

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 1**

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

**Total Daily Portions:** Protein: 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?

**Notes:**

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 2

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 2.00 C 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>30 Peanuts 3 cups Raspberries 1 cup Yogurt, plain, low fat 21 grams Protein powder</p>	<p>Item Portions 5.00 F 3.00 C 2.00 PC 3.00 P Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>4 cups Milk, low fat (1%) 24 Peanuts</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>1 2/3 tsp Olive or monounsaturated oil 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 5 oz Chicken breast, skinless</p>	<p>Item Portions 5.00 F 3.00 C 1.00 C 1.00 C 5.00 P Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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Have a Protein Smoothie, be Empowered

**Notes:**

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Day: 3

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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+ energized + transformed + empowered +

**Notes:**

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Day: 4

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>4 Egg whites 2 cups Milk, low fat (1%) 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 24 Peanuts</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Blackberries 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Day: 5**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>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</p>	<p>Item Portions                  3.00 P                  2.00 C                  1.00 PC                  1.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Watermelon                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  1.00 PC                  2.00 C                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions                  5.00 P                  .25 C                  .50 C                  .50 C                  .50 C                  3.00 C                  5.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1/4 cup Cottage cheese, light/low fat                  1 1/2 cups Yogurt, plain, low fat                  1 cup Raspberries                  12 Cashews</p>	<p>Item Portions                  1.00 P                  3.00 PC                  1.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions                  5.00 P                  .50 C                  1.00 C                  .50 C                  5.00 F                  3.00 C                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder                  1 Orange                  1 cup Raspberries                  2/3 tsp Olive or monounsaturated oil                  6 Peanuts</p>	<p>Item Portions                  3.00 P                  2.00 C                  1.00 C                  2.00 F                  1.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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Slim, Slender and Sexy + [www.myslimappeal.com](http://www.myslimappeal.com)



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**Day: 6**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          1 cup Yogurt, plain, low fat          1 slice Whole grain bread          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 PC          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%)          9 Cashews</p>	<p>Item Portions          3.00 PC          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews          A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>1 2/3 tsp Olive or monounsaturated oil          1 1/2 oz Turkey breast, deli style          2 1/2 slice Whole grain bread          4 Eggs, whole</p>	<p>Item Portions          5.00 F          1.00 P          5.00 C          4.00 P          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder          1 cup Yogurt, plain, low fat          1 Grapefruit          24 Peanuts</p>	<p>Item Portions          2.00 P          2.00 PC          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts          Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          2.00 C          .50 C          5.00 P          .30 C          .44 C          .75 C          1.00 C          5.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad          Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder          2 Peaches          1 cup Milk, low fat (1%)          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 C          1.00 PC          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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Check your Vitals + [www.vitalforcemulti.com](http://www.vitalforcemulti.com)

**Notes:**

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 7

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Cereal, cold                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  2 cups Raspberries                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  1.00 PC                  2.00 C                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>3 oz Turkey breast, deli style                  6 Egg whites                  1 2/3 tsp Olive or monounsaturated oil                  2 slice Whole grain bread                  1 Peach</p>	<p>Item Portions                  2.00 P                  3.00 P                  5.00 F                  4.00 C                  1.00 C                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich                  Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat                  1/2 cup Cottage cheese, light/low fat                  1 cup Blueberries                  12 Cashews</p>	<p>Item Portions                  2.00 PC                  2.00 P                  2.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Yogurt, Blueberries &amp; Cashews                  Enjoy this snack sitting down or on-the-go!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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 (&lt; 10% fat)                  1 Orange</p>	<p>Item Portions                  .50 C                  .50 C                  1.00 C                  1.00 C                  5.00 F                  5.00 P                  2.00 C                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and Vegetable Stirfry                  Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 tsp Olive or monounsaturated oil                  1/2 cup Blackberries                  1/3 cup Oatmeal</p>	<p>Item Portions                  2.00 P                  1.00 PC                  3.00 F                  1.00 C                  1.00 C                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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3 steps for success today: Nutrition + Training + Supplements

Notes:

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**Day: 8**

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 9

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>8 Egg whites 2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Cottage cheese, light/low fat 2 Apples 12 Cashews</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>5 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 3.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 2.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 10**

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 11

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 12**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>2 Egg whites            3/4 Tomato            1/2 cup Celery            1 Pepper (bell or cubanelle)            3 cups Milk, low fat (1%)            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            1.00 P            .38 C            .25 C            .50 C            3.00 PC            4.00 F            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet            Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder            1 cup Milk, low fat (1%)            1 1/2 cups Watermelon            1 tsp Olive or monounsaturated oil</p>	<p>Item Portions            2.00 P            1.00 PC            2.00 C            3.00 F            Calories:            273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions            5.00 P            .50 C            .50 C            5.00 F            2.00 C            .50 C            .50 C            1.00 C            Calories:            455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1/4 cup Cottage cheese, light/low fat            1 1/2 cups Yogurt, plain, low fat            1 cup Raspberries            12 Cashews</p>	<p>Item Portions            1.00 P            3.00 PC            1.00 C            4.00 F            Calories:            364</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions            5.00 F            1.13 C            5.00 P            1.00 C            1.25 C            1.50 C            Calories:            455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry            Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder            1 Orange            1 cup Raspberries            2/3 tsp Olive or monounsaturated oil            6 Peanuts</p>	<p>Item Portions            3.00 P            2.00 C            1.00 C            2.00 F            1.00 F            Calories:            273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 13**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>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</p>	<p>Item Portions                  3.00 P                  1.00 P                  .50 C                  3.50 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%)                  9 Cashews</p>	<p>Item Portions                  3.00 PC                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews                  A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>4 oz Beef, lean cuts                  1 cup Milk, low fat (1%)                  2 slice Whole grain bread                  1 tsp Olive or monounsaturated oil                  12 Peanuts</p>	<p>Item Portions                  4.00 P                  1.00 PC                  4.00 C                  3.00 F                  2.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder                  1 cup Yogurt, plain, low fat                  1 Grapefruit                  24 Peanuts</p>	<p>Item Portions                  2.00 P                  2.00 PC                  2.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                  Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>5 oz Beef, lean cuts                  2 cups Celery                  3 cups Carrots                  1 2/3 tsp Olive or monounsaturated oil                  2 cups Cherry tomatoes</p>	<p>Item Portions                  5.00 P                  1.00 C                  3.00 C                  5.00 F                  1.00 C                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Steaks with Vegetables                  You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  2 Peaches                  1 cup Milk, low fat (1%)                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 C                  1.00 PC                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 14**

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

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

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 15**

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

**Total Daily Portions:** Protein: 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

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 16

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          1 cup Yogurt, plain, low fat          1 slice Whole grain bread          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 PC          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder          1 cup Milk, low fat (1%)          2 cups Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          1.00 PC          2.00 C          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>5 oz Chicken breast, skinless          2 cups Mushrooms          1 1/3 cups Rice          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          1.00 C          4.00 C          5.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.          Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          1 cup Blueberries          12 Cashews</p>	<p>Item Portions          2.00 PC          2.00 P          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Yogurt, Blueberries &amp; Cashews          Enjoy this snack sitting down or on-the-go!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          5.00 F          1.13 C          5.00 P          1.00 C          1.25 C          1.50 C          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder          1/2 cup Yogurt, plain, low fat          1 cup Raspberries          1 cup Strawberries          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          1.00 PC          1.00 C          1.00 C          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 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

Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 17

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Blueberries 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>3 oz Turkey breast, deli style 6 Egg whites 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread 1 Peach</p>	<p>Item Portions 2.00 P 3.00 P 5.00 F 4.00 C 1.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted Western Sandwich Chop meat and veggies. In a small mixing bowl combine eggs and a little chopped onion and green pepper. Preheat oil over a medium heat, add mixture and cook. Serve on toasted bread.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Cottage cheese, light/low fat 4 cups Raspberries 24 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Raspberries &amp; Peanuts A great, quick snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>1 2/3 tsp Olive or monounsaturated oil 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 5 oz Chicken breast, skinless</p>	<p>Item Portions 5.00 F 3.00 C 1.00 C 1.00 C 5.00 P Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1/2 cup Blackberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

Burn baby burn [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 18

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>8 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>7 grams Protein powder 1 cup Yogurt, plain, low fat 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 P 2.00 PC 1.00 C 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>1 1/4 cups Cottage cheese, light/low fat 1 Apple 30 Peanuts 1 cup Blackberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 2.00 C 5.00 F 2.00 C 1.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal 12 Cashews</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Berries and Oatmeal Mix berries in a bowl and pour over a cottage cheese and oatmeal blend. Top with the cashews and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>1 2/3 tsp Olive or monounsaturated oil 1 1/2 cups Broccoli 18 spears Asparagus 5 oz Beef, lean cuts 1 cup Rice</p>	<p>Item Portions 5.00 F .50 C 1.50 C 5.00 P 3.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**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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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 19

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>8 Egg whites 2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>1 tsp Olive or monounsaturated oil 2 cups Milk, low fat (1%) 7 grams Protein powder 1/2 cup Blueberries</p>	<p>Item Portions 3.00 F 2.00 PC 1.00 P 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>4 oz Beef, lean cuts 1 cup Milk, low fat (1%) 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 4.00 P 1.00 PC 4.00 C 3.00 F 2.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>4 cups Milk, low fat (1%) 24 Peanuts</p>	<p>Item Portions 4.00 PC 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions 5.00 P .50 C .50 C .50 C .40 C 1.11 C 5.00 F 2.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Fruit Grill beef and set atop this great mixed salad. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 2 Peaches 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 C 1.00 PC 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 20**

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 21**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>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</p>	<p>Item Portions                  3.00 P                  1.00 P                  .50 C                  3.50 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Watermelon                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  1.00 PC                  2.00 C                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>2 1/2 cups Chicken noodle soup</p>	<p>Item Portions                  5.00 A                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Cottage cheese, light/low fat                  2 Apples                  12 Cashews</p>	<p>Item Portions                  4.00 P                  4.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Apples &amp; Cashews                  The apples in this one really add to this great snack!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions                  2.00 C                  .50 C                  5.00 P                  .30 C                  .44 C                  .75 C                  1.00 C                  5.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Salad                  Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  2 Peaches                  1 cup Milk, low fat (1%)                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  2.00 C                  1.00 PC                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 22

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 23

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

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 24

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Cereal, cold                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Watermelon                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 P                  1.00 PC                  2.00 C                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>1 1/4 cups Cottage cheese, light/low fat                  12 spears Asparagus                  1 Peach                  1 cup Strawberries                  1 2/3 tsp Olive or monounsaturated oil                  1 Orange</p>	<p>Item Portions                  5.00 P                  1.00 C                  1.00 C                  1.00 C                  5.00 F                  2.00 C                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese and fruit with vegetables.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder                  1 cup Yogurt, plain, low fat                  1 Grapefruit                  24 Peanuts</p>	<p>Item Portions                  2.00 P                  2.00 PC                  2.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts                  Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions                  1.00 C                  1.50 C                  .50 C                  5.00 P                  .50 C                  1.50 C                  5.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs                  Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder                  1/2 cup Blueberries                  1 cup Raspberries                  1 cup Strawberries                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 P                  1.00 C                  1.00 C                  1.00 C                  3.00 F                  Calories:                  273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 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?

Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 25

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>4 Egg whites 2 cups Milk, low fat (1%) 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>1 2/3 tsp Olive or monounsaturated oil 1 1/2 oz Turkey breast, deli style 2 1/2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 5.00 F 1.00 P 5.00 C 4.00 P Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder 1 cup Yogurt, plain, low fat 1 Grapefruit 24 Peanuts</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt, Fruit &amp; Nuts Mix all ingredients and enjoy!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>5 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 5.00 F 3.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>21 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**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

**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 26**

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          1 cup Yogurt, plain, low fat          2 cups Raspberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 PC          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder          1 cup Blueberries          1 cup Milk, low fat (1%)          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 C          1.00 PC          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          .50 C          .50 C          1.00 C          5.00 P          5.00 F          1.00 C          2.00 C          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad          Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad with orange wedges.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          1 cup Blueberries          12 Cashews</p>	<p>Item Portions          2.00 PC          2.00 P          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Yogurt, Blueberries &amp; Cashews          Enjoy this snack sitting down or on-the-go!</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          5.00 P          .50 C          1.00 C          .50 C          5.00 F          3.00 C          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder          1/2 cup Yogurt, plain, low fat          1 1/2 cups Watermelon          1 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          1.00 PC          2.00 C          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>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</p>	<p>Item Portions          1.00 PC          2.00 C          4.00 F          3.00 P          1.00 C          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>3 cups Milk, low fat (1%)          9 Cashews</p>	<p>Item Portions          3.00 PC          3.00 F          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Milk &amp; Cashews          A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>2 cups Mushrooms          5 oz Chicken breast, skinless          4 Peppers (bell or cubanelle)          2 cups Broccoli          2 cups Tomatoes          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 C          5.00 P          2.00 C          .67 C          1.33 C          5.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry          Try using some thyme in this for extra flavor!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>2 cups Milk, low fat (1%)          1 cup Yogurt, plain, low fat          24 Peanuts</p>	<p>Item Portions          2.00 PC          2.00 PC          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Simple, quick and balanced.</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>4 cups Mushrooms          5 oz Beef, lean cuts          24 spears Asparagus          2 Peppers (bell or cubanelle)          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 C          5.00 P          2.00 C          1.00 C          5.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms          Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder          1 cup Milk, low fat (1%)          1 tsp Olive or monounsaturated oil          1/2 cup Blackberries          1/3 cup Oatmeal</p>	<p>Item Portions          2.00 P          1.00 PC          3.00 F          1.00 C          1.00 C          Calories:          273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 28

<p><b>Breakfast - Meal Portions: P:4 C:4 F:4</b></p> <p>4 Egg whites 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions 5.00 P .50 C .50 C 5.00 F 2.00 C .50 C .50 C 1.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>3/4 cup Cottage cheese, light/low fat 1 cup Milk, low fat (1%) 1 cup Blueberries 1/3 cup Oatmeal 12 Cashews</p>	<p>Item Portions 3.00 P 1.00 PC 2.00 C 1.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Dinner - Meal Portions: P:5 C:5 F:5</b></p> <p>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</p>	<p>Item Portions 1.00 C 1.50 C .50 C 5.00 P .50 C 1.50 C 5.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p><b>Snack - Meal Portions: P:3 C:3 F:3</b></p> <p>14 grams Protein powder 1 cup Milk, low fat (1%) 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 P 1.00 PC 3.00 F 1.00 C 1.00 C Calories: 273</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 24 Carbohydrates: 24 Fat: 24 Calories: 2184

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 29

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>2 cups Milk, low fat (1%)          10 Egg whites          1 1/2 cups Blackberries          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder          1 Banana          18 Peanuts</p>	<p>Item Portions          5.00 P          3.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas          If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>6 oz Tuna, canned in water          1 cup Tomatoes          2 cups Celery          1 cup Cucumber          2 Peppers (bell or cubanella)          18 Peanuts          1 tsp Olive or monounsaturated oil          3 oz Cheddar cheese, light/low fat          1 whole Pita          1 Pickle</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna and Vegetable Salad          Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          1 Apple          18 Peanuts          2 oz Cheddar cheese, light/low fat          14 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 C          3.00 F          2.00 P          2.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Beef, lean cuts          1 2/3 cups Rice          36 Peanuts          12 spears Asparagus</p>	<p>Item Portions          9.00 P          5.00 C          6.00 F          1.00 C          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice          Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          28 grams Protein powder          1 tsp Olive or monounsaturated oil          2 cups Raspberries</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          2.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Check your Vitals + [www.vitalforcemulti.com](http://www.vitalforcemulti.com)



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 30

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>1 3/4 cups Cottage cheese, light/low fat          1 1/2 cups Cereal, cold          2 cups Raspberries          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          3.00 C          2.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          28 grams Protein powder          1 tsp Olive or monounsaturated oil          1 cup Strawberries          1/3 cup Oatmeal</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          1.00 C          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1 cup Yogurt, plain, low fat          1 cup Strawberries          9 Cashews          3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          2.00 PC          1.00 C          3.00 F          3.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews          For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad          Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>28 grams Protein powder          1 cup Blueberries          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          4.00 P          2.00 C          3.00 F          1.00 PC          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise          Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 31

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

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

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

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 32**

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item Portions                  2.00 PC                  2.00 P                  2.00 C                  1.00 C                  5.00 F                  3.00 P                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>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</p>	<p>Item Portions                  .50 PC                  .50 PC                  4.00 P                  2.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Chicken breast, skinless                  3 slice Whole grain bread                  2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  9.00 P                  6.00 C                  6.00 F                  Calories:                  630</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>3/4 cup Yogurt, plain, low fat                  3/4 cup Blueberries                  18 Peanuts                  3 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.50 PC                  1.50 C                  3.00 F                  3.50 P                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions                  9.00 P                  1.00 C                  6.00 F                  1.00 C                  3.00 C                  1.00 C                  Calories:                  630</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak Dinner                  Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder                  1 tsp Olive or monounsaturated oil                  1 Banana</p>	<p>Item Portions                  5.00 P                  3.00 F                  3.00 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 33**

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

**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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**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 34**

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item          Portions          2.00 PC          3.00 P          5.00 F          2.00 C          1.00 C          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder          1 tsp Olive or monounsaturated oil          1 Banana</p>	<p>Item          Portions          5.00 P          3.00 F          3.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices)</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Celery          3 cups Cucumber          2 Peppers (bell or cubanelle)          1 tsp Olive or monounsaturated oil          5 oz Cheddar cheese, light/low fat</p>	<p>Item          Portions          1.00 C          .75 C          1.00 C          3.00 F          5.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          28 grams Protein powder          1 tsp Olive or monounsaturated oil          1 cup Blueberries</p>	<p>Item          Portions          1.00 PC          4.00 P          3.00 F          2.00 C          Calories:</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to</p>

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 35

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 36**

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

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 37

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

**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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Notes:



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 38

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>2 cups Milk, low fat (1%)          35 grams Protein powder          1 cup Oatmeal          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>28 grams Protein powder          2 cups Strawberries          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          4.00 P          2.00 C          3.00 F          1.00 PC          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise          Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          6.00 P          2.00 C          4.00 C          3.00 F          3.00 F          3.00 P          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Sandwich          Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1/2 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          2 cups Strawberries          9 Cashews          14 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 P          2.00 C          3.00 F          2.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          9.00 P          3.00 C          .50 C          .50 C          1.00 C          6.00 F          1.00 C          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          28 grams Protein powder          1 tsp Olive or monounsaturated oil          2 cups Raspberries</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          2.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Remember to take your vitamins and be empowered

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 39

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          1.00 PC          5.00 P          4.00 C          5.00 F          1.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook oatmeal in milk. Enjoy cottage cheese with nuts. A great breakfast to start your day!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>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</p>	<p>Item Portions          .50 PC          .50 PC          4.00 P          2.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Chicken breast, skinless          3 slice Whole grain bread          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          9.00 P          6.00 C          6.00 F          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>3/4 cup Yogurt, plain, low fat          3/4 cup Blueberries          18 Peanuts          3 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          1.50 PC          1.50 C          3.00 F          3.50 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder          1 tsp Olive or monounsaturated oil          1 Banana</p>	<p>Item Portions          5.00 P          3.00 F          3.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 40

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

**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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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 41

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item          Portions          2.00 PC          3.00 P          5.00 F          2.00 C          1.00 C          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder          1 tsp Olive or monounsaturated oil          1 Banana</p>	<p>Item          Portions          5.00 P          3.00 F          3.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices)</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>2 cups Celery          3 cups Cucumber          2 Peppers (bell or cubanelle)          1 tsp Olive or monounsaturated oil          5 oz Cheddar cheese, light/low fat</p>	<p>Item          Portions          1.00 C          .75 C          1.00 C          3.00 F          5.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat          21 grams Protein powder          1/3 Banana          1 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 PC          3.00 P          1.00 C          3.00 F          Calories:</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 42**

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>1 1/2 cups Milk, low fat (1%)              8 Egg whites              1 cup Carrots              1 Pepper (bell or cubanelle)              1 2/3 tsp Olive or monounsaturated oil,              1 1/2 oz Cheddar cheese, light/low fat              1 slice Whole grain bread</p>	<p>Item Portions              1.50 PC              4.00 P              1.00 C              .50 C              5.00 F              1.50 P              2.00 C              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat              28 grams Protein powder              1 tsp Olive or monounsaturated oil              1 Orange</p>	<p>Item Portions              1.00 PC              4.00 P              3.00 F              2.00 C              Calories:              329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions              5.00 P              5.00 C              6.00 F              1.00 C              4.00 P              Calories:              630</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta with Feta Cheese and Greens              Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.              This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1 1/2 cups Raspberries              1 1/2 cups Strawberries              18 Peanuts              5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions              1.50 C              1.50 C              3.00 F              5.00 P              Calories:              329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts              Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Beef, lean cuts              4 cups Cauliflower              1 2/3 cups Rice              18 Cashews</p>	<p>Item Portions              9.00 P              1.00 C              5.00 C              6.00 F              Calories:              630</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak and Rice              Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat              28 grams Protein powder              1 tsp Olive or monounsaturated oil              2 Peaches</p>	<p>Item Portions              1.00 PC              4.00 P              3.00 F              2.00 C              Calories:              329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 44**

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

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 45**

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>1 1/2 cups Milk, low fat (1%)              8 Egg whites              1 cup Carrots              1 Pepper (bell or cubanelle)              1 2/3 tsp Olive or monounsaturated oil,              1 1/2 oz Cheddar cheese, light/low fat              1 slice Whole grain bread</p>	<p>Item Portions 1.50 PC 4.00 P 1.00 C .50 C 5.00 F 1.50 P 2.00 C Calories: 511</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>28 grams Protein powder              2 cups Strawberries              1 tsp Olive or monounsaturated oil              1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise              Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 4.00 C 3.00 F 3.00 F 3.00 P Calories: 630</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Sandwich              Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1 cup Yogurt, plain, low fat              1 cup Strawberries              9 Cashews              3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Yogurt, Strawberries and Cashews              For a nice variation, mix the yogurt and berries together and top with cashews. Eat the cheese separately.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Chicken breast, skinless              2 cups Mushrooms              3 cups Tomatoes              2 tsp Olive or monounsaturated oil              3/4 cup Pasta</p>	<p>Item Portions 9.00 P 1.00 C 2.00 C 6.00 F 3.00 C Calories: 630</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Yogurt, plain, low fat              21 grams Protein powder              1/3 Banana              1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit              Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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**Notes:**



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 46**

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          1.00 PC          5.00 P          4.00 C          5.00 F          1.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook oatmeal in milk. Enjoy cottage cheese with nuts. A great breakfast to start your day!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder          1 Banana          18 Peanuts</p>	<p>Item Portions          5.00 P          3.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas          If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          6.00 P          2.00 C          4.00 C          3.00 F          3.00 F          3.00 P          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Sandwich          Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1 1/2 cups Raspberries          1 1/2 cups Strawberries          18 Peanuts          5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          1.50 C          1.50 C          3.00 F          5.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Berries and Peanuts          Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          9.00 P          3.00 C          .50 C          .50 C          1.00 C          6.00 F          1.00 C          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir Fry          Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          28 grams Protein powder          1 tsp Olive or monounsaturated oil          1 cup Blueberries</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          2.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**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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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 47

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

**Total Daily Portions:** Protein: 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?

Notes:

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 48

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item Portions                  2.00 PC                  2.00 P                  2.00 C                  1.00 C                  5.00 F                  3.00 P                  Calories:                  511</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Milk, low fat (1%)                  21 grams Protein powder                  1 cup Strawberries                  1 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  3.00 P                  1.00 C                  3.00 F                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>2 cups Milk, low fat (1%)                  10 1/2 oz Turkey breast, deli style                  2 slice Whole grain bread                  18 Cashews</p>	<p>Item Portions                  2.00 PC                  7.00 P                  4.00 C                  6.00 F                  Calories:                  630</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich                  Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>2 cups Celery                  3 cups Cucumber                  2 Peppers (bell or cubanelle)                  1 tsp Olive or monounsaturated oil                  5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions                  1.00 C                  .75 C                  1.00 C                  3.00 F                  5.00 P                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)                  28 grams Protein powder                  1 tsp Olive or monounsaturated oil                  2 cups Raspberries</p>	<p>Item Portions                  1.00 PC                  4.00 P                  3.00 F                  2.00 C                  Calories:                  329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 49

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>2 cups Milk, low fat (1%)          35 grams Protein powder          1 cup Oatmeal          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          28 grams Protein powder          1 tsp Olive or monounsaturated oil          1 cup Strawberries          1/3 cup Oatmeal</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          1.00 C          1.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          5.00 P          5.00 C          6.00 F          1.00 C          4.00 P          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta with Feta Cheese and Greens          Cook pasta according to package directions. Meanwhile, chop greens and saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.          This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>2 cups Celery          3 cups Cucumber          2 Peppers (bell or cubanelle)          1 tsp Olive or monounsaturated oil          5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          1.00 C          .75 C          1.00 C          3.00 F          5.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Chicken breast, skinless          2 cups Mushrooms          3 cups Tomatoes          2 tsp Olive or monounsaturated oil          3/4 cup Pasta</p>	<p>Item Portions          9.00 P          1.00 C          2.00 C          6.00 F          3.00 C          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>28 grams Protein powder          1 cup Blueberries          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          4.00 P          2.00 C          3.00 F          1.00 PC          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise          Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

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

+ energized + transformed + empowered +



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 50**

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

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

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 51

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

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 52

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>2 cups Milk, low fat (1%)          35 grams Protein powder          1 cup Oatmeal          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple, wholesome breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>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</p>	<p>Item Portions          .50 PC          .50 PC          4.00 P          2.00 C          3.00 F          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1/2 cup Yogurt, plain, low fat          1/2 cup Cottage cheese, light/low fat          2 cups Strawberries          9 Cashews          14 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 P          2.00 C          3.00 F          2.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions          1.00 PC          8.00 P          1.00 C          2.00 C          6.00 F          2.00 C          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary          Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>28 grams Protein powder          1 cup Blueberries          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          4.00 P          2.00 C          3.00 F          1.00 PC          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise          Blend powder, yogurt, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 53

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>2 cups Milk, low fat (1%)          10 Egg whites          1 1/2 cups Blackberries          1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          3.00 C          5.00 F          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>28 grams Protein powder          2 cups Strawberries          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          4.00 P          2.00 C          3.00 F          1.00 PC          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Strawberry Surprise          Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Chicken breast, skinless          3 slice Whole grain bread          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          9.00 P          6.00 C          6.00 F          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1 cup Milk, low fat (1%)          1 Apple          18 Peanuts          2 oz Cheddar cheese, light/low fat          14 grams Protein powder</p>	<p>Item Portions          1.00 PC          2.00 C          3.00 F          2.00 P          2.00 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Beef, lean cuts          1 2/3 cups Rice          36 Peanuts          12 spears Asparagus</p>	<p>Item Portions          9.00 P          5.00 C          6.00 F          1.00 C          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak And Rice          Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)          28 grams Protein powder          1 tsp Olive or monounsaturated oil          2 cups Raspberries</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          2.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 40 Carbohydrates: 26 Fat: 26 Calories: 2758          ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>3 steps for success today: Nutrition + Training + Supplements</p>		

Notes:



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 54

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>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</p>	<p>Item Portions          2.00 PC          3.00 P          5.00 F          2.00 C          1.00 C          2.00 P          Calories:          511</p>	<p><b>Preparation Suggestions:</b></p> <p>A refreshing breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder          1 tsp Olive or monounsaturated oil          1 Banana</p>	<p>Item Portions          5.00 P          3.00 F          3.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>2 cups Milk, low fat (1%)          10 1/2 oz Turkey breast, deli style          2 slice Whole grain bread          18 Cashews</p>	<p>Item Portions          2.00 PC          7.00 P          4.00 C          6.00 F          Calories:          630</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich          Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>3/4 cup Yogurt, plain, low fat          3/4 cup Blueberries          18 Peanuts          3 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions          1.50 PC          1.50 C          3.00 F          3.50 P          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1/2 cup Yogurt, plain, low fat          28 grams Protein powder          1 tsp Olive or monounsaturated oil          2 Peaches</p>	<p>Item Portions          1.00 PC          4.00 P          3.00 F          2.00 C          Calories:          329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 55**

<p><b>Breakfast - Meal Portions: P:7 C:5 F:5</b></p> <p>3 cups Milk, low fat (1%)              8 Egg whites              1 2/3 tsp Olive or monounsaturated oil              1 Grapefruit</p>	<p>Item Portions              3.00 PC              4.00 P              5.00 F              2.00 C              Calories:              511</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>35 grams Protein powder              1 Banana              18 Peanuts</p>	<p>Item Portions              5.00 P              3.00 C              3.00 F              Calories:              329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas              If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Mid Meal - Meal Portions: P:9 C:6 F:6</b></p> <p>9 oz Chicken breast, skinless              3 slice Whole grain bread              2 tsp Olive or monounsaturated oil</p>	<p>Item Portions              9.00 P              6.00 C              6.00 F              Calories:              630</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F: 3</b></p> <p>1/2 cup Yogurt, plain, low fat              28 grams Protein powder              2 Peaches              9 Cashews</p>	<p>Item Portions              1.00 PC              4.00 P              2.00 C              3.00 F              Calories:              329</p>	<p><b>Preparation Suggestions:</b></p> <p>Sweet and Spicy Peaches              Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p><b>Dinner - Meal Portions: P:9 C:6 F:6</b></p> <p>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</p>	<p>Item Portions              1.00 PC              8.00 P              1.00 C              2.00 C              6.00 F              2.00 C              Calories:              630</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary              Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p><b>Snack - Meal Portions: P:5 C:3 F:3</b></p> <p>1 cup Milk, low fat (1%)              28 grams Protein powder              1 tsp Olive or monounsaturated oil              2 cups Raspberries</p>	<p>Item Portions              1.00 PC              4.00 P              3.00 F              2.00 C              Calories:              329</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake              Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.              Enjoy!</p>

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

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 56

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

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 57

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

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

Meal Plans That Work Are Empowered [www.empowerednutritionmealplans.com](http://www.empowerednutritionmealplans.com)



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 58**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>2 cups Milk, low fat (1%)          10 Egg whites          1 cup Blackberries          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          2.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with fruit. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>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</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>7 oz Chicken breast, skinless          2 cups Mushrooms          1 cup Rice          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.00 C          3.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rice and Vegetables.          Season the vegetables any way you like. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1/2 cup Raspberries          1/2 cup Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>8 oz Chicken breast, skinless          1 cup Rice          4 cups Cauliflower          12 spears Asparagus          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          3.00 C          1.00 C          1.00 C          6.00 F          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken.          Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>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</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 59**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          2 tsp Olive or monounsaturated oil          14 grams Protein powder</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          6.00 F          2.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>28 grams Protein powder          2/3 Banana          24 Peanuts</p>	<p>Item Portions          4.00 P          2.00 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas          If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>7 oz Chicken breast, skinless          2 1/2 cups Lettuce, romaine          2 cups Cucumber          1 Pepper (bell or cubanelle)          1 Tomato          2 cups Raspberries          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          .25 C          .50 C          .50 C          .50 C          2.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          3/4 cup Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>8 oz Beef, lean cuts          4 cups Mushrooms          24 spears Asparagus          2 Peppers (bell or cubanelle)          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          2.00 C          2.00 C          1.00 C          6.00 F          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Sautéed Beef with Mushrooms          Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Strawberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**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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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 60**

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

**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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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 61**

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

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

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



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 62**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>2 cups Milk, low fat (1%)          10 Egg whites          1 cup Blueberries          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          2.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:5</b></p> <p>1 cup Milk, low fat (1%)          3/4 cup Cottage cheese, light/low fat          1/2 cup Blueberries          1/3 cup Oatmeal          15 Cashews</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          1.00 C          5.00 F          Calories:          355</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item Portions          7.00 P          1.00 C          .67 C          .25 C          1.00 C          1.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>21 grams Protein powder          1 cup Raspberries          1 1/3 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          3.00 P          1.00 C          4.00 F          1.00 PC          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Raspberry Surprise          Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Strawberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 34 Carbohydrates: 20 Fat: 31 Calories: 2509

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 63

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          6.00 F          2.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit and protein. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 Peach</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>1 cup Rice          2 Peppers (bell or cubanella)          2 tsp Olive or monounsaturated oil          7 oz Lamb, lean</p>	<p>Item Portions          3.00 C          1.00 C          6.00 F          7.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          1 tsp Olive or monounsaturated oil          3 Cashews</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          3.00 F          1.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item Portions          2.00 PC          6.00 P          1.00 C          1.00 C          6.00 F          1.00 C          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary          Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Raspberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**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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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 64**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item          Portions          3.00 PC          2.00 P          .50 C          .25 C          .25 C          6.00 F          2.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Breakfast Omelet          Sauté vegetables until soft, add whipped egg whites and milk, season to taste. Cook until set. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          4.00 P          1.00 C          .50 C          .50 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item          Portions          .50 C          1.00 C          .50 C          1.00 C          1.00 C          6.00 F          7.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          1.00 PC          3.00 P          1.00 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item          Portions          1.00 C          1.00 C          .50 C          1.00 C          .70 C          .67 C          6.00 F          8.00 P          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Lamb with Vegetables and Salad          Make a tasty salad dressing with olive oil, balsamic vinegar, chopped garlic and spices!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>28 grams Protein powder          1/2 Orange          1 cup Raspberries          1 tsp Olive or monounsaturated oil          6 Peanuts</p>	<p>Item          Portions          4.00 P          1.00 C          1.00 C          3.00 F          1.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 65

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

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

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

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**Notes:**



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Day: 66

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

**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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**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 67

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

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

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 68

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

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

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**Day: 69**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>2 cups Milk, low fat (1%)          10 Egg whites          1 cup Blueberries          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          2.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:5</b></p> <p>1 cup Milk, low fat (1%)          3/4 cup Cottage cheese, light/low fat          1/2 cup Blueberries          1/3 cup Oatmeal          15 Cashews</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          1.00 C          5.00 F          Calories:          355</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item Portions          7.00 P          1.00 C          .67 C          .25 C          1.00 C          1.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>21 grams Protein powder          1 cup Raspberries          1 1/3 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions          3.00 P          1.00 C          4.00 F          1.00 PC          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Raspberry Surprise          Blend powder, yogurt, raspberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Strawberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 34 Carbohydrates: 20 Fat: 31 Calories: 2509

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 70

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          6.00 F          2.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit and protein. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 Peach</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>1 cup Rice          2 Peppers (bell or cubanella)          2 tsp Olive or monounsaturated oil          7 oz Lamb, lean</p>	<p>Item Portions          3.00 C          1.00 C          6.00 F          7.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          1 tsp Olive or monounsaturated oil          3 Cashews</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          3.00 F          1.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item Portions          2.00 PC          6.00 P          1.00 C          1.00 C          6.00 F          1.00 C          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary          Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Raspberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Have you had your Protein Smoothie today?

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 71**

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

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Have a Protein Smoothie, be Empowered

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 72**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>2 cups Milk, low fat (1%)          10 Egg whites          1 cup Blueberries          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          2.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 cup Raspberries          1/2 cup Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          1.00 C          .50 C          .50 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>1 cup Rice          2 Peppers (bell or cubanella)          2 tsp Olive or monounsaturated oil          7 oz Lamb, lean</p>	<p>Item Portions          3.00 C          1.00 C          6.00 F          7.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1/2 cup Blueberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .13 C          .38 C          .25 C          2.00 C          .30 C          6.00 F          2.00 C          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad          Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Raspberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

+ energized + transformed + empowered +

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 73

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

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

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

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

Notes:



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 74

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

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 75

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 6.00 F Calories: 502</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>28 grams Protein powder 2/3 Banana 24 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F Calories: 292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C .67 C .25 C 1.00 C 1.00 C 6.00 F Calories: 502</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 F 1.00 C 2.00 C Calories: 566</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 Peach</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 F 1.00 C Calories: 292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Check your Vitals + [www.vitalforcemulti.com](http://www.vitalforcemulti.com)

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 76

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

**Total Daily Portions:** Protein: 34 Carbohydrates: 20 Fat: 31 Calories: 2509

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

3 steps for success today: Nutrition + Training + Supplements

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 77

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



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 78**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>8 Egg whites 1 Bagel 6 tsp Cream cheese 3 Eggs, whole</p>	<p>Item Portions 4.00 P 4.00 C 6.00 F 3.00 P Calories: 502</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 4.00 F Calories: 292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>7 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .25 C .50 C .50 C .50 C 2.00 C 6.00 F Calories: 502</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 1 tsp Olive or monounsaturated oil 3 Cashews</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C 1.00 C 6.00 F 1.00 C Calories: 566</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 3.00 F 1.00 F Calories: 292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

**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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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 79**

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

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

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

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 80

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

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

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

Meal Plans That Work Are Empowered [www.empowerednutritionmealplans.com](http://www.empowerednutritionmealplans.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Day: 81**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>1 cup Yogurt, plain, low fat          35 grams Protein powder          1 slice Whole grain bread          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          5.00 P          2.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>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</p>	<p>Item Portions          .50 PC          .50 PC          3.00 P          1.00 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>7 oz Chicken breast, skinless          3 Peppers (bell or cubanelle)          1 3/4 cups Broccoli          1 1/2 cups Tomatoes          2 cups Mushrooms          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          7.00 P          1.50 C          .58 C          1.00 C          1.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Stir-Fry          Try using some thyme in this for extra flavor!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>1 cup Milk, low fat (1%)          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1/2 cup Blackberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>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</p>	<p>Item Portions          1.00 C          1.00 C          .50 C          1.00 C          .70 C          .67 C          6.00 F          8.00 P          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Lamb with Vegetables and Salad          Make a tasty salad dressing with olive oil, balsamic vinegar, chopped garlic and spices!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>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</p>	<p>Item Portions          1.00 PC          3.00 P          .50 C          .50 C          4.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 82

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

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

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

Feel the burn & incinerate the fat. [www.burnerfatloss.com](http://www.burnerfatloss.com)

**Notes:**

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

**Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories**

**Day: 83**

<p><b>Breakfast - Meal Portions: P:7 C:4 F:6</b></p> <p>1 cup Milk, low fat (1%)          4 oz Mozzarella cheese, light/low fat          1 cup Cereal, cold          1 Peach          2 tsp Olive or monounsaturated oil          14 grams Protein powder</p>	<p>Item Portions          1.00 PC          4.00 P          2.00 C          1.00 C          6.00 F          2.00 P          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p><b>Snack - Meal Portions: P:4 C:3 F:5</b></p> <p>1 cup Milk, low fat (1%)          3/4 cup Cottage cheese, light/low fat          1/2 cup Blueberries          1/3 cup Oatmeal          15 Cashews</p>	<p>Item Portions          1.00 PC          3.00 P          1.00 C          1.00 C          5.00 F          Calories:          355</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p><b>Mid Meal - Meal Portions: P:7 C:4 F:6</b></p> <p>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</p>	<p>Item Portions          7.00 P          1.00 C          .67 C          .25 C          1.00 C          1.00 C          6.00 F          Calories:          502</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:4 C:2 F: 4</b></p> <p>28 grams Protein powder          1/2 cup Blueberries          1/2 Orange          1 tsp Olive or monounsaturated oil          3 Cashews</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          3.00 F          1.00 F          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:5 F:6</b></p> <p>8 oz Chicken breast, skinless          4 cups Cauliflower          1 cup Rice          3 cups Broccoli          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          1.00 C          3.00 C          1.00 C          6.00 F          Calories:          566</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p><b>Snack - Meal Portions: P:4 C:2 F:4</b></p> <p>1/2 cup Yogurt, plain, low fat          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          1 cup Strawberries</p>	<p>Item Portions          1.00 PC          3.00 P          4.00 F          1.00 C          Calories:          292</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 34 Carbohydrates: 20 Fat: 31 Calories: 2509

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Day: 84

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

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

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

Remember to take your vitamins and be empowered

Notes:

## Grocery List

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

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
22 Egg whites	16 1/2 cups Mushrooms	42 tsp Olive or monounsaturated oil	23 cups Milk, low fat (1%)
294 grams Protein powder	6 1/2 cups Tomatoes	132 Peanuts	9 1/2 cups Yogurt, plain, low fat
35 oz Chicken breast, skinless	19 cups Raspberries	45 Cashews	2 1/2 cups Chicken noodle soup
2 3/4 cups Cottage cheese, light/low fat	6 cups Strawberries		
10 oz Beef, lean cuts	12 Peppers (bell or cubanelle)		
4 1/2 oz Turkey breast, deli style	6 1/2 cups Broccoli		
4 Eggs, whole	36 spears Asparagus		
7 1/2 oz Ground beef (< 10% fat)	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		

## Grocery List

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



## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Protein	Carbohydrates	Fats	Other
210 grams Protein powder	4 cups Oatmeal	41 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
30 oz Chicken breast, skinless	5 cups Blueberries	87 Cashews	6 1/2 cups Yogurt, plain, low fat
24 oz Beef, lean cuts	10 cups Cucumber	4 tsp Cream cheese	
28 Egg whites	17 cups Lettuce, romaine	72 Peanuts	
6 cups Cottage cheese, light/low fat	11 1/2 Peppers (bell or cubanelle)		
5 oz Mozzarella cheese, light/low fat	7 1/4 Tomatoes		
3 oz Feta cheese, light/low fat	4 Oranges		
3 oz Cheddar cheese, light/low fat	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		
	1 1/2 whole Pita		
	3 cups Carrots		
	1 cup Cereal, cold		
	1 1/2 cups Blackberries		

## Grocery List

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

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<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
32 Egg whites	3 cups Oatmeal	39 2/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
245 grams Protein powder	13 cups Raspberries	126 Peanuts	8 cups Yogurt, plain, low fat
5 cups Cottage cheese, light/low fat	9 1/4 cups Broccoli	69 Cashews	2 1/2 cups Chicken noodle soup
7 1/2 oz Ground beef (< 10% fat)	8 cups Cauliflower		
25 oz Chicken breast, skinless	3 cups Celery		
3 oz Turkey breast, deli style	8 Peppers (bell or cubanelle)		
19 oz Beef, lean cuts	2 Oranges		
3 oz Feta cheese, light/low fat	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		
	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		

## Grocery List

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

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

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Protein	Carbohydrates	Fats	Other
18 Egg whites	1 Bagel	4 tsp Cream cheese	23 cups Milk, low fat (1%)
259 grams Protein powder	13 cups Raspberries	43 1/3 tsp Olive or monounsaturated oil	8 cups Yogurt, plain, low fat
40 oz Chicken breast, skinless	12 1/2 cups Lettuce, romaine	63 Cashews	
3 3/4 cups Cottage cheese, light/low fat	12 cups Cucumber	78 Peanuts	
15 oz Beef, lean cuts	15 1/2 Peppers (bell or cubanelle)		
1 1/2 oz Turkey breast, deli style	6 1/4 Tomatoes		
4 Eggs, whole	2 2/3 cups Oatmeal		
3 oz Cheddar cheese, light/low fat	4 cups Carrots		
5 oz Mozzarella cheese, light/low fat	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		
	1/2 whole Pita		

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## **Grocery List**

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

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Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Protein	Carbohydrates	Fats	Other
26 Egg whites	2 cups Blackberries	45 tsp Olive or monounsaturated oil	24 cups Milk, low fat (1%)
553 grams Protein powder	4 1/3 Bananas	138 Peanuts	7 cups Yogurt, plain, low fat
12 oz Tuna, canned in water	7 cups Tomatoes	72 Cashews	
26 oz Cheddar cheese, light/low fat	5 cups Celery		
27 oz Beef, lean cuts	10 cups Cucumber		
3 1/4 cups Cottage cheese, light/low fat	9 1/2 Peppers (bell or cubanelle)		
22 1/2 oz Turkey breast, deli style	4 whole Pita		
44 oz Chicken breast, skinless	1 Pickle		
8 oz Mozzarella cheese, light/low fat	3 Apples		
5 oz Feta cheese, light/low fat	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		

## Grocery List

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
4 1/4 cups Cottage cheese, light/low fat	12 1/2 cups Strawberries	39 1/3 tsp Olive or monounsaturated oil	9 cups Yogurt, plain, low fat
532 grams Protein powder	1 1/2 cups Cereal, cold	174 Peanuts	21 cups Milk, low fat (1%)
60 oz Chicken breast, skinless	4 2/3 Bananas	105 Cashews	
20 oz Cheddar cheese, light/low fat	4 1/4 cups Blueberries		
26 oz Beef, lean cuts	3 Apples		
28 Egg whites	4 1/3 cups Rice		
6 oz Tuna, canned in water	24 spears Asparagus		
6 oz Mozzarella cheese, light/low fat	7 1/2 cups Raspberries		
16 1/2 oz Turkey breast, deli style	3 Grapefruits		
5 oz Feta cheese, light/low fat	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 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		

## Grocery List

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

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Protein	Carbohydrates	Fats	Other
24 Egg whites	3 1/2 cups Carrots	44 1/3 tsp Olive or monounsaturated oil,	20 1/2 cups Milk, low fat (1%)
29 oz Cheddar cheese, light/low fat	11 Peppers (bell or cubanelle)	66 Peanuts	8 1/4 cups Yogurt, plain, low fat
497 grams Protein powder	6 slice Whole grain bread	114 Cashews	
10 oz Feta cheese, light/low fat	3 Oranges		
22 1/2 oz Turkey breast, deli style	4 cups Pasta		
26 oz Beef, lean cuts	24 spears Asparagus		
3 3/4 cups Cottage cheese, light/low fat	9 cups Raspberries		
45 oz Chicken breast, skinless	12 cups Strawberries		
12 oz Tuna, canned in water	6 cups Cauliflower		
8 oz Mozzarella cheese, light/low fat	3 2/3 cups Rice		
	5 Peaches		
	2 1/2 cups Cereal, cold		
	1/2 cup Blackberries		
	7 cups Mushrooms		
	1 Apple		
	5 cups Lettuce, romaine		
	8 cups Cucumber		
	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		

## Grocery List

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

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

Protein	Carbohydrates	Fats	Other
30 Egg whites	4 Grapefruits	40 tsp Olive or monounsaturated oil	24 1/2 cups Milk, low fat (1%)
588 grams Protein powder	9 slice Whole grain bread	246 Peanuts	7 3/4 cups Yogurt, plain, low fat
6 oz Tuna, canned in water	12 cups Strawberries	63 Cashews	
17 oz Cheddar cheese, light/low fat	1 2/3 cups Oatmeal		
3 3/4 cups Cottage cheese, light/low fat	7 cups Tomatoes		
27 oz Beef, lean cuts	3 cups Celery		
16 1/2 oz Turkey breast, deli style	6 cups Cucumber		
59 oz Chicken breast, skinless	4 1/2 Peppers (bell or cubanelle)		
6 oz Mozzarella cheese, light/low fat	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		
	4 cups Cauliflower		
	1/2 cup Pasta		



Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

## **Grocery List**

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

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## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Protein	Carbohydrates	Fats	Other
2 1/2 cups Cottage cheese, light/low fat	3 1/2 cups Cereal, cold	62 2/3 tsp Olive or monounsaturated oil	14 1/2 cups Milk, low fat (1%)
476 grams Protein powder	7 1/2 cups Raspberries	66 Peanuts	5 1/4 cups Yogurt, plain, low fat
66 oz Chicken breast, skinless	4 1/4 cups Blueberries	24 Cashews	2 cups Chicken noodle soup
34 Egg whites	5 cups Strawberries		
4 oz Mozzarella cheese, light/low fat	13 Peppers (bell or cubanelle)		
16 oz Beef, lean cuts	12 3/4 cups Broccoli		
5 oz Feta cheese, light/low fat	7 cups Tomatoes		
9 oz Cheddar cheese, light/low fat	15 cups Mushrooms		
7 oz Tuna, canned in water	5 cups Cucumber		
7 oz Lamb, lean	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		

## Grocery List

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

Protein	Carbohydrates	Fats	Other
32 Egg whites	1 1/2 Tomatoes	61 2/3 tsp Olive or monounsaturated oil	15 1/2 cups Milk, low fat (1%)
7 Eggs, whole	1/2 cup Celery	66 Peanuts	6 1/4 cups Yogurt, plain, low fat
560 grams Protein powder	10 1/2 Peppers (bell or cubanelle)	6 tsp Cream cheese	
7 oz Beef, lean cuts	4 1/4 cups Blueberries	27 Cashews	
15 oz Lamb, lean	4 1/2 cups Raspberries		
67 oz Chicken breast, skinless	7 1/2 cups Strawberries		
1 3/4 cups Cottage cheese, light/low fat	15 cups Lettuce, romaine		
7 oz Tuna, canned in water	5 1/2 cups Tomatoes		
4 oz Cheddar cheese, light/low fat	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 cup Watermelon		
	1 slice Whole grain bread		
	3 Peaches		
	1 cup Carrots		
	1 cup Corn, canned		
	1 2/3 cups Oatmeal		
	1 whole Pita		
	1 Apple		
	12 spears Asparagus		

## Grocery List

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

## Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

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<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
5 oz Feta cheese, light/low fat	9 1/2 Peppers (bell or cubanelle)	6 1/3 tsp Olive or monounsaturated oil	5 cups Yogurt, plain, low fat
38 Egg whites	1 3/4 slice Whole grain bread	96 Peanuts	18 cups Milk, low fat (1%)
490 grams Protein powder	2 Oranges	21 Cashews	2 cups Chicken noodle soup
14 oz Tuna, canned in water	1 whole Pita		
77 oz Chicken breast, skinless	1 2/3 Bananas		
7 oz Lamb, lean	5 cups Raspberries		
9 oz Cheddar cheese, light/low fat	2 cups Carrots		
2 Eggs, whole	2 cups Corn, canned		
3/4 cup Cottage cheese, light/low fat	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		
	1/3 cup Oatmeal		
	1/2 cup Blackberries		
	3 cups Cherry tomatoes		

## Grocery List

Empowered Nutrition – Critical Bench Lean Muscle Builder - 2184 Calories

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

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Protein	Carbohydrates	Fats	Other
28 Egg whites	1 Bagel	6 tsp Cream cheese	12 cups Milk, low fat (1%)
5 Eggs, whole	2 cups Blackberries	63 tsp Olive or monounsaturated oil	6 1/2 cups Yogurt, plain, low fat
546 grams Protein powder	3 1/2 cups Blueberries	30 Cashews	
56 oz Chicken breast, skinless	14 1/2 cups Lettuce, romaine	36 Peanuts	
4 oz Cheddar cheese, light/low fat	6 cups Cucumber		
3 1/2 cups Cottage cheese, light/low fat	14 Peppers (bell or cubanelle)		
23 oz Beef, lean cuts	1 Tomato		
15 oz Lamb, lean	7 cups Raspberries		
4 oz Mozzarella cheese, light/low fat	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		