 C 5.00 P	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle)	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C	Chicken Kabobs  Skewer the chicken and vegetables together, then
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle)	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455 Item	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:3 C:3 F:3 14 grams Protein powder 2 cups Strawberries	Item Portions 1.00 C 1.50 C 5.00 P 5.00 C 1.50 C 1.50 C 1.50 C 1.50 C I.50 C I.50 C I.50 C F Calories: 455 Item Portions	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!  Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unt
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:3 C:3 F:3 14 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455 Item Portions 2.00 P 2.00 C 3.00 F	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!  Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:3 C:3 F:3 14 grams Protein powder 2 cups Strawberries	Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455 Item Portions 2.00 P 2.00 C	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!  Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unt

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 1	2
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Item Portions 1.00 P .38 C .25 C .50 C 3.00 PC 4.00 F Calories: 364	Preparation Suggestions:  Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!
Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Portions 5.00 P .50 C .50 C 5.00 F 2.00 C .50 C	Preparation Suggestions:  Tomato Basil Salad Roughly chop the cheese, lettuce, and tomatoes, then toss these ingredients together with the corn niblets, olive oil, basil leaves - fresh if you've got it - a pinch of time, some balsamic or rice wine vinegar, and salt and pepper to taste. Makes a healthy, nutritious salad.
1.00 C Calories: 455 Item Portions 1.00 P 3.00 PC	Preparation Suggestions:  Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
4.00 F Calories: 364 Item Portions	Preparation Suggestions:
1.13 C 5.00 P 1.00 C 1.25 C 1.50 C Calories: 455	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!
Portions 3.00 P 2.00 C 1.00 C 2.00 F	Preparation Suggestions:  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
_	.38 C .25 C .50 C 3.00 PC 4.00 F Calories: 364 Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273 Item Portions 5.00 P .50 C .50 C 5.00 F 2.00 C .50 C 1.00 C Calories: 455 Item Portions 1.00 P 3.00 PC 1.00 C Calories: 455 Item Portions 5.00 F 1.00 C Calories: 455 Item Portions 1.00 P 3.00 PC 1.00 C 1.00 C 4.00 F Calories: 364 Item Portions 5.00 F 1.13 C 5.00 P 1.00 C 1.25 C Calories: 455 Item Portions 3.00 P 2.00 C

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Day: 1	3
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Breakfast - Meal Portions: P:4 C:4 F:4  3 oz Feta cheese, light/low fat  2 Egg whites  1 Pepper (bell or cubanelle)  1 3/4 slice Whole grain bread  1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 P .50 C 3.50 C 4.00 F Calories: 364	Preparation Suggestions:  Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.  This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:3 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews	Item Portions 3.00 PC 3.00 F Calories: 273	Preparation Suggestions:  Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:5 F:5  4 oz Beef, lean cuts 1 cup Milk, low fat (1%) 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 12 Peanuts	Item Portions 4.00 P 1.00 PC 4.00 C 3.00 F 2.00 F Calories: 455	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Snack - Meal Portions: P:4 C:4 F: 4  14 grams Protein powder 1 cup Yogurt, plain, low fat 1 Grapefruit 24 Peanuts	Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:5 C:5 F:5  5 oz Beef, lean cuts 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes	Item Portions 5.00 P 1.00 C 3.00 C 5.00 F 1.00 C Calories: 455	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 2 Peaches 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Cereal, cold 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 1/3 Banana	1.00 PC 2.00 C 4.00 F 3.00 P 1.00 C Calories: 364	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 1/4 cups Cottage cheese, light/low fat</li><li>1 Apple</li><li>30 Peanuts</li><li>1 cup Blackberries</li><li>1/3 cup Oatmeal</li></ul>	5.00 P 2.00 C 5.00 F 2.00 C 1.00 C Calories: 455	Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1 cup Blueberries 12 Cashews	2.00 PC 2.00 P 2.00 C 4.00 F Calories: 364	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>5 oz Chicken breast, skinless</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Lettuce, romaine</li> <li>2 1/2 cups Broccoli</li> <li>2 Tomatoes</li> <li>1 whole Pita</li> </ul>	5.00 F 5.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C Calories: 455	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Blackberries</li><li>1/3 cup Oatmeal</li></ul>	2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>8 Egg whites</li><li>1 1/3 cups Oatmeal</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	4.00 P 4.00 C 4.00 F Calories: 364	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>30 Peanuts</li><li>3 cups Raspberries</li><li>1 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li></ul>	5.00 F 3.00 C 2.00 PC 3.00 P Calories: 455	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.
Snack - Meal Portions: P:4 C:4 F: 4  1/4 cup Cottage cheese, light/low fat 1 1/2 cups Yogurt, plain, low fat 1 cup Raspberries 12 Cashews	Item Portions 1.00 P 3.00 PC 1.00 C 4.00 F Calories: 364	Preparation Suggestions:  Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Dinner - Meal Portions: P:5 C:5 F:5  1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 7 1/2 oz Ground beef (< 10% fat) 1 Orange	Item Portions .50 C .50 C 1.00 C 1.00 C 5.00 F 5.00 P 2.00 C Calories: 455	Preparation Suggestions:  Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)	Item Portions 2.00 P 2.00 C 3.00 F 1.00 PC Calories: 273	Preparation Suggestions:  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!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Remember to take your vitamins and be empowered

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Yogurt, plain, low fat</li><li>1 slice Whole grain bread</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5  5 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455	Preparation Suggestions: Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:4 F: 4  1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1 cup Blueberries 12 Cashews	Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F Calories: 364	Preparation Suggestions:  Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Dinner - Meal Portions: P:5 C:5 F:5  1 2/3 tsp Olive or monounsaturated oil 2 1/4 cups Mushrooms 5 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 3/4 cups Broccoli 1/2 cup Rice	Item Portions 5.00 F 1.13 C 5.00 P 1.00 C 1.25 C 1.50 C Calories: 455	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Blueberries</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273	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.
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>3 oz Turkey breast, deli style</li> <li>6 Egg whites</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 slice Whole grain bread</li> <li>1 Peach</li> </ul>	2.00 P 3.00 P 5.00 F 4.00 C 1.00 C Calories: 455	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.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 4 cups Raspberries 24 Peanuts	4.00 P 4.00 C 4.00 F Calories: 364	Cottage Cheese, Raspberries & Peanuts A great, quick snack!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 2/3 tsp Olive or monounsaturated oil</li><li>1 cup Rice</li><li>4 cups Cauliflower</li><li>12 spears Asparagus</li><li>5 oz Chicken breast, skinless</li></ul>	5.00 F 3.00 C 1.00 C 1.00 C 5.00 P Calories: 455	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Blackberries</li><li>1/3 cup Oatmeal</li></ul>	2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>8 Egg whites</li><li>4 cups Mushrooms</li><li>3 cups Tomatoes</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	4.00 P 2.00 C 2.00 C 4.00 F Calories: 364	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  7 grams Protein powder  1 cup Yogurt, plain, low fat  1/3 Banana  1 tsp Olive or monounsaturated oil	Item Portions 1.00 P 2.00 PC 1.00 C 3.00 F Calories: 273	Preparation Suggestions:  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!
Mid Meal - Meal Portions: P:5 C:5 F:5  1 1/4 cups Cottage cheese, light/low fat 1 Apple 30 Peanuts 1 cup Blackberries 1/3 cup Oatmeal	Item Portions 5.00 P 2.00 C 5.00 F 2.00 C 1.00 C Calories: 455	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).
Snack - Meal Portions: P:4 C:4 F: 4  1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal 12 Cashews	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 364	Preparation Suggestions:  Berries and Oatmeal Mix berries in a bowl and pour over a cottage cheese and oatmeal blend. Top with the cashews and enjoy!
Dinner - Meal Portions: P:5 C:5 F:5  1 2/3 tsp Olive or monounsaturated oil 1 1/2 cups Broccoli 18 spears Asparagus 5 oz Beef, lean cuts 1 cup Rice	Item Portions 5.00 F .50 C 1.50 C 5.00 P 3.00 C Calories: 455	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 273	Preparation Suggestions:  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.

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4	ltem Portions	Preparation Suggestions:
<ul><li>8 Egg whites</li><li>2 Grapefruits</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	4.00 P 4.00 C 4.00 F Calories: 364	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 tsp Olive or monounsaturated oil</li><li>2 cups Milk, low fat (1%)</li><li>7 grams Protein powder</li><li>1/2 cup Blueberries</li></ul>	3.00 F 2.00 PC 1.00 P 1.00 C Calories: 273	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!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
4 oz Beef, lean cuts 1 cup Milk, low fat (1%) 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 12 Peanuts	4.00 P 1.00 PC 4.00 C 3.00 F 2.00 F Calories: 455	Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
4 cups Milk, low fat (1%) 24 Peanuts	4.00 PC 4.00 F Calories: 364	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts 2 cups Cauliflower 1 cup Celery 2 cups Cucumber 4 cups Lettuce, romaine 1 2/3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 cups Strawberries	5.00 P .50 C .50 C .50 C .40 C 1.11 C 5.00 F 2.00 C Calories: 455	Grilled Beef Salad with Fruit Grill beef and set atop this great mixed salad. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>2 Peaches</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273	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! drates: 24 Fat: 24 Calories: 2184

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 cup Cereal, cold 1 cup Milk, low fat (1%) 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	3.00 P 2.00 C 1.00 PC 1.00 C 4.00 F Calories: 364	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 9 Cashews	3.00 PC 3.00 F Calories: 273	Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	5.00 P 5.00 C 5.00 F Calories: 455	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 12 Cashews	4.00 PC 4.00 F Calories: 364	Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>5 oz Chicken breast, skinless</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Lettuce, romaine</li> <li>2 1/2 cups Broccoli</li> <li>2 Tomatoes</li> <li>1 whole Pita</li> </ul>	5.00 F 5.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C Calories: 455	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder 1 cup Milk, low fat (1%)	2.00 P 1.00 PC	Protein Shake with Fruit
1/2 cup Blackberries	1.00 PC	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1/2 cup Blueberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F Calories: 273	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4  3 oz Feta cheese, light/low fat 2 Egg whites 1 Pepper (bell or cubanelle) 1 3/4 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 P .50 C 3.50 C 4.00 F Calories: 364	Preparation Suggestions:  Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.  This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5 2 1/2 cups Chicken noodle soup	Item Portions 5.00 A Calories: 455	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:4 F: 4  1 cup Cottage cheese, light/low fat 2 Apples 12 Cashews	Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions:  Cottage Cheese, Apples & Cashews The apples in this one really add to this great snack!
Dinner - Meal Portions: P:5 C:5 F:5  2/3 cup Rice 1 Pepper (bell or cubanelle) 5 oz Beef, lean cuts 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 C .50 C 5.00 P .30 C .44 C .75 C 1.00 C 5.00 F Calories: 455	Preparation Suggestions:  Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 2 Peaches 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 24 Fat: 24 Calories: 2184

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

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
8 Egg whites 1 Bagel 4 tsp Cream cheese	4.00 P 4.00 C 4.00 F Calories: 364	Eggs with a bagel on the side. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>2 cups Raspberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	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!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	5.00 P .25 C .50 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 455	Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Oatmeal 12 Cashews	4.00 P 4.00 C 4.00 F Calories: 364	Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	5.00 P 1.00 C 4.00 C 5.00 F Calories: 455	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li><li>1 Orange</li></ul>	2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>2 Egg whites</li> <li>3/4 Tomato</li> <li>1/2 cup Celery</li> <li>1 Pepper (bell or cubanelle)</li> <li>3 cups Milk, low fat (1%)</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> </ul>	1.00 P .38 C .25 C .50 C 3.00 PC 4.00 F Calories:	Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3	364 Item	Preparation Suggestions:
7 grams Protein powder 1 cup Yogurt, plain, low fat 1/3 Banana 1 tsp Olive or monounsaturated oil	Portions 1.00 P 2.00 PC 1.00 C 3.00 F Calories: 273	Protein Shake with Fruit Blend all ingredients together and add ice cubes und desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5  5 oz Chicken breast, skinless 1 1/2 cups Cauliflower 1 1/3 cups Celery 2 cups Cucumber 1 1/2 Peppers (bell or cubanelle) 1 2/3 cups Mushrooms 1 1/2 Tomatoes 6 Cashews 1 tsp Olive or monounsaturated oil 1/2 Grapefruit	Item Portions 5.00 P .38 C .67 C .50 C .75 C .83 C .75 C 2.00 F 3.00 F 1.00 C Calories: 455	Preparation Suggestions:  Grilled Chicken Salad Grill the chicken while mixing together your vegetables. When the chicken is done, set on top o the salad and garnish with the cashews and grapefruit wedges. A great lunch salad!
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1/4 cup Cottage cheese, light/low fat 1 1/2 cups Yogurt, plain, low fat 1 cup Raspberries 12 Cashews	1.00 P 3.00 PC 1.00 C 4.00 F Calories: 364	Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Dinner - Meal Portions: P:5 C:5 F:5  5 oz Beef, lean cuts	Item Portions 5.00 P	Preparation Suggestions: Steaks with Vegetables
<ul><li>2 cups Celery</li><li>3 cups Carrots</li><li>1 2/3 tsp Olive or monounsaturated oil</li><li>2 cups Cherry tomatoes</li></ul>	1.00 C 3.00 C 5.00 F 1.00 C Calories: 455	You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories:	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Cereal, cold 1 1/3 tsp Olive or monounsaturated oil	3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>12 spears Asparagus</li> <li>1 Peach</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 Orange</li> </ul>	5.00 P 1.00 C 1.00 C 1.00 C 5.00 F 2.00 C Calories: 455	Cottage cheese and fruit with vegetables.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Yogurt, plain, low fat</li><li>1 Grapefruit</li><li>24 Peanuts</li></ul>	2.00 PC 2.00 PC 2.00 C 4.00 F Calories: 364	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
3 cups Broccoli 3 cups Mushrooms	Portions 1.00 C 1.50 C	Chicken Kabobs
2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil	.50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455	Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1/2 cup Blueberries</li><li>1 cup Raspberries</li><li>1 cup Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	3.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 273	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!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have you had your Protein Smoothie today?

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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
4 Egg whites	2.00 P	Cook egg whites any style for a nutritious breakfast.
2 cups Milk, low fat (1%)	2.00 PC	
1 Apple	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	364	
Snack - Meal Portions: P:3 C:3 F:3	Item	Preparation Suggestions:
14 grams Protein powder	Portions 2.00 P	Protein Shake with Fruit
14 grams Protein powder 1 cup Milk, low fat (1%)	1.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
·	Calories:	mix it all together, then eat the fruit on the side.
	273	Enjoy!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
1 2/3 tsp Olive or monounsaturated oil	Portions 5.00 F	Toasted Western
1 1/2 oz Turkey breast, deli style	1.00 P	Chop deli meat (and a little onion and peppers if
2 1/2 slice Whole grain bread	5.00 C	desired). In a small bowl combine with eggs. Preheat
4 Eggs, whole	4.00 P	oil over medium heat, and add mixture. Serve on
-99-,	Calories:	toasted bread.
	455	
Snack - Meal Portions: P:4 C:4 F: 4	Item	Preparation Suggestions:
14 grams Protein powder	Portions 2.00 P	Yogurt, Fruit & Nuts
14 grams Protein powder 1 cup Yogurt, plain, low fat	2.00 PC	Mix all ingredients and enjoy!
1 Grapefruit	2.00 C	with all ingredients and enjoy:
24 Peanuts	4.00 F	
	Calories:	
	364	
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts	5.00 P	Steak Dinner
12 spears Asparagus	1.00 C	Mix oil with your favorite seasonings and brush
3 cups Broccoli	1.00 C	mixture on your steak. Grill steak to your preference,
1 2/3 tsp Olive or monounsaturated oil	5.00 F	serve the vegetables on the side.
1 2/3 tsp Olive or monounsaturated oil 3/4 cup Pasta	5.00 F 3.00 C	serve the vegetables on the side.
1 2/3 tsp Olive or monounsaturated oil 3/4 cup Pasta		serve the vegetables on the side.
	3.00 C Calories: 455	serve the vegetables on the side.
	3.00 C Calories: 455 Item	serve the vegetables on the side.  Preparation Suggestions:
3/4 cup Pasta  Snack - Meal Portions: P:3 C:3 F:3	3.00 C Calories: 455 Item Portions	Preparation Suggestions:
3/4 cup Pasta  Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder	3.00 C Calories: 455 Item Portions 3.00 P	Preparation Suggestions: Protein Shake with Fruit
3/4 cup Pasta  Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1 Orange	3.00 C Calories: 455 Item Portions	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add
3/4 cup Pasta  Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1 Orange 1 cup Raspberries	3.00 C Calories: 455 Item Portions 3.00 P 2.00 C	Preparation Suggestions: Protein Shake with Fruit
3/4 cup Pasta  Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1 Orange	3.00 C Calories: 455 Item Portions 3.00 P 2.00 C 1.00 C	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a
3/4 cup Pasta  Snack - Meal Portions: P:3 C:3 F:3  21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	3.00 C Calories: 455 Item Portions 3.00 P 2.00 C 1.00 C 2.00 F	Preparation Suggestions:  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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 218\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have a Protein Smoothie, be Empowered

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Day:	26
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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Yogurt, plain, low fat</li><li>2 cups Raspberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273	Preparation Suggestions:  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.
Mid Meal - Meal Portions: P:5 C:5 F:5  2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 5 oz Chicken breast, skinless 1 2/3 tsp Olive or monounsaturated oil 2 Tomatoes 1 Orange	Item Portions .50 C .50 C 1.00 C 5.00 P 5.00 F 1.00 C 2.00 C Calories: 455	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad with orange wedges.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1 cup Blueberries 12 Cashews	2.00 PC 2.00 P 2.00 C 4.00 F Calories: 364	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 1 cup Celery 1 1/2 cups Tomatoes 1 Pepper (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice	5.00 P .50 C 1.00 C .50 C 5.00 F 3.00 C Calories: 455	Chicken Gumbo Creole Chop the chicken and vegetables into chunks. Boil the rice. Meanwhile, saute the chicken and vegetables, except the tomatoes, until done, seasoning with salt, pepper, garlic and rosemary. Add the tomatoes and some mustard and Worcestershire sauce, now dump in the rice and bring to a simmer, then enjoy.
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

+ energized + transformed + empowered +

	Bench Lean M	

Item Portions	Preparation Suggestions:
1.00 PC 2.00 C 4.00 F 3.00 P 1.00 C Calories: 364	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Item Portions	Preparation Suggestions:
3.00 PC 3.00 F Calories: 273	Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Item Portions	Preparation Suggestions:
1.00 C 5.00 P 2.00 C .67 C 1.33 C 5.00 F Calories: 455	Chicken Stir-Fry Try using some thyme in this for extra flavor!
Item	Preparation Suggestions:
2.00 PC 2.00 PC 4.00 F Calories: 364	Simple, quick and balanced.
	Preparation Suggestions:
2.00 C 5.00 P 2.00 C 1.00 C 5.00 F Calories: 455	Sautéed Beef with Mushrooms  Slice the beef, and saute with mushrooms until done.  Steam the remaining vegetables and serve on the side. Enjoy!
Item	Preparation Suggestions:
2.00 P 1.00 PC 3.00 F 1.00 C	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Portions 1.00 PC 2.00 C 4.00 F 3.00 P 1.00 C Calories: 364 Item Portions 3.00 PC 3.00 F Calories: 273 Item Portions 1.00 C 5.00 P 2.00 C 67 C 1.33 C 5.00 F Calories: 455 Item Portions 2.00 PC 4.00 F Calories: 364 Item Portions 2.00 PC 4.00 F Calories: 364 Item Portions 2.00 C 5.00 P 2.00 C 1.00 C 5.00 F Calories: 455 Item Portions 2.00 C 5.00 F Calories: 455 Item Portions 2.00 C 1.00 C 5.00 F Calories: 455 Item Portions 2.00 C 1.00 C 5.00 F Calories: 455

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Enter the challenge and WIN! + <a href="http://empowerednutrition.com">http://empowerednutrition.com</a>

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Day:	28
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Breakfast - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
<ul><li>4 Egg whites</li><li>2 cups Milk, low fat (1%)</li><li>1 cup Blueberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:3 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>14 grams Protein powder</li><li>1 cup Milk, low fat (1%)</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Blueberries</li><li>1/3 cup Oatmeal</li></ul>	2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273	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!
Mid Meal - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat 5 cups Lettuce, romaine 1 Tomato 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Corn, canned 2 cups Cucumber 1 Pepper (bell or cubanelle) 1/2 whole Pita	5.00 P .50 C .50 C 5.00 F 2.00 C .50 C .50 C 1.00 C Calories: 455	Tomato Basil Salad Roughly chop the cheese, lettuce, and tomatoes, then toss these ingredients together with the corn niblets, olive oil, basil leaves - fresh if you've got it - a pinch of time, some balsamic or rice wine vinegar, and salt and pepper to taste. Makes a healthy, nutritious salad.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
3/4 cup Cottage cheese, light/low fat 1 cup Milk, low fat (1%) 1 cup Blueberries 1/3 cup Oatmeal 12 Cashews	3.00 P 1.00 PC 2.00 C 1.00 C 4.00 F Calories: 364	Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 5 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 1 2/3 tsp Olive or monounsaturated oil	1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.  Grill or bake, then enjoy!
Snack - Meal Portions: P:3 C:3 F:3  14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1/3 cup Oatmeal	Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

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Day:	29
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Item Portions	Preparation Suggestions:
2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Eggs with fruit. Enjoy!
Item Portions	Preparation Suggestions:
5.00 P 3.00 C 3.00 F Calories: 329	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.
Item	Preparation Suggestions:
6.00 P .67 C 1.00 C .25 C 1.00 C 3.00 F 3.00 F 3.00 P 2.00 C 1.00 C Calories: 630	Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!  Enjoy the fruit for dessert.
Item Portions 1.00 PC 2.00 C 3.00 F 2.00 P 2.00 P Calories: 329	Preparation Suggestions: A nice, quick snack to satisfy those cravings!
Item	Preparation Suggestions:
9.00 P 5.00 C 6.00 F 1.00 C Calories: 630	Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Item Portions	Preparation Suggestions:
1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	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.
	Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511  Item Portions 5.00 P 3.00 C 3.00 F Calories: 329  Item Portions 6.00 P .67 C 1.00 C .25 C 1.00 C 3.00 F 3.00 F 3.00 F 3.00 F 3.00 P 2.00 C 1.00 C Calories: 630  Item Portions 1.00 PC 2.00 C 3.00 F 2.00 P 2.00 P Calories: 329  Item Portions 1.00 PC Calories: 630  Item Portions 1.00 PC Calories: 630  Item Portions 1.00 C Calories: 630  Item Portions 9.00 P Calories: 630  Item Portions 9.00 P 5.00 C 6.00 F 1.00 C Calories: 630  Item Portions 9.00 P 5.00 C Calories: 630  Item Portions 1.00 PC Calories: 630  Item Portions 1.00 PC Calories: 630  Item Portions 1.00 PC Calories:

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>1 1/2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>1 cup Strawberries</li><li>1/3 cup Oatmeal</li></ul>	Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 2 Tomatoes 3 cups Broccoli 3 cups Cucumber 1 1/2 Peppers (bell or cubanelle) 5 cups Lettuce, romaine 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 6 oz Turkey breast, deli style	2.00 PC 1.00 C 1.00 C .75 C .75 C .50 C 6.00 F 3.00 P 4.00 P Calories: 630	Chef's Salad Topped with Cheese Chop ingredients and toss with olive oil and vinegar dressing. Make the salad with as much lettuce as you are comfortable with, it's okay to reduce quantity
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>1 cup Strawberries</li><li>9 Cashews</li><li>3 oz Cheddar cheese, light/low fat</li></ul>	2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>9 oz Chicken breast, skinless</li> <li>1 cup Mushrooms</li> <li>1 Apple</li> <li>2 cups Lettuce, romaine</li> <li>1 cup Cucumber</li> <li>2 Tomatoes</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 whole Pita</li> </ul>	9.00 P .50 C 2.00 C .20 C .25 C 1.00 C 6.00 F 2.00 C Calories: 630	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>1 cup Blueberries</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
		drates: 26 Fat: 26 Calories: 2758

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>35 grams Protein powder</li><li>1 cup Oatmeal</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3  28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions:  Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Mid Meal - Meal Portions: P:9 C:6 F:6 6 oz Tuna, canned in water 1 whole Pita 1 1/3 Bananas 1 tsp Olive or monounsaturated oil 9 Cashews 3 oz Mozzarella cheese, light/low fat	Item Portions 6.00 P 2.00 C 4.00 C 3.00 F 3.00 F 3.00 P Calories: 630	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:5 C:3 F: 3  1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 9 Cashews 14 grams Protein powder	Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 2.00 P Calories: 329	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Beef, lean cuts 2 1/2 cups Lettuce, romaine 1 cup Rice 1 cup Cucumber 1 Tomato 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts 2/3 cup Fruit juice	Item Portions 9.00 P .25 C 3.00 C .25 C .50 C 4.00 F 2.00 F 2.00 C Calories: 630	Preparation Suggestions:  Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil dressing.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 cups Raspberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>2 oz Mozzarella cheese, light/low fat</li> <li>1 cup Cereal, cold</li> <li>1 Peach</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>21 grams Protein powder</li> </ul>	2.00 PC 2.00 P 2.00 C 1.00 C 5.00 F 3.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Milk, low fat (1%)</li><li>1/4 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 cup Blueberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	.50 PC .50 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti- desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>9 oz Chicken breast, skinless</li><li>3 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	9.00 P 6.00 C 6.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with i on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3  3/4 cup Yogurt, plain, low fat 3/4 cup Blueberries 18 Peanuts 3 1/2 oz Cheddar cheese, light/low fat	Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Beef, lean cuts 3 cups Broccoli 2 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1 cup Rice 1 tbsp BBQ Sauce	Item Portions 9.00 P 1.00 C 6.00 F 1.00 C 3.00 C 1.00 C Calories: 630	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana	5.00 P 3.00 F 3.00 C Calories: 329	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1 2/3 tsp Olive or monounsaturated oil 1 Grapefruit	3.00 PC 4.00 P 5.00 F 2.00 C Calories: 511	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Orange	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 18 Cashews	2.00 PC 7.00 P 4.00 C 6.00 F Calories: 630	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Raspberries</li><li>1 1/2 cups Strawberries</li><li>18 Peanuts</li><li>5 oz Cheddar cheese, light/low fat</li></ul>	1.50 C 1.50 C 3.00 F 5.00 P Calories: 329	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>9 oz Chicken breast, skinless</li><li>2 cups Mushrooms</li><li>3 cups Tomatoes</li><li>2 tsp Olive or monounsaturated oil</li><li>3/4 cup Pasta</li></ul>	9.00 P 1.00 C 2.00 C 6.00 F 3.00 C Calories: 630	Chicken with sautéed vegetables and pasta: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 26 Fat: 26 Calories: 2758

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 34
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>3 oz Mozzarella cheese, light/low fat</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 Grapefruit</li> <li>1/3 cup Fruit juice</li> <li>14 grams Protein powder</li> </ul>	2.00 PC 3.00 P 5.00 F 2.00 C 1.00 C 2.00 P Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3  35 grams Protein powder  1 tsp Olive or monounsaturated oil  1 Banana	Item Portions 5.00 P 3.00 F 3.00 C Calories: 329	Preparation Suggestions:  Protein Shake  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  1 cup Cottage cheese, light/low fat 1 Orange 1 cup Strawberries 18 Cashews 1/2 cup Blackberries 21 grams Protein powder 1 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 1.00 C 6.00 F 1.00 C 3.00 P 2.00 PC Calories: 630	Preparation Suggestions:  Cottage Cheese with Fruit  Combine all ingredients with cinnamon & nutmeg  (optional spices)
Snack - Meal Portions: P:5 C:3 F: 3  2 cups Celery 3 cups Cucumber 2 Peppers (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat	Item Portions 1.00 C .75 C 1.00 C 3.00 F 5.00 P Calories: 329	Preparation Suggestions:  Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 3 cups Lettuce, romaine 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 2 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Carrots 1/4 cup Corn, canned 1 whole Pita	Item Portions 9.00 P .30 C .50 C .50 C .25 C 6.00 F 1.00 C .50 C 1.00 C Calories: 630	Preparation Suggestions: Chicken Breast and Salad Prepare the chicken any way you like. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Blueberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories:	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

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Day: 3	35
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Milk, low fat (1%)	1.50 PC	Cook all the vegetables in the oil. Add celery salt,
8 Egg whites	4.00 P	curry powder and minced garlic to taste. Let
1 cup Carrots	1.00 C	vegetables cool. Mix eggs and milk together, then
1 Pepper (bell or cubanelle)	.50 C	add the cooled vegetables and cheese. Bake at 400
1 2/3 tsp Olive or monounsaturated oil,	5.00 F	degrees until set.
1 1/2 oz Cheddar cheese, light/low fat	1.50 P	
1 slice Whole grain bread	2.00 C	
	Calories: 511	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%) 21 grams Protein powder	2.00 PC 3.00 P	Protein Shake
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
r top onvo or monouncatarates on	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
		Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat	5.00 P	Pasta with Feta Cheese and Greens
1 1/4 cups Pasta 2 tsp Olive or monounsaturated oil	5.00 C 6.00 F	Cook pasta according to package directions.
12 spears Asparagus	1.00 C	Meanwhile, chop greens and saute in a frying pan.
6 oz Turkey breast, deli style	4.00 P	Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and
o oz ramoj brodot, domotylo	Calories:	garlic to taste. When the greens are done, crumble
	630	cheese over top and add pasta.
		This dish refrigerates well so you can prepare it well
	1,	in advance.
Snack - Meal Portions: P:5 C:3 F: 3	Item	Decree of the Control
Chack mean chacker to close		Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat		Sweet and Spicy Peaches
	Portions 1.00 PC	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with
1/2 cup Yogurt, plain, low fat 28 grams Protein powder	Portions 1.00 PC 4.00 P 2.00 C 3.00 F	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories:	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories:	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Yogurt, plain, low fat	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a
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1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple  Snack - Meal Portions: P:5 C:3 F:3	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630 Item Portions	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.  Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple  Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%)	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630 Item Portions 1.00 PC	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.  Preparation Suggestions: Protein Shake
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple  Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630 Item Portions 1.00 PC 4.00 P	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend,
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple  Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630 Item Portions 1.00 PC 4.00 P 3.00 F	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple  Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630 Item Portions 1.00 PC 4.00 P	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend,
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews  Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple  Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630 Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.  Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Cottage cheese, light/low fat</li><li>1 cup Strawberries</li><li>1 2/3 tsp Olive or monounsaturated oil</li><li>1 1/2 cups Cereal, cold</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	6.00 P 1.00 C 5.00 F 3.00 C 1.00 PC Calories: 511	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3  35 grams Protein powder 1 Banana 18 Peanuts	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:9 C:6 F:6  1 cup Yogurt, plain, low fat 1 cup Blueberries 36 Peanuts 7 oz Chicken breast, skinless 1 Apple	Item Portions 2.00 PC 2.00 C 6.00 F 7.00 P 2.00 C Calories: 630	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F: 3  1 cup Milk, low fat (1%)  1 Apple  18 Peanuts  2 oz Cheddar cheese, light/low fat  14 grams Protein powder	Item Portions 1.00 PC 2.00 C 3.00 F 2.00 P 2.00 P Calories: 329	Preparation Suggestions: A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Beef, lean cuts 1 2/3 cups Rice 36 Peanuts 12 spears Asparagus	Item Portions 9.00 P 5.00 C 6.00 F 1.00 C Calories: 630	Preparation Suggestions: Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 cups Raspberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:7 C:5 F:5	ltem Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>12 Egg whites</li><li>1 2/3 tsp Olive or monounsaturated oil</li><li>1 Grapefruit</li><li>1 slice Whole grain bread</li></ul>	1.00 PC 6.00 P 5.00 F 2.00 C 2.00 C Calories: 511	A simple breakfast. Enjoy the fruit on the side.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal	Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  1 cup Milk, low fat (1%) 8 oz Beef, lean cuts 2 slice Whole grain bread 12 Peanuts 1 1/3 tsp Olive or monounsaturated oil 2 cups Mushrooms	Item Portions 1.00 PC 8.00 P 4.00 C 2.00 F 4.00 F 1.00 C Calories: 630	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F: 3  1 cup Yogurt, plain, low fat 1 cup Strawberries 9 Cashews 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Cashews	Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Preparation Suggestions:  Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:5 C:3 F:3  28 grams Protein powder  1 cup Blueberries  1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions:  Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!  drates: 26 Fat: 26 Calories: 2758

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 3	8
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3  28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions:  Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Mid Meal - Meal Portions: P:9 C:6 F:6 6 oz Tuna, canned in water 1 whole Pita 1 1/3 Bananas 1 tsp Olive or monounsaturated oil 9 Cashews 3 oz Mozzarella cheese, light/low fat	Item Portions 6.00 P 2.00 C 4.00 C 3.00 F 3.00 F 3.00 P Calories: 630	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:5 C:3 F: 3  1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 9 Cashews 14 grams Protein powder	Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 2.00 P Calories: 329	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 1 cup Rice 2 cups Cauliflower 1 1/2 cups Broccoli 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Carrots	Item Portions 9.00 P 3.00 C .50 C .50 C 1.00 C 6.00 F 1.00 C Calories: 630	Preparation Suggestions: 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!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 cups Raspberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Total Daily Portions: Protein	n: 40 Carbohyo	drates: 26 Fat: 26 Calories: 2758

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Day: 3	39
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 1/4 cups Cottage cheese, light/low fat 1 1/3 cups Oatmeal 15 Cashews 7 grams Protein powder	Portions 1.00 PC 5.00 P 4.00 C 5.00 F 1.00 P Calories: 511	Cook oatmeal in milk. Enjoy cottage cheese with nuts. A great breakfast to start your day!
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Milk, low fat (1%)  1/4 cup Yogurt, plain, low fat  28 grams Protein powder  1 cup Blueberries  1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>9 oz Chicken breast, skinless</li><li>3 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	9.00 P 6.00 C 6.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 3/4 cup Blueberries 18 Peanuts 3 1/2 oz Cheddar cheese, light/low fat	1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1/2 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1/2 cup Pasta	9.00 P 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F 3.00 F 2.00 C Calories: 630	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana	5.00 P 3.00 F 3.00 C Calories: 329	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!
		drates: 26 Fat: 26 Calories: 2758 2 glasses of water per day. **
		ultiVitamin 3.Weightloss Formula

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## Day: 40

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1 2/3 tsp Olive or monounsaturated oil 1 Grapefruit	3.00 PC 4.00 P 5.00 F 2.00 C Calories: 511	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Orange	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 18 Cashews	2.00 PC 7.00 P 4.00 C 6.00 F Calories: 630	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Raspberries</li><li>1 1/2 cups Strawberries</li><li>18 Peanuts</li><li>5 oz Cheddar cheese, light/low fat</li></ul>	1.50 C 1.50 C 3.00 F 5.00 P Calories: 329	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>9 oz Chicken breast, skinless</li><li>2 cups Mushrooms</li><li>3 cups Tomatoes</li><li>2 tsp Olive or monounsaturated oil</li><li>3/4 cup Pasta</li></ul>	9.00 P 1.00 C 2.00 C 6.00 F 3.00 C Calories: 630	Chicken with sautéed vegetables and pasta: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 26 Fat: 26 Calories: 2758

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>3 oz Mozzarella cheese, light/low fat</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 Grapefruit</li> <li>1/3 cup Fruit juice</li> <li>14 grams Protein powder</li> </ul>	2.00 PC 3.00 P 5.00 F 2.00 C 1.00 C 2.00 P Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3  35 grams Protein powder  1 tsp Olive or monounsaturated oil  1 Banana	Item Portions 5.00 P 3.00 F 3.00 C Calories: 329	Preparation Suggestions:  Protein Shake  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  1 cup Cottage cheese, light/low fat 1 Orange 1 cup Strawberries 18 Cashews 1/2 cup Blackberries 21 grams Protein powder 1 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 1.00 C 6.00 F 1.00 C 3.00 P 2.00 PC Calories: 630	Preparation Suggestions:  Cottage Cheese with Fruit  Combine all ingredients with cinnamon & nutmeg  (optional spices)
Snack - Meal Portions: P:5 C:3 F: 3  2 cups Celery 3 cups Cucumber 2 Peppers (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat	Item Portions 1.00 C .75 C 1.00 C 3.00 F 5.00 P Calories: 329	Preparation Suggestions:  Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 3 cups Lettuce, romaine 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 2 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Carrots 1/4 cup Corn, canned 1 whole Pita	Item Portions 9.00 P .30 C .50 C .50 C .25 C 6.00 F 1.00 C .50 C 1.00 C Calories: 630	Preparation Suggestions: Chicken Breast and Salad Prepare the chicken any way you like. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories:	Preparation Suggestions:  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!

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Day: 4	2
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Milk, low fat (1%)</li> <li>8 Egg whites</li> <li>1 cup Carrots</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil,</li> <li>1 1/2 oz Cheddar cheese, light/low fat</li> <li>1 slice Whole grain bread</li> </ul>	1.50 PC 4.00 P 1.00 C .50 C 5.00 F 1.50 P 2.00 C Calories: 511	Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat 1 1/4 cups Pasta 2 tsp Olive or monounsaturated oil 12 spears Asparagus 6 oz Turkey breast, deli style	5.00 P 5.00 C 6.00 F 1.00 C 4.00 P Calories: 630	Pasta with Feta Cheese and Greens  Cook pasta according to package directions.  Meanwhile, chop greens and saute in a frying pan.  Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.  This dish refrigerates well so you can prepare it well
	Item	in advance.
Snack - Meal Portions: P:5 C:3 F: 3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and wate until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Dinner - Meal Portions: P:9 C:6 F:6  1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 1 Apple	Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories:	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
	630 Item	
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 4.00 P 2.00 C 3.00 F	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

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Item	Proporation Suggestions
Portions 1.50 PC 4.00 P 1.00 C .50 C 5.00 F 1.50 P 2.00 C Calories: 511	Preparation Suggestions:  Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.
Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Item Portions 5.00 P 5.00 C 6.00 F 1.00 C 4.00 P Calories: 630	Preparation Suggestions:  Pasta with Feta Cheese and Greens  Cook pasta according to package directions.  Meanwhile, chop greens and saute in a frying pan.  Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.  This dish refrigerates well so you can prepare it well
Item Portions 1.50 C 1.50 C 3.00 F 5.00 P Calories: 329	in advance.  Preparation Suggestions: Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Preparation Suggestions:  Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.
Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories:	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	Portions 1.50 PC 4.00 P 1.00 C .50 C 5.00 F 1.50 P 2.00 C Calories: 511  Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329  Item Portions 5.00 P 5.00 C 6.00 F 1.00 C 4.00 P Calories: 630  Item Portions 1.50 C 1.50 C 3.00 F 5.00 P Calories: 630  Item Portions 1.50 C 1.50 C 3.00 F 5.00 P Calories: 630  Item Portions 1.50 C 1.50 C 3.00 F 5.00 P Calories: 630  Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630  Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630  Item Portions 1.00 PC 4.00 P 3.00 F

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Breakfast - Meal Portions: P:7 C:5 F:5  1 1/2 cups Cottage cheese, light/low fat 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 1 1/2 cups Cereal, cold 1/2 cup Yogurt, plain, low fat	Item Portions 6.00 P 1.00 C 5.00 F 3.00 C 1.00 PC Calories: 511	Preparation Suggestions:  A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Orange	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  1 cup Cottage cheese, light/low fat 1 Orange 1 cup Strawberries 18 Cashews 1/2 cup Blackberries 21 grams Protein powder 1 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 1.00 C 6.00 F 1.00 C 3.00 P 2.00 PC Calories: 630	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:5 C:3 F: 3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 9 Cashews	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and wate until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 1 cup Mushrooms 1 Apple 2 cups Lettuce, romaine 1 cup Cucumber 2 Tomatoes 2 tsp Olive or monounsaturated oil 1 whole Pita	Item Portions 9.00 P .50 C 2.00 C .20 C .25 C 1.00 C 6.00 F 2.00 C Calories: 630	Preparation Suggestions:  Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 cups Raspberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

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Day:	45
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Milk, low fat (1%)</li> <li>8 Egg whites</li> <li>1 cup Carrots</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil,</li> <li>1 1/2 oz Cheddar cheese, light/low fat</li> <li>1 slice Whole grain bread</li> </ul>	1.50 PC 4.00 P 1.00 C .50 C 5.00 F 1.50 P 2.00 C Calories: 511	Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Tuna, canned in water</li> <li>1 whole Pita</li> <li>1 1/3 Bananas</li> <li>1 tsp Olive or monounsaturated oil</li> <li>9 Cashews</li> <li>3 oz Mozzarella cheese, light/low fat</li> </ul>	6.00 P 2.00 C 4.00 C 3.00 F 3.00 F 3.00 P Calories: 630	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:5 C:3 F: 3  1 cup Yogurt, plain, low fat 1 cup Strawberries 9 Cashews 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>9 oz Chicken breast, skinless</li><li>2 cups Mushrooms</li><li>3 cups Tomatoes</li><li>2 tsp Olive or monounsaturated oil</li><li>3/4 cup Pasta</li></ul>	9.00 P 1.00 C 2.00 C 6.00 F 3.00 C Calories: 630	Chicken with sautéed vegetables and pasta: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	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!

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758

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

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Day:	46
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 1/4 cups Cottage cheese, light/low fat 1 1/3 cups Oatmeal 15 Cashews 7 grams Protein powder	Portions 1.00 PC 5.00 P 4.00 C 5.00 F 1.00 P Calories: 511	Cook oatmeal in milk. Enjoy cottage cheese with nuts. A great breakfast to start your day!
Snack - Meal Portions: P:5 C:3 F:3  35 grams Protein powder 1 Banana 18 Peanuts	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:9 C:6 F:6 6 oz Tuna, canned in water 1 whole Pita 1 1/3 Bananas 1 tsp Olive or monounsaturated oil 9 Cashews 3 oz Mozzarella cheese, light/low fat	Item Portions 6.00 P 2.00 C 4.00 C 3.00 F 3.00 F 3.00 P Calories: 630	Preparation Suggestions:  Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste.  For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:5 C:3 F: 3  1 1/2 cups Raspberries 1 1/2 cups Strawberries 18 Peanuts 5 oz Cheddar cheese, light/low fat	Item Portions 1.50 C 1.50 C 3.00 F 5.00 P Calories: 329	Preparation Suggestions: Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 1 cup Rice 2 cups Cauliflower 1 1/2 cups Broccoli 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Carrots	Item Portions 9.00 P 3.00 C .50 C .50 C 1.00 C 6.00 F 1.00 C Calories: 630	Preparation Suggestions: 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!
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Blueberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
		drates: 26 Fat: 26 Calories: 2758 2 glasses of water per day. **
		powerednutrition.com

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Day: 47	7
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1 2/3 tsp Olive or monounsaturated oil 1 Grapefruit	3.00 PC 4.00 P 5.00 F 2.00 C Calories: 511	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Milk, low fat (1%)  1/4 cup Yogurt, plain, low fat  28 grams Protein powder  1 cup Blueberries  1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes untidesired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Milk, low fat (1%)</li> <li>8 oz Beef, lean cuts</li> <li>2 slice Whole grain bread</li> <li>12 Peanuts</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> <li>2 cups Mushrooms</li> </ul>	1.00 PC 8.00 P 4.00 C 2.00 F 4.00 F 1.00 C Calories: 630	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F: 3  1 cup Yogurt, plain, low fat 1 cup Strawberries 9 Cashews 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions:  Cheese, Yogurt, Strawberries and Cashews For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>9 oz Beef, lean cuts</li> <li>3 cups Broccoli</li> <li>2 tsp Olive or monounsaturated oil</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 cup Rice</li> <li>1 tbsp BBQ Sauce</li> </ul>	9.00 P 1.00 C 6.00 F 1.00 C 3.00 C 1.00 C Calories: 630	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have you had your Protein Smoothie today?

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Day:	48
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	Item	T
Breakfast - Meal Portions: P:7 C:5 F:5  2 cups Milk, low fat (1%) 2 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder	Portions 2.00 PC 2.00 P 2.00 C 1.00 C 5.00 F 3.00 P Calories: 511	Preparation Suggestions:  Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:5 C:3 F:3  2 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  2 cups Milk, low fat (1%)  10 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 18 Cashews	Item Portions 2.00 PC 7.00 P 4.00 C 6.00 F Calories: 630	Preparation Suggestions:  Deli Meat Sandwich  Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:5 C:3 F: 3  2 cups Celery 3 cups Cucumber 2 Peppers (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat	Item Portions 1.00 C .75 C 1.00 C 3.00 F 5.00 P Calories: 329	Preparation Suggestions:  Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 3 cups Lettuce, romaine 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 2 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Carrots 1/4 cup Corn, canned 1 whole Pita	Item Portions 9.00 P .30 C .50 C .50 C .25 C 6.00 F 1.00 C .50 C 1.00 C 2.00 C Calories: 630	Preparation Suggestions: Chicken Breast and Salad Prepare the chicken any way you like. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 cups Raspberries	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  drates: 26 Fat: 26 Calories: 2758

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Day: 4	19
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal	Portions 2.00 PC 5.00 P 3.00 C	A simple, wholesome breakfast.
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 511	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal	1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat 1 1/4 cups Pasta 2 tsp Olive or monounsaturated oil 12 spears Asparagus 6 oz Turkey breast, deli style	5.00 P 5.00 C 6.00 F 1.00 C 4.00 P Calories: 630	Pasta with Feta Cheese and Greens  Cook pasta according to package directions.  Meanwhile, chop greens and saute in a frying pan.  Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.
		This dish refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:5 C:3 F: 3  2 cups Celery 3 cups Cucumber 2 Peppers (bell or cubanelle) 1 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat	Item Portions 1.00 C .75 C 1.00 C 3.00 F 5.00 P Calories: 329	Preparation Suggestions:  Sliced vegetables with olive oil and balsamic vinega dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 2 cups Mushrooms 3 cups Tomatoes 2 tsp Olive or monounsaturated oil 3/4 cup Pasta	Item Portions 9.00 P 1.00 C 2.00 C 6.00 F 3.00 C Calories: 630	Preparation Suggestions:  Chicken with sautéed vegetables and pasta: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:5 C:3 F:3  28 grams Protein powder  1 cup Blueberries  1 tsp Olive or monounsaturated oil  1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions: Blueberry Surprise Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
		drates: 26 Fat: 26 Calories: 2758

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Day: 5	50
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>12 Egg whites</li><li>1 2/3 tsp Olive or monounsaturated oil</li><li>1 Grapefruit</li><li>1 slice Whole grain bread</li></ul>	1.00 PC 6.00 P 5.00 F 2.00 C 2.00 C Calories: 511	A simple breakfast. Enjoy the fruit on the side.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal	Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  6 oz Tuna, canned in water 1 cup Tomatoes 2 cups Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 18 Peanuts 1 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 1 whole Pita 1 Pickle	Item Portions 6.00 P .67 C 1.00 C .25 C 1.00 C 3.00 F 3.00 F 3.00 P 2.00 C 1.00 C Calories: 630	Preparation Suggestions:  Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!  Enjoy the fruit for dessert.
Snack - Meal Portions: P:5 C:3 F: 3  1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 9 Cashews 14 grams Protein powder	Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 2.00 P Calories: 329	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Beef, lean cuts 1 2/3 cups Rice 36 Peanuts 12 spears Asparagus	Item Portions 9.00 P 5.00 C 6.00 F 1.00 C Calories: 630	Preparation Suggestions:  Steak And Rice Season steak as desired and grill to your preference Cook rice adding in chopped nuts.
Snack - Meal Portions: P:5 C:3 F:3  35 grams Protein powder  1 tsp Olive or monounsaturated oil 1 Banana	Item Portions 5.00 P 3.00 F 3.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>1 1/2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana	5.00 P 3.00 F 3.00 C Calories: 329	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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Cottage cheese, light/low fat</li> <li>1 Orange</li> <li>1 cup Strawberries</li> <li>18 Cashews</li> <li>1/2 cup Blackberries</li> <li>21 grams Protein powder</li> <li>1 cup Yogurt, plain, low fat</li> </ul>	4.00 P 2.00 C 1.00 C 6.00 F 1.00 C 3.00 P 2.00 PC Calories: 630	Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>1 Apple</li><li>18 Peanuts</li><li>2 oz Cheddar cheese, light/low fat</li><li>14 grams Protein powder</li></ul>	1.00 PC 2.00 C 3.00 F 2.00 P 2.00 P Calories: 329	A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 2 1/2 cups Lettuce, romaine 1 cup Rice 1 cup Cucumber 1 Tomato 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts 2/3 cup Fruit juice	9.00 P .25 C 3.00 C .25 C .50 C 4.00 F 2.00 F 2.00 C Calories: 630	Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil dressing.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder	1.00 PC 4.00 P	Protein Shake Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
1 cup Strawberries 1/3 cup Oatmeal	1.00 C 1.00 C Calories:	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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Day:	52
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	A simple, wholesome breakfast.
35 grams Protein powder 1 cup Oatmeal	5.00 P 3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 C	
1 2/3 tsp Olive of Monourisaturated off	Calories:	
	511	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1/2 cup Milk, low fat (1%)	Portions .50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes unti
28 grams Protein powder	4.00 P	desired consistency is reached. If a blender is not
1 cup Blueberries	2.00 C	available mix protein powder with cold water and
1 tsp Olive or monounsaturated oil	3.00 F	have remaining ingredients on the side. Enjoy!
Top Circo or monouncularates on	Calories:	nare remaining ingreations on the class. Enjoys
	329	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Chef's Salad Topped with Cheese
2 Tomatoes	1.00 C	Chop ingredients and toss with olive oil and vinegar
3 cups Broccoli	1.00 C	dressing. Make the salad with as much lettuce as
3 cups Cucumber	.75 C	you are comfortable with, it's okay to reduce quantity
1 1/2 Peppers (bell or cubanelle)	.75 C	
5 cups Lettuce, romaine	.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
3 oz Cheddar cheese, light/low fat	3.00 P	
6 oz Turkey breast, deli style	4.00 P	
	Calories:	
Snack - Meal Portions: P:5 C:3 F: 3	630 Item	Drongestion Suggestions
Shack - Meal Follions. F.5 C.5 F. 3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Mix all the ingredients together and enjoy cold. This
1/2 cup Cottage cheese, light/low fat	2.00 P	dish refrigerates well so you can prepare it well in
2 cups Strawberries	2.00 C	advance.
9 Cashews	3.00 F	
14 grams Protein powder	2.00 P	
	Calories: 329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Proporation Suggestions:
Difficer - Weat Fortions, F.3 C.0 F.0	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Chicken with Rosemary
8 oz Chicken breast, skinless	8.00 P	Rosemary is a great spice to use on chicken; it has a
3 cups Broccoli	1.00 C	really unique flavor.
3 cups Tomatoes	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1 Apple	2.00 C	
	Calories: 630	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Blueberry Surprise
	2.00 C	Blend powder, yogurt, blueberries and olive oil
1 cup Blueberries	1 2 00 0	together. Throw into the fridge overnight for a nice,
1 tsp Olive or monounsaturated oil	3.00 F	
	1.00 PC	cool meal!
1 tsp Olive or monounsaturated oil	1.00 PC Calories:	cool meal!
1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	1.00 PC Calories: 329	cool meal! drates: 26 Fat: 26 Calories: 2758

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## Day: 53

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blackberries 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Eggs with fruit. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>9 oz Chicken breast, skinless</li><li>3 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	9.00 P 6.00 C 6.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>1 Apple</li><li>18 Peanuts</li><li>2 oz Cheddar cheese, light/low fat</li><li>14 grams Protein powder</li></ul>	1.00 PC 2.00 C 3.00 F 2.00 P 2.00 P Calories: 329	A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 1 2/3 cups Rice 36 Peanuts 12 spears Asparagus	9.00 P 5.00 C 6.00 F 1.00 C Calories: 630	Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>2 cups Raspberries</li></ul>	1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	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! drates: 26 Fat: 26 Calories: 2758

**Total Daily Portions:** Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758

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

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Breakfast - Meal Portions: P:7 C:5 F:5  2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 2/3 tsp Olive or monounsaturated oil 1 Grapefruit 1/3 cup Fruit juice 14 grams Protein powder  Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana  Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions 2.00 PC 3.00 P 5.00 F 2.00 C 1.00 C 2.00 P Calories: 511  Item Portions 5.00 P 3.00 F 3.00 C Calories: 329	Preparation Suggestions:  A refreshing breakfast.  Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  Preparation Suggestions:	
2 cups Milk, low fat (1%) 10 1/2 oz Turkey breast, deli style 2 slice Whole grain bread 18 Cashews	Portions 2.00 PC 7.00 P 4.00 C 6.00 F Calories: 630	Preparation Suggestions:  Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.	
Snack - Meal Portions: P:5 C:3 F: 3  3/4 cup Yogurt, plain, low fat 3/4 cup Blueberries 18 Peanuts 3 1/2 oz Cheddar cheese, light/low fat	Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.	
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 3 cups Lettuce, romaine 1 cup Celery 1 Pepper (bell or cubanelle) 1 cup Cucumber 2 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Carrots 1/4 cup Corn, canned 1 whole Pita	Item Portions 9.00 P .30 C .50 C .50 C .25 C 6.00 F 1.00 C .50 C 1.00 C Calories: 630	Preparation Suggestions: Chicken Breast and Salad Prepare the chicken any way you like. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!	
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches	Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 26 Fat: 26 Calories: 2758	

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Day: 55

Item Portions 3.00 PC 4.00 P 5.00 F 2.00 C Calories: 511 Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Cook egg whites any style for a nutritious breakfast.  Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add
Item Portions 9.00 P 6.00 C 6.00 F Calories: 630	sweetener to taste.  Preparation Suggestions:  Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Item Portions 1.00 PC 8.00 P 1.00 C 2.00 C 6.00 F 2.00 C Calories: 630	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Item Portions 1.00 PC 4.00 P 3.00 F 2.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
	Portions 3.00 PC 4.00 P 5.00 F 2.00 C Calories: 511  Item Portions 5.00 P 3.00 C 3.00 F Calories: 329  Item Portions 9.00 P 6.00 C 6.00 F Calories: 630  Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329  Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329  Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 630  Item Portions 1.00 PC 4.00 P 3.00 C Calories: 630  Item Portions 1.00 PC Calories:

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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 2/3 tsp Olive or monounsaturated oil 1 Grapefruit 1/3 cup Fruit juice 14 grams Protein powder	Portions 2.00 PC 3.00 P 5.00 F 2.00 C 1.00 C 2.00 P Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3  2 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6  1 cup Yogurt, plain, low fat 1 cup Blueberries 36 Peanuts 7 oz Chicken breast, skinless 1 Apple	Item Portions 2.00 PC 2.00 C 6.00 F 7.00 P 2.00 C Calories: 630	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F: 3  3/4 cup Yogurt, plain, low fat 3/4 cup Blueberries 18 Peanuts 3 1/2 oz Cheddar cheese, light/low fat	Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6  9 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1/2 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1/2 cup Pasta	Item Portions 9.00 P 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F 3.00 F 2.00 C Calories: 630	Preparation Suggestions: Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:5 C:3 F:3  35 grams Protein powder  1 tsp Olive or monounsaturated oil  1 Banana	Item Portions 5.00 P 3.00 F 3.00 C Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

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Breakfast - Meal Portions: P:7 C:4 F:6  1 3/4 cups Cottage cheese, light/low fat 1 1/2 cups Cereal, cold 1 cup Raspberries 2 tsp Olive or monounsaturated oil	Portions 7.00 P 3.00 C 1.00 C 6.00 F Calories:	Preparation Suggestions:  A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:4 C:2 F:4  28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries	502 Item Portions 4.00 P 1.00 C .50 C	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories: 292	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>3 Peppers (bell or cubanelle)</li> <li>1 3/4 cups Broccoli</li> <li>1 1/2 cups Tomatoes</li> <li>2 cups Mushrooms</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.50 C .58 C 1.00 C 1.00 C 6.00 F Calories: 502	Chicken Stir-Fry Try using some thyme in this for extra flavor!
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes untidesired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.50 C .50 C .50 C 1.50 C 6.00 F Calories: 566	Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon.  Grill or bake, then enjoy!
Snack - Meal Portions: P:4 C:2 F:4  28 grams Protein powder 1/2 Orange 1 cup Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292	Preparation Suggestions:  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.
<b>Total Daily Portions:</b> Protein ** Remember to drink beautiful **		drates: 19 Fat: 30 Calories: 2446

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## Day: 58

eparation Suggestions:
gs with fruit. Enjoy!
eparation Suggestions:
otein Shake with Fruit t all ingredients in a blender over ice and blend, ding water to create desired consistency. If a
nder is not available, set aside the fruit and shake the remaining ingredients in a closed container to k it all together, then eat the fruit on the side. joy!
eparation Suggestions:
icken with Rice and Vegetables. ason the vegetables any way you like. Enjoy!
eparation Suggestions:
otein Shake with Fruit t all ingredients in a blender over ice and blend, ding water to create desired consistency. If a under is not available, set aside the fruit and shake the remaining ingredients in a closed container to k it all together, then eat the fruit on the side. joy!
eparation Suggestions:
icken Dinner ush chicken lightly with oil, broil or grill chicken. coil with your spices of choice to add flavour.
eparation Suggestions:
otein Shake with Fruit to all ingredients in a blender over ice and blend, ding water to create desired consistency. If a under is not available, set aside the fruit and shake the remaining ingredients in a closed container to k it all together, then eat the fruit on the side.
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**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Milk, low fat (1%)</li> <li>4 oz Mozzarella cheese, light/low fat</li> <li>1 cup Cereal, cold</li> <li>1 Peach</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	1.00 PC 4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder 2/3 Banana 24 Peanuts	4.00 P 2.00 C 4.00 F Calories: 292	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.
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 1/2 cups Lettuce, romaine</li> <li>2 cups Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 Tomato</li> <li>2 cups Raspberries</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .25 C .50 C .50 C .50 C 2.00 C 6.00 F Calories: 502	Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>3/4 cup Watermelon</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 3 Reposts (ball or gubanelle)	8.00 P 2.00 C 2.00 C	Sautéed Beef with Mushrooms  Slice the beef, and saute with mushrooms until done.
Peppers (bell or cubanelle)     tsp Olive or monounsaturated oil	1.00 C 6.00 F Calories: 566	Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder	1.00 PC 3.00 P	Protein Smoothie Put all ingredients in a blender over ice and blend,
1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries	4.00 F 1.00 C Calories:	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	292	mix it all together, then eat the fruit on the side.  Enjoy!
Total Daily Portions: Prot	ein: 34 Carbohyo	drates: 19 Fat: 30 Calories: 2446

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Breakfast - Meal Portions: P:7 C:4 F:6  5 oz Feta cheese, light/low fat  4 Egg whites  1 Pepper (bell or cubanelle)  1 3/4 slice Whole grain bread  2 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 P .50 C 3.50 C 6.00 F	Preparation Suggestions:  Feta Frittata  Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees
	Calories: 502	for 20 minutes or until golden-brown.  This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange	Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6  2 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat 6 Cashews	Item Portions 4.00 A 3.00 P 2.00 F Calories: 502	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 4.00 C 6.00 F Calories: 566	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446

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

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Day: 6	1
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>10 Egg whites</li><li>4 cups Mushrooms</li><li>3 cups Tomatoes</li><li>2 tsp Olive or monounsaturated oil</li><li>2 oz Cheddar cheese, light/low fat</li></ul>	5.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 502	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Milk, low fat (1%)  1/4 cup Yogurt, plain, low fat  21 grams Protein powder  1/2 cup Blueberries  1 1/3 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes untited desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6 7 oz Tuna, canned in water	Item Portions 7.00 P	Preparation Suggestions: Tuna and Vegetable Salad
1 cup Tomatoes 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 18 Peanuts 1 tsp Olive or monounsaturated oil 1 Orange	.67 C .50 C .25 C .50 C 3.00 F 3.00 F 2.00 C Calories: 502	Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!  Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Blackberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Beef, lean cuts 12 spears Asparagus 2 cups Cherry tomatoes 2 tsp Olive or monounsaturated oil 1 cup Rice	Item Portions 8.00 P 1.00 C 1.00 C 6.00 F 3.00 C Calories: 566	Preparation Suggestions: Grilled beef with sautéed, spicy vegetables. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

	Bench Lean M	

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Portions 2.00 PC 5.00 P 2.00 C 6.00 F Calories: 502  Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Cook eggs any style. Enjoy the fruit on the side.  Preparation Suggestions:  Mix oatmeal with cottage cheese. Top with cashew and enjoy! Enjoy a cool glass of milk on the side.
5.00 P 2.00 C 6.00 F Calories: 502 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Preparation Suggestions:  Mix oatmeal with cottage cheese. Top with cashew
2.00 C 6.00 F Calories: 502 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Mix oatmeal with cottage cheese. Top with cashew
Calories: 502 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Mix oatmeal with cottage cheese. Top with cashew
502 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Mix oatmeal with cottage cheese. Top with cashew
502 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Mix oatmeal with cottage cheese. Top with cashew
Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Mix oatmeal with cottage cheese. Top with cashew
1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories:	Mix oatmeal with cottage cheese. Top with cashew
3.00 P 1.00 C 1.00 C 5.00 F Calories:	
1.00 C 1.00 C 5.00 F Calories:	and enjoy! Enjoy a cool glass of milk on the side.
1.00 C 5.00 F Calories:	
5.00 F Calories:	
Calories:	
055	
355 Item	
Portions	Preparation Suggestions:
	Chicken and vegetable pasta in an oil sauce. Saute
	vegetables and cubed chicken, season to taste (try
	salt, pepper, garlic, thyme and basil) and add pasta
	Cook until hot, being careful to not let the pasta stic
1.00 C	to the bottom of the pan. Enjoy!
1.00 C	, . ,
6.00 F	
Calories:	
502	
Item	Preparation Suggestions:
	Raspberry Surprise Blend powder, yogurt, raspberries and olive oil
	together. Throw into the fridge overnight for a nice,
	cool meal!
	ood modi.
292	
Item	Preparation Suggestions:
Portions	
8.00 P	Grill chicken and serve with steamed vegetables.
1.00 C	Enjoy fruit and nuts for dessert.
	Preparation Suggestions:
1.00 PC	Protein Shake
	Put all ingredients in blender over ice and blend.
4.00 F	Add water to create desired consistency. Enjoy!
1.00 C	
Calories:	
292	
	drates: 20 Fat: 31 Calories: 2509
en 10 and 1	2 glasses of water per day. **
E	7.00 P 1.00 C .67 C .25 C 1.00 C 1.00 C 6.00 F Calories: 502 Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292 Item Portions 8.00 P 1.00 C .50 C 1.00 C .50 C 3.00 F 2.00 C Calories: 566 Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292 4 Carbohyo

	Bench Lean M	

Day:	63
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Milk, low fat (1%)</li> <li>4 oz Cheddar cheese, light/low fat</li> <li>1 cup Cereal, cold</li> <li>1/3 Banana</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	1.00 PC 4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502	Your favorite cereal mixed with fruit and protein. Enjoy the cheese on the side.
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Rice</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>7 oz Lamb, lean</li></ul>	3.00 C 1.00 C 6.00 F 7.00 P Calories: 502	Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the meat with a little lemon juice, salt and pepper, if you like.
Snack - Meal Portions: P:4 C:2 F: 4  28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 1 tsp Olive or monounsaturated oil 3 Cashews	Item Portions 4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292	Preparation Suggestions:  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.
Dinner - Meal Portions: P:8 C:5 F:6  1 cup Yogurt, plain, low fat 6 oz Chicken breast, skinless 3 cups Broccoli 1 1/2 cups Tomatoes 2 tsp Olive or monounsaturated oil 1/4 cup Pasta	Item Portions 2.00 PC 6.00 P 1.00 C 1.00 C 6.00 F 1.00 C Calories: 566	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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Breakfast - Meal Portions: P:7 C:4 F:6  3 cups Milk, low fat (1%)  4 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 2 tsp Olive or monounsaturated oil 2 Eggs, whole	Item Portions 3.00 PC 2.00 P .50 C .25 C .25 C 6.00 F 2.00 P Calories: 502	Preparation Suggestions:  Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4	Item	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 1.00 C .50 C .50 C 4.00 F Calories: 292	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!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>5 cups Lettuce, romaine</li> <li>1 1/2 cups Tomatoes</li> <li>2 cups Cucumber</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Broccoli</li> <li>2 tsp Olive or monounsaturated oil</li> <li>7 oz Beef, lean cuts</li> </ul>	.50 C 1.00 C .50 C 1.00 C 1.00 C 6.00 F 7.00 P Calories: 502	Beef Strips with a Salad Prepare the strips any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:5 F:6	Item	Preparation Suggestions:
3 cups Broccoli 4 cups Cauliflower 2 cups Cucumber 2 Peppers (bell or cubanelle) 7 cups Lettuce, romaine 1 cup Tomatoes 2 tsp Olive or monounsaturated oil 8 oz Lamb, lean	Portions 1.00 C 1.00 C .50 C 1.00 C .70 C .67 C 6.00 F 8.00 P Calories: 566	Lamb with Vegetables and Salad Make a tasty salad dressing with olive oil, balsamic vinegar, chopped garlic and spices!
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 Orange 1 cup Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292	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.

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Day:	65
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>42 grams Protein powder</li><li>1 1/2 cups Cereal, cold</li><li>2 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 6.00 P 3.00 C 6.00 F Calories: 502	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1/4 cup Blackberries</li><li>1/4 cup Blueberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292	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!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>7 oz Chicken breast, skinless</li><li>2 cups Mushrooms</li><li>1 cup Rice</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 1.00 C 3.00 C 6.00 F Calories: 502	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/2 cup Raspberries</li><li>1/2 cup Strawberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Tomatoes 2 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 2/3 cup Rice	8.00 P 1.00 C 1.00 C 6.00 F 1.00 C 2.00 C Calories: 566	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:4 C:2 F:4	Item	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1/2 cup Raspberries</li><li>1/2 cup Strawberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292	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!

Notes:

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## Day: 66

Breakfast - Meal Portions: P:7 C:4 F:6	ltem Portions	Preparation Suggestions:
<ul><li>8 Egg whites</li><li>1 Bagel</li><li>6 tsp Cream cheese</li><li>3 Eggs, whole</li></ul>	4.00 P 4.00 C 6.00 F 3.00 P Calories: 502	Eggs with a bagel on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4  28 grams Protein powder 2/3 Banana 24 Peanuts	Item Portions 4.00 P 2.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1/4 cup Pasta	7.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 502	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!
Snack - Meal Portions: P:4 C:2 F: 4	Item	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>3/4 cup Watermelon</li><li>1 1/3 tsp Olive or monounsaturated oil</li></ul>	Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item	Preparation Suggestions:
8 oz Chicken breast, skinless 4 cups Cauliflower 1 cup Rice 3 cups Broccoli 2 tsp Olive or monounsaturated oil	Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F Calories: 566	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 19 Fat: 30 Calories: 2446

**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 67
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Breakfast - Meal Portions: P:7 C:4 F:6  1 cup Yogurt, plain, low fat 35 grams Protein powder 1 slice Whole grain bread 2 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 5.00 P 2.00 C 6.00 F Calories:	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange	502 Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6  1 cup Cottage cheese, light/low fat 3/4 Orange 2 1/2 cups Strawberries 21 grams Protein powder 9 Cashews 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.50 C 2.50 C 3.00 P 3.00 F 3.00 F Calories: 502	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 6.00 F Calories: 566	Preparation Suggestions:  Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 19 Fat: 30 Calories: 2446

Notes:

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

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Day:	68
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Eggs with oatmeal on the side. Enjoy!
2 Eggs, whole	2.00 P	,,,,
1 1/3 cups Oatmeal	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	502	
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%)	.50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes unt
21 grams Protein powder	3.00 P	desired consistency is reached. If a blender is not
1/2 cup Blueberries	1.00 C	available mix protein powder with cold water and
1 1/3 tsp Olive or monounsaturated oil	4.00 F	have remaining ingredients on the side. Enjoy!
	Calories: 292	
	Item	
Mid Meal - Meal Portions: P:7 C:4 F:6	Portions	Preparation Suggestions:
7 oz Tuna, canned in water	7.00 P	Tuna Sandwich
1 whole Pita	2.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
2/3 Banana	2.00 C	For some added crunch add a handful of chopped
1 tsp Olive or monounsaturated oil	3.00 F	lettuce, celery or bean sprouts.
18 Peanuts	3.00 F Calories:	
	502	
Snack - Meal Portions: P:4 C:2 F: 4	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%) 21 grams Protein powder	1.00 PC 3.00 P	Protein Shake Put all ingredients in a blender over ice and blend,
1 1/3 tsp Olive or monounsaturated oil	4.00 F	adding water to create desired consistency. If a
1/2 cup Blackberries	1.00 C	blender is not available, set aside the fruit and shake
•	Calories:	up the remaining ingredients in a closed container to
	292	mix it all together, then eat the fruit on the side.
Division Marian Constant	Item	Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Salad
1/2 cup Cucumber	.13 C	Grill or broil chicken. Prepare salad with amount of
3/4 cup Mushrooms 1/2 Tomato	.38 C	lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the
1/2 Tomato 1 Apple	.25 C 2.00 C	salad.
3 cups Lettuce, romaine	.30 C	Salau.
2 tsp Olive or monounsaturated oil	6.00 F	
1/2 cup Pasta	2.00 C	
·	Calories:	
	566	
Snack - Meal Portions: P:4 C:2 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1 1/3 tsp Olive or monounsaturated oil	4.00 F	blender is not available, set aside the fruit and shake
·	Calories:	up the remaining ingredients in a closed container to
	292	mix it all together, then eat the fruit on the side.
		Enjoy!
<b>_ _</b>		drates: 19 Fat: 30 Calories: 2446

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Day:	69
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>10 Egg whites</li><li>1 cup Blueberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 2.00 C 6.00 F Calories:	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:3 F:5	502 Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/3 cup Oatmeal 15 Cashews	Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories: 355	Mix oatmeal with cottage cheese. Top with cashewand enjoy! Enjoy a cool glass of milk on the side.
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 Peppers (bell or cubanelle)</li> <li>2 cups Broccoli</li> <li>1 cup Cauliflower</li> <li>12 spears Asparagus</li> <li>1/4 cup Pasta</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.00 C .67 C .25 C 1.00 C 1.00 C 6.00 F Calories: 502	Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 cup Raspberries</li><li>1 1/3 tsp Olive or monounsaturated oil</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292	Raspberry Surprise Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cauliflower 1/2 cup Blueberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1/2 cup Pasta	8.00 P 1.00 C .50 C 1.00 C .50 C 3.00 F 3.00 F 2.00 C Calories: 566	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 1/3 tsp Olive or monounsaturated oil</li><li>1 cup Strawberries</li></ul>	1.00 PC 3.00 P 4.00 F 1.00 C Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Day: 7	70
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Item	Preparation Suggestions:
1.00 PC 4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502	Your favorite cereal mixed with fruit and protein. Enjoy the cheese on the side.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	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!
Item	Preparation Suggestions:
3.00 C 1.00 C 6.00 F 7.00 P Calories: 502	Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the meat with a little lemon juice, salt and pepper, if you like.
	Preparation Suggestions:
4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292	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.
	Preparation Suggestions:
2.00 PC 6.00 P 1.00 C 1.00 C 6.00 F 1.00 C Calories: 566	Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
n: 34 Carbohyo	drates: 19 Fat: 30 Calories: 2446
	4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502  Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292  Item Portions 3.00 C 1.00 C 6.00 F 7.00 P Calories: 502  Item Portions 4.00 P 1.00 C 1.00 C 3.00 F 1.00 C 1.00 C 6.00 F 1.00 C 1.00 C 3.00 F 1.00 C 1.00 C 3.00 F 1.00 C Calories: 292  Item Portions 4.00 P 1.00 C 1.00 C 3.00 P 1.00 C Calories: 566  Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 566  Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292

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Breakfast - Meal Portions: P:7 C:4 F:6  5 oz Feta cheese, light/low fat  4 Egg whites  1 Pepper (bell or cubanelle)  1 3/4 slice Whole grain bread  2 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 P .50 C 3.50 C 6.00 F Calories: 502	Preparation Suggestions:  Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.  This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6 7 oz Tuna, canned in water 1 whole Pita 2/3 Banana 1 tsp Olive or monounsaturated oil 18 Peanuts	Item Portions 7.00 P 2.00 C 2.00 C 3.00 F 3.00 F Calories: 502	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 4  21 grams Protein powder 1 cup Raspberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292	Preparation Suggestions: Raspberry Surprise Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 6.00 F Calories: 566	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 19 Fat: 30 Calories: 2446 2 glasses of water per day. **
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D	ay:	72

Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>10 Egg whites</li><li>1 cup Blueberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 2.00 C 6.00 F Calories: 502	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:2 F:4  28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C .50 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Rice</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>7 oz Lamb, lean</li></ul>	3.00 C 1.00 C 6.00 F 7.00 P Calories: 502	Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the meat with a little lemon juice, salt and pepper, if you like.
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	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.
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1/2 cup Cucumber 3/4 cup Mushrooms 1/2 Tomato 1 Apple 3 cups Lettuce, romaine 2 tsp Olive or monounsaturated oil 1/2 cup Pasta	8.00 P .13 C .38 C .25 C 2.00 C .30 C 6.00 F 2.00 C Calories: 566	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 1/3 tsp Olive or monounsaturated oil</li><li>1 cup Raspberries</li></ul>	1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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## Day: 73

Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>10 Egg whites</li><li>4 cups Mushrooms</li><li>3 cups Tomatoes</li><li>2 tsp Olive or monounsaturated oil</li><li>2 oz Cheddar cheese, light/low fat</li></ul>	5.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 502	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 Orange	1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Rice 2 tsp Olive or monounsaturated oil	7.00 P 1.00 C 3.00 C 6.00 F Calories: 502	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	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.
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cauliflower 1/2 cup Blueberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1/2 cup Pasta	8.00 P 1.00 C .50 C 1.00 C .50 C 3.00 F 3.00 F 2.00 C Calories: 566	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries	1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! drates: 19 Fat: 30 Calories: 2446

**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 74
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Breakfast - Meal Portions: P:7 C:4 F:6  3 cups Milk, low fat (1%) 4 Egg whites 1 Tomato 1/2 cup Celery 1/2 Pepper (bell or cubanelle) 2 tsp Olive or monounsaturated oil 2 Eggs, whole  Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 3.00 PC 2.00 P .50 C .25 C .25 C 6.00 F 2.00 P Calories: 502 Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories:	Preparation Suggestions:  Breakfast Omelet Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!  Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
Mid Meal - Meal Portions: P:7 C:4 F:6  7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Rice 2 tsp Olive or monounsaturated oil	292  Item Portions 7.00 P 1.00 C 3.00 C 6.00 F Calories: 502	mix it all together, then eat the fruit on the side. Enjoy!  Preparation Suggestions: Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4  21 grams Protein powder 1 cup Raspberries 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 1.00 C 4.00 F 1.00 PC Calories: 292	Preparation Suggestions:  Raspberry Surprise Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 3 cups Broccoli 2 cups Cauliflower 1/2 cup Blueberries 1/2 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1/2 cup Pasta	Item Portions 8.00 P 1.00 C .50 C 1.00 C .50 C 3.00 F 3.00 F 2.00 C Calories: 566	Preparation Suggestions: Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 19 Fat: 30 Calories: 2446 2 glasses of water per day. **

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Day:	75
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Cook eggs any style. Enjoy the fruit on the side.
10 Egg whites	5.00 P	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
1 cup Blueberries	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	502	
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Bananas
2/3 Banana	2.00 C	If you have access to a blender, blend fruit, protein
24 Peanuts	4.00 F	powder and ice cubes. If a blender is not available,
	Calories:	mix protein powder with cold water and have
	292	remaining ingredients on the side. If desired add
	lt a sea	sweetener to taste.
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken and vegetable pasta in an oil sauce. Saute
2 Peppers (bell or cubanelle)	1.00 C	vegetables and cubed chicken, season to taste (try
2 cups Broccoli	.67 C	salt, pepper, garlic, thyme and basil) and add pasta
1 cup Cauliflower	.25 C	Cook until hot, being careful to not let the pasta stic
12 spears Asparagus	1.00 C	to the bottom of the pan. Enjoy!
1/4 cup Pasta	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	502	
Snack - Meal Portions: P:4 C:2 F: 4	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder 1/2 cup Raspberries	3.00 P .50 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1/2 cup Raspberries 1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and shak
1 1/3 tsp Olive or monounsaturated oil	4.00 F	up the remaining ingredients in a closed container t
1 1/0 top Gilvo of Monouncatarated on	Calories:	mix it all together, then eat the fruit on the side.
	292	Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item	Preparation Suggestions:
9 of Chieken broast akinless	Portions 8.00 P	
8 oz Chicken breast, skinless 2 cups Mushrooms	1.00 C	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt an
1 1/2 cups Tomatoes	1.00 C	pepper to taste, plus some basil and oregano.
2 tsp Olive or monounsaturated oil	6.00 F	popper to taste, plus some basil and oregano.
2 Peppers (bell or cubanelle)	1.00 C	
2/3 cup Rice	2.00 C	
•	Calories:	
	566	
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Smoothie
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 1/3 tsp Olive or monounsaturated oil	4.00 F	adding water to create desired consistency. If a
1 Peach	1.00 C	blender is not available, set aside the fruit and shak
	Calories:	up the remaining ingredients in a closed container t
	292	mix it all together, then eat the fruit on the side.
		Enjoy!
Total Daily Partiana, Proto	in: 34 Carbobyo	drates: 19 Fat: 30 Calories: 2446

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### Day: 76

Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 3.00 C 6.00 F Calories: 502	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:4 C:3 F:5  1 cup Milk, low fat (1%) 3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/3 cup Oatmeal 15 Cashews	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories: 355	Preparation Suggestions:  Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Mid Meal - Meal Portions: P:7 C:4 F:6  2 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat 6 Cashews	Item Portions 4.00 A 3.00 P 2.00 F Calories: 502	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Blackberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 6.00 F Calories: 566	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 20 Fat: 31 Calories: 2509

**Total Daily Portions:** Protein: 34 Carbohydrates: 20 Fat: 31 Calories: 2509 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 77	7
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 2 tsp Olive or monounsaturated oil 14 grams Protein powder	1.00 PC 4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502	Your favorite cereal mixed with fruit and protein. Enjoy the cheese on the side.
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6  7 oz Tuna, canned in water 1 cup Tomatoes 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 18 Peanuts 1 tsp Olive or monounsaturated oil 1 Orange	Item Portions 7.00 P .67 C .50 C .25 C .50 C 3.00 F 3.00 F 2.00 C Calories: 502	Preparation Suggestions:  Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!  Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 3 cups Broccoli 3 cups Mushrooms 2 cups Cucumber 1 Pepper (bell or cubanelle) 3 cups Cherry tomatoes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.50 C .50 C 1.50 C 1.50 C 6.00 F Calories: 566	Preparation Suggestions: Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Day:	78
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	Eggs with a bagel on the side. Enjoy!
1 Bagel	4.00 C	a bagor on the class Enjoy.
6 tsp Cream cheese	6.00 F	
3 Eggs, whole	3.00 P	
5 <u>–9</u> 99, m.s.s	Calories:	
	502	
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/4 cup Blackberries	.50 C	adding water to create desired consistency. If a
1/4 cup Blueberries	.50 C	blender is not available, set aside the fruit and shak
1 1/3 tsp Olive or monounsaturated oil	4.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	292	Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Grilled Chicken Salad
2 1/2 cups Lettuce, romaine	.25 C	Grill or broil chicken, prepare salad with lettuce and
2 cups Cucumber	.50 C	mix with oil dressing. Cut chicken into strips and
1 Pepper (bell or cubanelle)	.50 C	serve on top of salad.
1 Tomato	.50 C	'
2 cups Raspberries	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	502	
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
1/2 Orange	1.00 C	ice cubes until desired consistency is reached. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available mix protein powder with cold
3 Cashews	1.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	292	
Dinner - Meal Portions: P:8 C:5 F:6	Item	Preparation Suggestions:
1 our Vagurt plain low fot	Portions	Chicken with Recomeny
1 cup Yogurt, plain, low fat 6 oz Chicken breast, skinless	2.00 PC 6.00 P	Chicken with Rosemary Rosemary is a great spice to use on chicken; it has
3 cups Broccoli	1.00 C	really unique flavor.
1 1/2 cups Tomatoes	1.00 C	really unique havor.
2 tsp Olive or monounsaturated oil	6.00 F	
1/4 cup Pasta	1.00 C	
1/4 cup i asia	Calories:	
	566	
Snack - Meal Portions: P:4 C:2 F:4	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 Orange	1.00 C	Blend all ingredients together, except nuts, and add
1 cup Raspberries	1.00 C	ice cubes until desired consistency is reached. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available mix protein powder with col-
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	292	 drates: 19 Fat: 30 Calories: 2446

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Day:	79
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Milk, low fat (1%)</li> <li>4 oz Cheddar cheese, light/low fat</li> <li>1 cup Cereal, cold</li> <li>1/3 Banana</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	1.00 PC 4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502	Your favorite cereal mixed with fruit and protein. Enjoy the cheese on the side.
Snack - Meal Portions: P:4 C:2 F:4  28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C .50 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6  1 cup Cottage cheese, light/low fat 3/4 Orange 2 1/2 cups Strawberries 21 grams Protein powder 9 Cashews 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.50 C 2.50 C 3.00 P 3.00 F 3.00 F Calories: 502	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Beef, lean cuts 12 spears Asparagus 2 cups Cherry tomatoes 2 tsp Olive or monounsaturated oil 1 cup Rice	Item Portions 8.00 P 1.00 C 1.00 C 6.00 F 3.00 C Calories: 566	Preparation Suggestions: Grilled beef with sautéed, spicy vegetables. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
		Enjoy! drates: 19 Fat: 30 Calories: 2446

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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>1 1/2 cups Cereal, cold</li><li>1 cup Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 3.00 C 1.00 C 6.00 F Calories: 502	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:4 C:2 F:4  28 grams Protein powder  2/3 Banana  24 Peanuts	Item Portions 4.00 P 2.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:7 C:4 F:6  5 cups Lettuce, romaine 1 1/2 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 tsp Olive or monounsaturated oil 7 oz Beef, lean cuts	Item Portions .50 C 1.00 C .50 C 1.00 C 1.00 C 6.00 F 7.00 P Calories: 502	Preparation Suggestions:  Beef Strips with a Salad Prepare the strips any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 566	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

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

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Day: 81
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Item Portions	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 6.00 F Calories: 502	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Item Portions	Preparation Suggestions:
.50 PC .50 PC 3.00 P 1.00 C 4.00 F Calories: 292	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Item Portions	Preparation Suggestions:
7.00 P 1.50 C .58 C 1.00 C 1.00 C 6.00 F Calories: 502	Chicken Stir-Fry Try using some thyme in this for extra flavor!
	Preparation Suggestions:
1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	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!
Item Portions	Preparation Suggestions:
1.00 C 1.00 C .50 C 1.00 C .70 C .67 C 6.00 F 8.00 P Calories: 566	Lamb with Vegetables and Salad Make a tasty salad dressing with olive oil, balsamic vinegar, chopped garlic and spices!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P .50 C .50 C 4.00 F Calories:	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.
	2.00 PC 5.00 P 2.00 C 6.00 F Calories: 502  Item Portions .50 PC 3.00 P 1.00 C 4.00 F Calories: 292  Item Portions 7.00 P 1.50 C .58 C 1.00 C 6.00 F Calories: 502  Item Portions 1.00 PC 3.00 P 4.00 F Calories: 292  Item Portions 1.00 C .50 C 1.00 C .50 C 1.00 C .50 C .50 C 1.00 P Calories: 566

	Bench Lean M	

### Day: 82

Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>10 Egg whites</li><li>1 cup Blackberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 2.00 C 6.00 F Calories: 502	Eggs with fruit. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	.50 PC .50 PC 3.00 P 1.00 C 4.00 F Calories: 292	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!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Rice</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>7 oz Lamb, lean</li></ul>	3.00 C 1.00 C 6.00 F 7.00 P Calories: 502	Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the meat with a little lemon juice, salt and pepper, if you like.
Snack - Meal Portions: P:4 C:2 F: 4  1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 2.00 C 1.00 C 6.00 F Calories: 566	Sautéed Beef with Mushrooms  Slice the beef, and saute with mushrooms until done.  Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 1/3 tsp Olive or monounsaturated oil</li><li>1 cup Strawberries</li></ul>	1.00 PC 3.00 P 4.00 F 1.00 C	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 8	3
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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Milk, low fat (1%)</li> <li>4 oz Mozzarella cheese, light/low fat</li> <li>1 cup Cereal, cold</li> <li>1 Peach</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	1.00 PC 4.00 P 2.00 C 1.00 C 6.00 F 2.00 P Calories: 502	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:4 C:3 F:5  1 cup Milk, low fat (1%) 3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/3 cup Oatmeal 15 Cashews	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 5.00 F Calories: 355	Preparation Suggestions:  Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Mid Meal - Meal Portions: P:7 C:4 F:6  7 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 2 cups Broccoli 1 cup Cauliflower 12 spears Asparagus 1/4 cup Pasta 2 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C .67 C .25 C 1.00 C 1.00 C 6.00 F Calories: 502	Preparation Suggestions:  Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 4  28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 1 tsp Olive or monounsaturated oil 3 Cashews	Item Portions 4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292	Preparation Suggestions:  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.
Dinner - Meal Portions: P:8 C:5 F:6  8 oz Chicken breast, skinless 4 cups Cauliflower 1 cup Rice 3 cups Broccoli 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F Calories: 566	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:2 F:4  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries	Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories:	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Breakfast - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
<ul><li>10 Egg whites</li><li>2 Eggs, whole</li><li>1 1/3 cups Oatmeal</li><li>2 tsp Olive or monounsaturated oil</li></ul>	5.00 P 2.00 P 4.00 C 6.00 F Calories: 502	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F:4  1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:7 C:4 F:6	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1/4 cup Pasta	7.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 502	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!
Snack - Meal Portions: P:4 C:2 F: 4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach	1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:5 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Yogurt, plain, low fat</li> <li>6 oz Chicken breast, skinless</li> <li>3 cups Broccoli</li> <li>1 1/2 cups Tomatoes</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1/4 cup Pasta</li> </ul>	2.00 PC 6.00 P 1.00 C 1.00 C 6.00 F 1.00 C Calories: 566	Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Snack - Meal Portions: P:4 C:2 F:4	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>1/2 Orange</li><li>1 cup Raspberries</li><li>1 tsp Olive or monounsaturated oil</li><li>6 Peanuts</li></ul>	4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292	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.

**Total Daily Portions:** Protein: 34 Carbohydrates: 19 Fat: 30 Calories: 2446 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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# **Grocery List**

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

Protein	Carbohydrates	Fats	Other
22 Egg whites 294 grams Protein powder 35 oz Chicken breast, skinless 2 3/4 cups Cottage cheese, light/low fat 10 oz Beef, lean cuts 4 1/2 oz Turkey breast, deli style 4 Eggs, whole 7 1/2 oz Ground beef (< 10% fat)	16 1/2 cups Mushrooms 6 1/2 cups Tomatoes 19 cups Raspberries 6 cups Strawberries 12 Peppers (bell or cubanelle) 6 1/2 cups Broccoli 36 spears Asparagus 3 cups Watermelon 4 cups Rice 6 cups Cauliflower 4 cups Blueberries 1/3 Banana 1 2/3 cups Oatmeal 1 cup Carrots 1 cup Corn, canned 1 Apple 5 3/4 cups Cucumber 3 cups Cherry tomatoes 1 cup Blackberries 2 1/2 cups Cereal, cold 5 1/2 cups Lettuce, romaine 3 Tomatoes 3 cups Celery 2 Oranges 5 1/2 slice Whole grain bread 1 Grapefruit 3 Peaches	42 tsp Olive or monounsaturated oil 132 Peanuts 45 Cashews	23 cups Milk, low fat (1%) 9 1/2 cups Yogurt, plain, low fat 2 1/2 cups Chicken noodle soup

Grocery List

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

Carbohydrates	Fats	Other
4 cups Oatmeal 5 cups Blueberries 10 cups Cucumber 17 cups Lettuce, romaine 11 1/2 Peppers (bell or cubanelle) 7 1/4 Tomatoes 4 Oranges 13 3/4 cups Broccoli 42 spears Asparagus 1 1/2 cups Rice 7 cups Raspberries 3 1/2 Grapefruits 3 1/2 cups Cauliflower 4 5/6 cups Celery 6 11/12 cups Mushrooms 3 Apples 3/4 cup Pasta 2/3 Banana 6 1/4 slice Whole grain bread 1 2/3 cups Tomatoes 7 cups Strawberries 1 Bagel 3 Peaches 5 cups Cherry tomatoes 1 1/2 cups Watermelon 1/2 cup Corn, canned	41 tsp Olive or monounsaturated oil 87 Cashews 4 tsp Cream cheese 72 Peanuts	22 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat
	4 cups Oatmeal 5 cups Blueberries 10 cups Cucumber 17 cups Lettuce, romaine 11 1/2 Peppers (bell or cubanelle) 7 1/4 Tomatoes 4 Oranges 13 3/4 cups Broccoli 42 spears Asparagus 1 1/2 cups Rice 7 cups Raspberries 3 1/2 Grapefruits 3 1/2 cups Cauliflower 4 5/6 cups Celery 6 11/12 cups Mushrooms 3 Apples 3/4 cup Pasta 2/3 Banana 6 1/4 slice Whole grain bread 1 2/3 cups Tomatoes 7 cups Strawberries 1 Bagel 3 Peaches 5 cups Cherry tomatoes	4 cups Oatmeal 5 cups Blueberries 10 cups Cucumber 17 cups Lettuce, romaine 11 1/2 Peppers (bell or cubanelle) 7 1/4 Tomatoes 4 Oranges 13 3/4 cups Broccoli 42 spears Asparagus 1 1/2 cups Rice 7 cups Raspberries 3 1/2 Grapefruits 3 1/2 cups Cauliflower 4 5/6 cups Celery 6 11/12 cups Mushrooms 3 Apples 3/4 cup Pasta 2/3 Banana 6 1/4 slice Whole grain bread 1 2/3 cups Tomatoes 7 cups Strawberries 1 Bagel 3 Peaches 5 cups Cherry tomatoes 1 1/2 cups Watermelon

1 1/2 whole Pita 3 cups Carrots 1 cup Cereal, cold 1 1/2 cups Blackberries

Other

22 cups Milk, low fat (1%) 8 cups Yogurt, plain, low fat 2 1/2 cups Chicken noodle soup

Protein	Carbohydrates	Fats
32 Egg whites 245 grams Protein powder 5 cups Cottage cheese, light/low fat 7 1/2 oz Ground beef (< 10% fat) 25 oz Chicken breast, skinless 3 oz Turkey breast, deli style 19 oz Beef, lean cuts 3 oz Feta cheese, light/low fat	3 cups Oatmeal 13 cups Raspberries 9 1/4 cups Broccoli 8 cups Cauliflower 3 cups Celery 8 Peppers (bell or cubanelle) 2 Oranges 9 cups Strawberries 9 1/4 slice Whole grain bread 9 3/4 cups Mushrooms 4 1/2 cups Rice 3 1/2 cups Blueberries 5 Peaches 30 spears Asparagus 2 cups Blackberries 4 2/3 cups Tomatoes	39 2/3 tsp Olive or monounsaturated oil 126 Peanuts 69 Cashews
	1/3 Banana	

3 Apples
2 Grapefruits
3 3/4 cups Cucumber
10 cups Lettuce, romaine
1 cup Cereal, cold
4 Tomatoes
1 whole Pita
1 1/2 cups Watermelon

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

Other

23 cups Milk, low

fat (1%) 8 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
18 Egg whites 259 grams Protein powder 40 oz Chicken breast, skinless 3 3/4 cups Cottage cheese, light/low fat 15 oz Beef, lean cuts 1 1/2 oz Turkey breast, deli style 4 Eggs, whole 3 oz Cheddar cheese, light/low fat 5 oz Mozzarella cheese, light/low fat	1 Bagel 13 cups Raspberries 12 1/2 cups Lettuce, romaine 12 cups Cucumber 15 1/2 Peppers (bell or cubanelle) 6 1/4 Tomatoes 2 2/3 cups Oatmeal 4 cups Carrots 1 1/2 cups Corn, canned 4 Oranges 4 5/6 cups Celery 2/3 Banana 1 1/2 cups Cauliflower 13 2/3 cups Mushrooms 2 1/2 Grapefruits 8 cups Cherry tomatoes 5 1/2 cups Blueberries 4 cups Strawberries 2 1/2 cups Cereal, cold 3 cups Watermelon 48 spears Asparagus 1 Peach 11 cups Broccoli 1 Apple 2 1/2 slice Whole grain bread 3/4 cup Pasta 3 1/2 cups Tomatoes 1 cup Rice 1/2 cup Blackberries	4 tsp Cream cheese 43 1/3 tsp Olive or monounsaturated oil 63 Cashews 78 Peanuts
	1/2 dap Blackborriou	

1/2 whole Pita

Grocery List

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

Protein	Carbohydrates	Fats	Other
26 Egg whites 553 grams Protein powder 12 oz Tuna, canned in water 26 oz Cheddar cheese, light/low fat 27 oz Beef, lean cuts 3 1/4 cups Cottage cheese, light/low fat 22 1/2 oz Turkey breast, deli style 44 oz Chicken breast, skinless 8 oz Mozzarella cheese, light/low fat 5 oz Feta cheese, light/low fat	2 cups Blackberries 4 1/3 Bananas 7 cups Tomatoes 5 cups Celery 10 cups Cucumber 9 1/2 Peppers (bell or cubanelle) 4 whole Pita 1 Pickle 3 Apples 3 2/3 cups Rice 24 spears Asparagus 7 1/2 cups Raspberries 2 1/2 cups Cereal, cold 11 1/2 cups Strawberries 1 2/3 cups Oatmeal 5 Tomatoes 9 cups Broccoli 12 1/2 cups Lettuce, romaine 3 cups Mushrooms 3 3/4 cups Blueberries 1 cup Fruit juice 5 Peaches 6 slice Whole grain bread 1 tbsp BBQ Sauce 2 Grapefruits 2 Oranges 2 cups Pasta 1 1/2 cups Carrots 1/4 cup Corn, canned	45 tsp Olive or monounsaturated oil 138 Peanuts 72 Cashews	24 cups Milk, low fat (1%) 7 cups Yogurt, plain, low fat

Grocery List

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

Protein	Carbohydrates	Fats	Other
4 1/4 cups Cottage cheese, light/low fat 532 grams Protein powder 60 oz Chicken breast, skinless 20 oz Cheddar cheese, light/low fat 26 oz Beef, lean cuts 28 Egg whites 6 oz Tuna, canned in water 6 oz Mozzarella cheese, light/low fat 16 1/2 oz Turkey breast, deli style 5 oz Feta cheese, light/low fat	12 1/2 cups Strawberries 1 1/2 cups Cereal, cold 4 2/3 Bananas 4 1/4 cups Blueberries 3 Apples 4 1/3 cups Rice 24 spears Asparagus 7 1/2 cups Raspberries 3 Grapefruits 9 slice Whole grain bread 2 2/3 cups Oatmeal 4 cups Mushrooms 10 cups Cauliflower 2 whole Pita 7 1/2 cups Broccoli 6 Peppers (bell or cubanelle) 2 1/2 cups Carrots 2 1/2 cups Carrots 2 1/2 cups Pasta 2 Oranges 6 cups Tomatoes 4 Peaches 1/3 cup Fruit juice 1/2 cup Blackberries 3 cups Celery 4 cups Cucumber 3 cups Lettuce, romaine 1/4 cup Corn, canned	39 1/3 tsp Olive or monounsaturated oil 174 Peanuts 105 Cashews	9 cups Yogurt, plain, low fat 21 cups Milk, low fat (1%)

Other

20 1/2 cups Milk,

low fat (1%) 8 1/4 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
24 Egg whites 29 oz Cheddar cheese, light/low fat 497 grams Protein powder 10 oz Feta cheese, light/low fat 22 1/2 oz Turkey breast, deli style 26 oz Beef, lean cuts 3 3/4 cups Cottage cheese, light/low fat 45 oz Chicken breast, skinless 12 oz Tuna, canned in	3 1/2 cups Carrots  11 Peppers (bell or cubanelle) 6 slice Whole grain bread 3 Oranges 4 cups Pasta 24 spears Asparagus 9 cups Raspberries 12 cups Strawberries 6 cups Cauliflower 3 2/3 cups Rice 5 Peaches 2 1/2 cups Cereal, cold 1/2 cup Blackberries 7 cups Mushrooms 1 Apple	44 1/3 tsp Olive or monounsaturated oil, 66 Peanuts 114 Cashews
water 8 oz Mozzarella	5 cups Lettuce, romaine 8 cups Cucumber	
cheese, light/low fat	2 Tomatoes 4 whole Pita 4 Bananas 6 cups Tomatoes 2 2/3 cups Oatmeal 4 1/2 cups Broccoli 3 cups Blueberries 1 Grapefruit 1 tbsp BBQ Sauce	

5 cups Celery 1/4 cup Corn, canned

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

Carbohydrates	Fats	Other
4 Grapefruits 9 slice Whole grain bread 12 cups Strawberries 1 2/3 cups Oatmeal 7 cups Tomatoes 3 cups Celery 6 cups Cucumber 4 1/2 Peppers (bell or cubanelle) 2 whole Pita 1 Pickle 4 1/3 cups Rice 24 spears Asparagus 5 Bananas 1 1/2 cups Cereal, cold 6 cups Raspberries 1 Orange 2 cups Blackberries 5 Apples 10 1/2 cups Lettuce, romaine 3 Tomatoes 1 1/3 cups Fruit juice 5 cups Blueberries 12 cups Broccoli 1/2 cup Carrots 1/4 cup Corn, canned 4 Peaches	40 tsp Olive or monounsaturated oil 246 Peanuts 63 Cashews	24 1/2 cups Milk, low fat (1%) 7 3/4 cups Yogurt, plain, low fat
	4 Grapefruits  9 slice Whole grain bread  12 cups Strawberries  1 2/3 cups Oatmeal  7 cups Tomatoes  3 cups Celery  6 cups Cucumber  4 1/2 Peppers (bell or cubanelle)  2 whole Pita  1 Pickle  4 1/3 cups Rice  24 spears Asparagus  5 Bananas  1 1/2 cups Cereal, cold  6 cups Raspberries  1 Orange  2 cups Blackberries  5 Apples  10 1/2 cups Lettuce, romaine  3 Tomatoes  1 1/3 cups Fruit juice  5 cups Blueberries  12 cups Broccoli  1/2 cup Carrots  1/4 cup Corn, canned	4 Grapefruits 9 slice Whole grain bread 12 cups Strawberries 1 2/3 cups Oatmeal 2 cups Tomatoes 3 cups Celery 6 cups Cucumber 4 1/2 Peppers (bell or cubanelle) 2 whole Pita 1 Pickle 4 1/3 cups Rice 24 spears Asparagus 5 Bananas 1 1/2 cups Cereal, cold 6 cups Raspberries 1 Orange 2 cups Blackberries 5 Apples 10 1/2 cups Lettuce, romaine 3 Tomatoes 1 1/3 cups Fruit juice 5 cups Blueberries 12 cups Broccoli 1/2 cup Carrots 1/4 cup Corn, canned

4 cups Cauliflower 1/2 cup Pasta

Grocery List

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

Protein	Carbohydrates	Fats	Other
2 1/2 cups Cottage cheese, light/low fat 476 grams Protein powder 66 oz Chicken breast, skinless 34 Egg whites 4 oz Mozzarella cheese, light/low fat 16 oz Beef, lean cuts 5 oz Feta cheese, light/low fat 9 oz Cheddar cheese, light/low fat 7 oz Tuna, canned in water 7 oz Lamb, lean	3 1/2 cups Cereal, cold 7 1/2 cups Raspberries 4 1/4 cups Blueberries 5 cups Strawberries 13 Peppers (bell or cubanelle) 12 3/4 cups Broccoli 7 cups Tomatoes 15 cups Mushrooms 5 cups Cucumber 5 cups Cherry tomatoes 2 1/2 Oranges 1 3/4 cups Blackberries 4 cups Rice 7 cups Cauliflower 60 spears Asparagus 4 Peaches 1 Banana 2 1/2 cups Lettuce, romaine 1 Tomato 3/4 cup Watermelon 1 3/4 slice Whole grain bread 1 cup Carrots 1 cup Corn, canned 1 cup Celery 1/3 cup Oatmeal 1 cup Pasta	62 2/3 tsp Olive or monounsaturated oil 66 Peanuts 24 Cashews	14 1/2 cups Milk, low fat (1%) 5 1/4 cups Yogurt, plain, low fat 2 cups Chicken noodle soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
32 Egg whites 7 Eggs, whole 560 grams Protein powder 7 oz Beef, lean cuts 15 oz Lamb, lean 67 oz Chicken breast, skinless 1 3/4 cups Cottage cheese, light/low fat 7 oz Tuna, canned in water 4 oz Cheddar cheese, light/low fat	1 1/2 Tomatoes 1/2 cup Celery 10 1/2 Peppers (bell or cubanelle) 4 1/4 cups Blueberries 4 1/2 cups Raspberries 7 1/2 cups Strawberries 15 cups Lettuce, romaine 5 1/2 cups Tomatoes 4 1/2 cups Cucumber 17 cups Broccoli 11 cups Cauliflower 2 1/4 Oranges 2 1/2 cups Cereal, cold 3/4 cup Blackberries 8 3/4 cups Mushrooms 3 2/3 cups Rice 1 Bagel 1 2/3 Bananas 2 cups Cherry tomatoes 1 3/4 cups Pasta 3/4 cups Pasta 3/4 cup Watermelon 1 slice Whole grain bread 3 Peaches 1 cup Corn, canned 1 2/3 cups Oatmeal 1 whole Pita	61 2/3 tsp Olive or monounsaturated oil 66 Peanuts 6 tsp Cream cheese 27 Cashews	15 1/2 cups Milk, low fat (1%) 6 1/4 cups Yogurt, plain, low fat

1 Apple 12 spears Asparagus

Dustain	O a who a bound we have	Fata	Other an
Protein	Carbohydrates	Fats	Other
5 oz Feta cheese, light/low fat 38 Egg whites 490 grams Protein powder 14 oz Tuna, canned in water 77 oz Chicken breast, skinless 7 oz Lamb, lean 9 oz Cheddar cheese, light/low fat 2 Eggs, whole 3/4 cup Cottage cheese, light/low fat	9 1/2 Peppers (bell or cubanelle) 1 3/4 slice Whole grain bread 2 Oranges 1 whole Pita 1 2/3 Bananas 5 cups Raspberries 2 cups Carrots 2 cups Corn, canned 7 cups Strawberries 5 cups Blueberries 3 2/3 cups Rice 3 1/2 cups Cucumber 13 3/4 cups Mushrooms 1 1/2 Tomatoes 1 Apple 3 cups Lettuce, romaine 1 3/4 cups Pasta 5 1/2 cups Tomatoes 11 cups Broccoli 5 cups Cauliflower 1 1/2 cups Celery 3 Peaches 12 spears Asparagus 2 1/2 cups Cereal, cold	61 1/3 tsp Olive or monounsaturated oil 96 Peanuts 21 Cashews	5 cups Yogurt, plain, low fat 18 cups Milk, low fat (1%) 2 cups Chicken noodle soup

1/3 cup Oatmeal 1/2 cup Blackberries 3 cups Cherry tomatoes

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

Carbabudratas	Fata	Othor
Carbonydrates	rais	Other
1 Bagel 2 cups Blackberries 3 1/2 cups Blueberries 14 1/2 cups Lettuce, romaine 6 cups Cucumber 14 Peppers (bell or cubanelle) 1 Tomato 7 cups Raspberries 2 3/4 Oranges 18 3/4 cups Broccoli 7 cups Tomatoes 1 cup Pasta 3 1/2 cups Cereal, cold 1 Banana 5 1/2 cups Strawberries 1 1/2 cups Watermelon 60 spears Asparagus 4 cups Cherry tomatoes 4 cups Rice 4 Peaches 13 cups Cauliflower 1 slice Whole grain bread	6 tsp Cream cheese 63 tsp Olive or monounsaturated oil 30 Cashews 36 Peanuts	12 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat
	2 cups Blackberries 3 1/2 cups Blueberries 14 1/2 cups Lettuce, romaine 6 cups Cucumber 14 Peppers (bell or cubanelle) 1 Tomato 7 cups Raspberries 2 3/4 Oranges 18 3/4 cups Broccoli 7 cups Tomatoes 1 cup Pasta 3 1/2 cups Cereal, cold 1 Banana 5 1/2 cups Strawberries 1 1/2 cups Watermelon 60 spears Asparagus 4 cups Cherry tomatoes 4 cups Rice 4 Peaches 13 cups Cauliflower	1 Bagel 2 cups Blackberries 3 1/2 cups Blueberries 6 cups Cucumber 6 cups Cucumber 14 Peppers (bell or cubanelle) 1 Tomato 7 cups Raspberries 2 3/4 Oranges 18 3/4 cups Broccoli 7 cups Tomatoes 1 cup Pasta 3 1/2 cups Cereal, cold 1 Banana 5 1/2 cups Strawberries 1 1/2 cups Watermelon 60 spears Asparagus 4 cups Cherry tomatoes 4 cups Rice 4 Peaches 13 cups Cauliflower 1 slice Whole grain bread

10 cups Mushrooms 1 2/3 cups Oatmeal