

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

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22Day: 1

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
*** Remember to drink between 10 and 12 glasses of water per day. ***

Have you had your Protein Smoothie today?

Notes:

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Day: 2

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1/2 cup Onions 1 3/4 cups Spinach 1 Pepper (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Day: 3

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Turkey breast, deli style 1 cup Strawberries 1 1/2 cups Grapes 15 Almonds, whole 1 oz Cheese, low or non fat 1/3 cup Applesauce</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 4 oz Beef, lean cuts 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and Lentil Stew Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then add vegetables and season (salt, pepper, rosemary, garlic and a bay leaf work well). Add some water, bring all ingredients to a boil, then simmer for 35-40 minutes. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

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+ energized + transformed + empowered +

Notes:

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Enter the challenge and WIN! + www.empowerednutrition.net</p>		

Notes:

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Day: 5

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Beef, lean cuts 2 cups Mushrooms 1/2 cup Onions 3 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Notes:

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Day: 6

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 3/4 Peach 1/4 cup Strawberries 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork chop 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Vegetables and Rice Brush the pork chop with olive oil, salt, pepper, crushed garlic (or garlic powder), and chopped cilantro. Roast at 350 degrees for about 20 minutes or until done. Meanwhile, boil the rice and steam the vegetables. If you time it right, everything should be done at about the same time.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

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Notes:

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Day: 7

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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3 steps for success today: Nutrition + Training + Supplements

Notes:

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Day: 8

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 35 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 P 5.00 P 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Turkey breast, skinless 2 Peppers (bell or cubanella) 3 cups Lettuce, romaine 1/2 cup Onions 2 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C .30 C 1.00 C 1.67 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Greek Salad Cook turkey and mix remaining ingredients together in a large bowl. Crushing the garlic and mixing it in with the vinegar, olive oil and some salt and pepper makes a great dressing</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 9

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 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 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 oz Cheese, low or non fat 1/2 Tomato 1/8 head Lettuce, iceberg 1/6 cup Onions 1 slice Whole grain bread 1 1/4 cups Peaches, canned 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 10

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 9 Apricots 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 12

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Day: 13

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 cup Raspberries 1 1/2 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 15

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Turkey breast, deli style 1 cup Strawberries 1 1/2 cups Grapes 15 Almonds, whole 1 oz Cheese, low or non fat 1/3 cup Applesauce</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 4 oz Beef, lean cuts 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and Lentil Stew Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then add vegetables and season (salt, pepper, rosemary, garlic and a bay leaf work well). Add some water, bring all ingredients to a boil, then simmer for 35-40 minutes. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Day: 16

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 9 Apricots 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Beef, lean cuts 2 cups Mushrooms 1/2 cup Onions 3 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 17

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1/2 cup Onions 1 3/4 cups Spinach 1 Pepper (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 oz Cheese, low or non fat 1/2 Tomato 1/8 head Lettuce, iceberg 1/6 cup Onions 1 slice Whole grain bread 1 1/4 cups Peaches, canned 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Beef, lean cuts 2 cups Mushrooms 1/2 cup Onions 3 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 19

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 oz Cheese, low or non fat 1/2 Tomato 1/8 head Lettuce, iceberg 1/6 cup Onions 1 slice Whole grain bread 1 1/4 cups Peaches, canned 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Turkey breast, skinless 2 Peppers (bell or cubanella) 3 cups Lettuce, romaine 1/2 cup Onions 2 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C .30 C 1.00 C 1.67 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Greek Salad Cook turkey and mix remaining ingredients together in a large bowl. Crushing the garlic and mixing it in with the vinegar, olive oil and some salt and pepper makes a great dressing</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 20

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Turkey breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1/2 cup Onions 2 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C .30 C 1.00 C 1.67 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Greek Salad Cook turkey and mix remaining ingredients together in a large bowl. Crushing the garlic and mixing it in with the vinegar, olive oil and some salt and pepper makes a great dressing</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 22

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 4 oz Beef, lean cuts 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and Lentil Stew Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then add vegetables and season (salt, pepper, rosemary, garlic and a bay leaf work well). Add some water, bring all ingredients to a boil, then simmer for 35-40 minutes. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 23

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sautéed Beef with Mushrooms</p> <p>Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 24

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 4 oz Beef, lean cuts 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and Lentil Stew Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then add vegetables and season (salt, pepper, rosemary, garlic and a bay leaf work well). Add some water, bring all ingredients to a boil, then simmer for 35-40 minutes. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** 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 - 2219 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 26

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 27

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Day: 28

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 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 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 4 oz Beef, lean cuts 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and Lentil Stew Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then add vegetables and season (salt, pepper, rosemary, garlic and a bay leaf work well). Add some water, bring all ingredients to a boil, then simmer for 35-40 minutes. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 29

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Turkey breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1/2 cup Onions 2 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C .30 C 1.00 C 1.67 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Greek Salad Cook turkey and mix remaining ingredients together in a large bowl. Crushing the garlic and mixing it in with the vinegar, olive oil and some salt and pepper makes a great dressing</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1/2 cup Onions 1 3/4 cups Spinach 1 Pepper (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 31

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 33

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 35 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 P 5.00 P 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 9 Apricots 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 36

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 cup Raspberries 1 1/2 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork chop 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Vegetables and Rice Brush the pork chop with olive oil, salt, pepper, crushed garlic (or garlic powder), and chopped cilantro. Roast at 350 degrees for about 20 minutes or until done. Meanwhile, boil the rice and steam the vegetables. If you time it right, everything should be done at about the same time.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 37

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 38

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 40

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 3/4 Peach 1/4 cup Strawberries 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Turkey breast, deli style 1 cup Strawberries 1 1/2 cups Grapes 15 Almonds, whole 1 oz Cheese, low or non fat 1/3 cup Applesauce</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 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 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 3/4 Peach 1/4 cup Strawberries 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 43

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 9 Apricots 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 cup Raspberries 1 1/2 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 44

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 45

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 9 Apricots 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Beef, lean cuts 2 cups Mushrooms 1/2 cup Onions 3 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 47

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** 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 - 2219 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1/2 cup Onions 1 3/4 cups Spinach 1 Pepper (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Beef, lean cuts 2 cups Mushrooms 1/2 cup Onions 3 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

*** 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 - 2219 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1/2 cup Onions 1 3/4 cups Spinach 1 Pepper (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 cup Raspberries 1 1/2 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 50

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 35 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 P 5.00 P 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 52

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham</p> <p>This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions: Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 cup Raspberries 1 1/2 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions: Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork chop 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions: Pork Chop with Vegetables and Rice Brush the pork chop with olive oil, salt, pepper, crushed garlic (or garlic powder), and chopped cilantro. Roast at 350 degrees for about 20 minutes or until done. Meanwhile, boil the rice and steam the vegetables. If you time it right, everything should be done at about the same time.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 54

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions</p> <p>4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Put up a fight, be empowered and visit www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 6 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1/2 cup Onions 1 3/4 cups Spinach 1 Pepper (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Save money, look great! www.empowerednutrition.net

Notes:

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Day: 56

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Take your vitamins, be active & eat well. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 57

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 58

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Turkey breast, deli style 1 cup Strawberries 1 1/2 cups Grapes 15 Almonds, whole 1 oz Cheese, low or non fat 1/3 cup Applesauce</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 59

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 35 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 1.00 P 5.00 P 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions</p> <p>3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions</p> <p>4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered</p>	<p>Item Portions</p> <p>1.50 PC 1.50 P .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Feel the burn & incinerate the fat. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 60

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 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 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 61

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 oz Cheese, low or non fat 1/2 Tomato 1/8 head Lettuce, iceberg 1/6 cup Onions 1 slice Whole grain bread 1 1/4 cups Peaches, canned 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Take your vitamins. Be empowered

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 1 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Turkey breast, deli style 1 cup Strawberries 1 1/2 cups Grapes 15 Almonds, whole 1 oz Cheese, low or non fat 1/3 cup Applesauce</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat</p>	<p>Item Portions</p> <p>4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions</p> <p>2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 4 oz Beef, lean cuts 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and Lentil Stew Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then add vegetables and season (salt, pepper, rosemary, garlic and a bay leaf work well). Add some water, bring all ingredients to a boil, then simmer for 35-40 minutes. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions</p> <p>3.00 P 1.00 C 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Burn Fat Build MUSCLE www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 64

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 3/4 Peach 1/4 cup Strawberries 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 1 cup Raspberries 1 1/2 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 65

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 66

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 9 Apricots 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you...</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 oz Cheese, low or non fat 1/2 Tomato 1/8 head Lettuce, iceberg 1/6 cup Onions 1 slice Whole grain bread 1 1/4 cups Peaches, canned 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>3/4 cup Lentils 8 Egg whites 1/2 Tomato 1/2 cup Onions 1/2 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 67

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 68

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Dinner Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables, enjoy grapes for dessert.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 69

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 3/4 Peach 1/4 cup Strawberries 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork with Chestnuts Cut the pork into small cubes and place in frying pan with water and bring to a boil. Reduce heat and add chestnuts, then simmer for 20 minutes. Drain the liquid, then add soy sauce and some sherry (optional). Heat a new frying pan with oil (use sesame oil for best results), then saute pork, chestnuts and spinach for 5 minutes. Add salt and pepper to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 70

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Turkey breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1/2 cup Onions 2 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C .30 C 1.00 C 1.67 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Greek Salad Cook turkey and mix remaining ingredients together in a large bowl. Crushing the garlic and mixing it in with the vinegar, olive oil and some salt and pepper makes a great dressing</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

*** 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 - 2219 Calories

Day: 71

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Turkey breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1/2 cup Onions 2 1/2 cups Tomatoes 2/3 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C .30 C 1.00 C 1.67 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast with Greek Salad Cook turkey and mix remaining ingredients together in a large bowl. Crushing the garlic and mixing it in with the vinegar, olive oil and some salt and pepper makes a great dressing</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 3.00 P 2.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

**** 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 - 2219 Calories

Day: 72

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 6 oz Beef, lean cuts 2 cups Mushrooms 1/2 cup Onions 3 cups Beans, green or yellow 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 73

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 35 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 1.00 P 5.00 P 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F</p> <p>Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions</p> <p>4.00 P 2.00 C 1.00 C 3.00 F</p> <p>Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>5.00 A 2.00 P</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 1.00 C 2.00 F</p> <p>Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P 2.00 C 3.00 C 5.00 F</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts</p>	<p>Item Portions</p> <p>3.00 P 1.00 C 1.00 C 2.00 F</p> <p>Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 74

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 1/2 cups Eggplant 3 1/2 cups Spinach 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Be BIG. Be HUGE. Be Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 75

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, light/low fat 35 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1/3 cup Oatmeal 1 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 P 5.00 P 1.00 C 1.00 C 1.00 C 1.00 F 3.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork chop 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Vegetables and Rice Brush the pork chop with olive oil, salt, pepper, crushed garlic (or garlic powder), and chopped cilantro. Roast at 350 degrees for about 20 minutes or until done. Meanwhile, boil the rice and steam the vegetables. If you time it right, everything should be done at about the same time.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 76

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>2.00 PC 5.00 P 2.00 C 4.00 F</p> <p>Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 2.00 C 3.00 F</p> <p>Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 1.00 C 2.00 F</p> <p>Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork chop 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P .50 C 2.33 C 2.25 C 5.00 F</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Vegetables and Rice Brush the pork chop with olive oil, salt, pepper, crushed garlic (or garlic powder), and chopped cilantro. Roast at 350 degrees for about 20 minutes or until done. Meanwhile, boil the rice and steam the vegetables. If you time it right, everything should be done at about the same time.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 P 1.00 C .25 C .75 C 2.00 F</p> <p>Calories: 210</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 77

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Turkey breast, deli style 1 cup Strawberries 1 1/2 cups Grapes 15 Almonds, whole 1 oz Cheese, low or non fat 1/3 cup Applesauce</p>	<p>Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Roast and Sauerkraut Pre-heat your oven to 300 degrees. Start by browning the pork in a pan with olive oil. Meanwhile, chop the potatoes into bite-size pieces. Transfer the pork to a baking dish, then cover with sauerkraut. Arrange the potato around the pork (optional: sprinkle with caraway seeds), then bake for an hour or until done.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Put up a fight, be empowered and visit www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 78

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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Save money, look great! www.empowerednutrition.net

Notes:

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Day: 79

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/3 cup Applesauce 3/4 Peach 1/4 cup Strawberries 1/2 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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Take your vitamins, be active & eat well. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 80

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 81

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>9 oz Ground beef (< 10% fat) 1 oz Cheese, low or non fat 1/2 Tomato 1/8 head Lettuce, iceberg 1/6 cup Onions 1 slice Whole grain bread 1 1/4 cups Peaches, canned 30 Peanuts</p>	<p>Item Portions 6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 82

<p>Snack - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Mushroom Steak with Vegetables Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions .50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 83

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 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 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork chop 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Pork Chop with Vegetables and Rice Brush the pork chop with olive oil, salt, pepper, crushed garlic (or garlic powder), and chopped cilantro. Roast at 350 degrees for about 20 minutes or until done. Meanwhile, boil the rice and steam the vegetables. If you time it right, everything should be done at about the same time.</p>
<p>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/8 Cantaloupe 1 1/2 Apricots 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Day: 84

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 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 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</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>Snack - Meal Portions: P:3 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole</p>	<p>Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219

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Take your vitamins. Be empowered

Notes:

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
374 1/2 grams Protein powder	1 cup Mango	25 1/3 tsp Olive or monounsaturated oil	13 cups Milk, low fat (1%)
3 3/4 cups Cottage cheese, light/low fat	3 3/4 cups Grapes	15 tbsp Almonds, slivered	10 1/4 cups Yogurt, plain, low fat
14 oz Chicken breast, skinless	5/6 cup Oatmeal	57 Almonds, whole	1 1/2 cups Lentils
14 Egg whites	4 3/4 cups Strawberries	66 Peanuts	3 1/3 cups Beef and vegetable soup
25 oz Cheese, low or non fat	1 1/2 cups Papaya	4 tsp Peanut butter, natural	2 cups Chicken noodle soup
7 1/2 oz Chicken breast, deli style	1 1/2 cups Eggplant	5 tsp Mayonnaise	2 2/3 cups Tomato vegetable soup
9 oz Turkey breast, deli style	6 1/4 cups Spinach	12 Walnuts	
17 oz Beef, lean cuts	1 3/4 cups Rice		
1 cup Egg substitute	1/4 cup Blackberries		
6 oz Cheddar cheese, light/low fat	10 cups Mushrooms		
7 oz Tuna, canned in water	2 3/4 cups Onions		
1 1/4 cups Ricotta cheese, skim	3 Peppers (bell or cubanelle)		
7 oz Pork chop	3 1/2 cups Blueberries		
	1/2 Tangerine		
	1/2 Tomato		
	1 cup Carrots		
	1 Pear		
	2/3 cup Applesauce		
	1/2 Tangelo		
	1/4 cup Tomato, puree		
	1 1/4 cups Celery		
	1/4 Kiwi		
	7/12 cup Mandarin orange, canned		
	2 slice Whole grain bread		
	1/2 Grapefruit		
	1 Apple		
	3 cups Tomatoes		
	1/2 cup Guava		
	1 cup Mulberries		
	1 1/2 Oranges		
	1 1/3 cups Honeydew melon		
	1 1/2 whole Pita		
	3/4 cup Pineapple		
	3 cups Beans, green or yellow		
	1/2 cup Cereal, cold		
	3/4 Peach		
	1 cup Peaches, canned		
	2 cups Cauliflower		
	3 1/2 cups Brussels sprouts		
	1/8 Cantaloupe		
	1 1/2 Apricots		
	1 cup Bran cereal, all varieties		
	1/2 Nectarine		
	24 spears Asparagus		
	1 cup Raspberries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
1 cup Cottage cheese, light/low fat 392 grams Protein powder	7/8 Cantaloupe 1 cup Honeydew melon 1/3 cup Oatmeal 6 cups Popcorn	8 tbsp Almonds, slivered 31 tsp Olive or monounsaturated oil	14 1/2 cups Milk, low fat (1%) 7 3/4 cups Yogurt, plain, low fat
6 oz Cheddar cheese, light/low fat	1 1/2 cups Blueberries	1 tsp Butter	1 1/2 cups Beef and barley soup
14 oz Chicken breast, skinless	4 1/2 slice Whole grain bread	5 tsp Mayonnaise	
6 oz Turkey breast, skinless	4 Peppers (bell or cubanelle)	24 Olives	
4 1/2 oz Ham, deli style	17 cups Lettuce, romaine	102 Peanuts	
5 oz Mozzarella cheese, light/low fat	3 1/6 cups Onions	30 Almonds, whole	
9 oz Ground beef (< 10% fat)	2 1/2 cups Tomatoes		
21 oz Cheese, low or non fat	1 cup Cereal, cold		
14 oz Beef, lean cuts	1 1/2 cups Pineapple		
7 oz Hard cheeses, light/low fat	3 Tomatoes		
31 1/2 oz Salmon steak	5/8 head Lettuce, iceberg		
14 oz Pork, lean	3 3/4 cups Peaches, canned		
8 Egg whites	3 cups Raspberries		
7 oz Tuna, canned in water	3 1/2 cups Strawberries		
4 1/2 oz Turkey breast, deli style	6 cups Mushrooms		
	3 cups Brussels sprouts		
	1/2 cup Applesauce		
	1 1/3 cups Fruit cocktail		
	2 Apples		
	2 cups Celery		
	3 1/2 cups Cucumber		
	1 3/4 cups Grapes		
	9 Apricots		
	6 Peaches		
	2 2/3 cups Potato		
	1/2 Orange		
	1 1/3 Bananas		
	2 cups Bean sprouts		
	4 Chestnuts		
	3 1/2 cups Spinach		
	1/2 cup Guava		
	3 cups Beans, green or yellow		
	1 Plum		
	6 spears Asparagus		
	1 Grapefruit		
	16 Cherries		
	2 cups Sauerkraut		
	1 Pickle		
	4 Crackers		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
329 grams Protein powder	3 1/2 cups Strawberries	27 2/3 tsp Olive or monounsaturated oil	17 cups Milk, low fat (1%)
2 oz Cheddar cheese, light/low fat	5 1/2 cups Peaches, canned	13 tbsp Almonds, slivered	3/4 cup Lentils
4 1/2 cups Cottage cheese, light/low fat	4 cups Grapes	33 Almonds, whole	4 1/4 cups Yogurt, plain, low fat
9 oz Turkey breast, deli style	1 1/6 cups Oatmeal	39 Olives	2 cups Chicken noodle soup
29 1/2 oz Cheese, low or non fat	1/3 cup Applesauce	102 Peanuts	1 1/2 cups Beef and barley soup
23 oz Beef, lean cuts	2 cups Pineapple	3 tsp Mayonnaise	
9 oz Ham, deli style	3 7/12 cups Onions		
14 Egg whites	1/4 cup Tomato, puree		
1 oz Mozzarella cheese, light/low fat	1/2 cup Carrots		
14 oz Chicken breast, skinless, Grilled	1 1/4 cups Celery		
10 1/2 oz Salmon steak	1 Cantaloupe		
18 oz Ground beef (< 10% fat)	2 1/2 Apples		
12 oz Turkey breast, skinless	9 Apricots		
4 oz Hard cheeses, light/low fat	3/4 head Lettuce, iceberg		
	8 cups Mushrooms		
	7 Peppers (bell or cubanelle)		
	1/2 Tangerine		
	6 cups Beans, green or yellow		
	1 cup Mango		
	6 Peaches		
	6 spears Asparagus		
	2 Tomatoes		
	1 cup Fruit cocktail		
	2 1/2 cups Raspberries		
	1 3/4 cups Spinach		
	4 slice Whole grain bread		
	1/2 Orange		
	1 Pear		
	1 1/2 Grapefruits		
	7/12 cup Mandarin orange, canned		
	6 cups Lettuce, romaine		
	5 cups Tomatoes		
	1/2 cup Guava		
	1 cup Blueberries		
	1 2/3 cups Potato		
	1/4 Kiwi		
	16 Cherries		
	3/4 cup Papaya		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
458 1/2 grams Protein powder	1 cup Mulberries	33 tsp Olive or monounsaturated oil	13 cups Yogurt, plain, low fat
15 1/2 oz Cheese, low or non fat	4 cups Blueberries	45 Almonds, whole	14 cups Milk, low fat (1%)
19 oz Beef, lean cuts	2 3/4 cups Strawberries	102 Peanuts	3 3/4 cups Lentils
24 Egg whites	3/4 cup Tomato, puree	8 tbsp Almonds, slivered	2 2/3 cups Tomato vegetable soup
5 oz Mozzarella cheese, light/low fat	2 1/2 cups Carrots	4 tsp Peanut butter, natural	
21 oz Salmon steak	3 3/4 cups Celery		
7 oz Tuna, canned in water	1 1/2 cups Raspberries		
1 cup Egg substitute	1 Apple		
7 oz Chicken breast, skinless	1 1/2 Oranges		
2 3/4 cups Cottage cheese, light/low fat	8 cups Lettuce, romaine		
7 1/2 oz Chicken breast, deli style	4 cups Bean sprouts		
	4 cups Cucumber		
	4 Tomatoes		
	1 1/3 Bananas		
	1/2 Tangelo		
	6 cups Mushrooms		
	24 spears Asparagus		
	2 Peppers (bell or cubanelle)		
	1 cup Guava		
	1 Pear		
	3 cups Beans, green or yellow		
	1 Tangerine		
	1/4 cup Blackberries		
	2 slice Whole grain bread		
	2 3/4 cups Grapes		
	1/2 cup Peaches, canned		
	5 1/2 cups Spinach		
	2/3 cup Mango		
	1 1/2 cups Eggplant		
	1 cup Rice		
	3/4 cup Papaya		
	1 1/2 cups Pineapple		
	2/3 cup Oatmeal		
	1/2 Nectarine		
	1 Peach		
	1/4 Kiwi		
	1/4 cup Mandarin orange, canned		
	1 cup Cereal, cold		
	1/8 Cantaloupe		
	1 1/2 Apricots		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
339 1/2 grams Protein powder	1 cup Mulberries	29 2/3 tsp Olive or monounsaturated oil	8 1/4 cups Yogurt, plain, low fat
10 oz Cheddar cheese, light/low fat	12 cups Popcorn	2 tsp Butter	1 1/2 cups Beef and barley soup
4 oz Hard cheeses, light/low fat	1 Apple	24 Olives	13 1/2 cups Milk, low fat (1%)
6 oz Turkey breast, skinless	2 1/4 cups Papaya	36 Peanuts	3/4 cup Lentils
4 1/2 oz Ham, deli style	6 Peppers (bell or cubanelle)	45 Almonds, whole	
14 Egg whites	13 cups Lettuce, romaine	5 tsp Mayonnaise	
26 1/2 oz Cheese, low or non fat	6 1/2 cups Onions	12 tsp Peanut butter, natural	
21 oz Tuna, canned in water	5 1/2 cups Tomatoes	3 tbsp Almonds, slivered	
21 oz Salmon steak	3/4 Cantaloupe		
3 cups Egg substitute	13 cups Mushrooms		
1/4 cup Cottage cheese, light/low fat	6 1/4 cups Spinach		
21 oz Chicken breast, skinless, Grilled	6 cups Beans, green or yellow		
7 oz Beef, lean cuts	6 1/2 cups Strawberries		
7 oz Pork, lean	1/2 cup Pineapple		
	1 1/2 Tomatoes		
	1/2 cup Carrots		
	4 cups Peaches, canned		
	1 3/4 cups Blueberries		
	2 cups Honeydew melon		
	1 1/2 whole Pita		
	6 spears Asparagus		
	3/4 head Lettuce, iceberg		
	1 cup Fruit cocktail		
	5/6 cup Applesauce		
	6 slice Whole grain bread		
	2 cups Celery		
	1 1/2 cups Cucumber		
	2 cups Grapes		
	1/3 cup Oatmeal		
	1/2 cup Raspberries		
	9 Apricots		
	3 cups Brussels sprouts		
	1/4 cup Blackberries		
	1/2 Tangelo		
	4 Chestnuts		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
420 grams Protein powder	2/3 cup Mango	25 tsp Olive or monounsaturated oil	16 1/2 cups Milk, low fat (1%)
16 oz Cheese, low or non fat	5 1/2 Peaches	23 tbsp Almonds, slivered	7 3/4 cups Yogurt, plain, low fat
13 1/2 oz Turkey breast, deli style	3 1/2 cups Raspberries	66 Peanuts	
7 oz Pork chop	3 1/2 slice Whole grain bread	12 tsp Mayonnaise	
3 oz Hard cheeses, light/low fat	1/2 Tangerine	4 tsp Peanut butter, natural	
1 cup Egg substitute	2 cups Cauliflower	66 Almonds, whole	
3 3/4 cups Cottage cheese, light/low fat	3 1/2 cups Brussels sprouts		
21 oz Tuna, canned in water	3/4 cup Rice		
7 oz Chicken breast, skinless	1 Pickle		
21 oz Salmon steak	4 Crackers		
6 oz Cheddar cheese, light/low fat	1 1/2 Grapefruits		
7 1/2 oz Chicken breast, deli style	1/3 cup Mandarin orange, canned		
7 oz Beef, lean cuts	1 1/2 Apples		
14 oz Pork, lean	2 cups Onions		
4 oz Mozzarella cheese, light/low fat	3 cups Beans, green or yellow		
	5 cups Mushrooms		
	3 1/2 cups Blueberries		
	3 cups Tomatoes		
	1 1/6 cups Applesauce		
	1 Pear		
	7 1/2 cups Strawberries		
	1 1/3 cups Fruit cocktail		
	2 2/3 cups Honeydew melon		
	3 whole Pita		
	10 cups Lettuce, romaine		
	2 cups Celery		
	1 1/2 cups Cucumber		
	2 3/4 cups Grapes		
	1 cup Bran cereal, all varieties		
	3 2/3 cups Potato		
	1/2 cup Guava		
	1 cup Peaches, canned		
	2 Plums		
	4 cups Sauerkraut		
	1/2 Orange		
	1 cup Cereal, cold		
	1/2 cup Pineapple		
	6 spears Asparagus		
	1 Pepper (bell or cubanelle)		
	1/4 head Lettuce, iceberg		
	1 Tomato		
	16 Cherries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
353 1/2 grams Protein powder	1 cup Mango	28 2/3 tsp Olive or monounsaturated oil	18 1/2 cups Milk, low fat (1%)
34 oz Cheese, low or non fat	18 Apricots	18 Olives	3/4 cup Lentils
9 oz Turkey breast, deli style	5 cups Raspberries	108 Peanuts	8 1/2 cups Yogurt, plain, low fat
28 Egg whites	3 slice Whole grain bread	4 tsp Mayonnaise	1 1/2 cups Beef and barley soup
7 oz Hard cheeses, light/low fat	1 cup Blueberries	9 tbsps Almonds, slivered	2 2/3 cups Tomato vegetable soup
1 oz Mozzarella cheese, light/low fat	2 1/2 cups Onions	24 Almonds, whole	2 cups Chicken noodle soup
1 cup Cottage cheese, light/low fat	1/2 cup Carrots		3 1/3 cups Beef and vegetable soup
21 oz Salmon steak	8 cups Spinach		
26 oz Beef, lean cuts	1 Pickle		
7 oz Pork, lean	4 Crackers		
6 oz Cheddar cheese, light/low fat	2 1/2 Apples		
	1/2 Grapefruit		
	1/3 cup Mandarin orange, canned		
	14 cups Lettuce, romaine		
	2 cups Bean sprouts		
	3 1/2 cups Cucumber		
	2/3 Banana		
	1/8 Cantaloupe		
	1/3 cup Honeydew melon		
	16 cups Mushrooms		
	48 spears Asparagus		
	6 Peppers (bell or cubanelle)		
	1/2 cup Guava		
	1 cup Mulberries		
	1 1/2 cups Strawberries		
	4 Chestnuts		
	1/2 cup Applesauce		
	1 cup Bran cereal, all varieties		
	1/2 Nectarine		
	1 cup Peaches, canned		
	6 cups Beans, green or yellow		
	1 Pear		
	2 cups Celery		
	1 1/4 cups Grapes		
	2 Oranges		
	1/3 cup Fruit cocktail		
	1/4 cup Blackberries		
	1/2 cup Pineapple		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
2 cups Cottage cheese, light/low fat	1 1/8 Cantaloupes	14 tbsp Almonds, slivered	16 cups Milk, low fat (1%)
388 1/2 grams Protein powder	1 1/3 cups Honeydew melon	29 2/3 tsp Olive or monounsaturated oil	7 1/4 cups Yogurt, plain, low fat
27 oz Cheese, low or non fat	1 1/3 cups Oatmeal	48 Almonds, whole	3 1/3 cups Beef and vegetable soup
31 1/2 oz Salmon steak	2 cups Blueberries	1 tsp Butter	
21 oz Beef, lean cuts	8 cups Lettuce, romaine	6 Olives	
10 oz Cheddar cheese, light/low fat	4 cups Bean sprouts	54 Peanuts	2 2/3 cups Tomato vegetable soup
14 oz Chicken breast, skinless	4 cups Cucumber	5 tsp Mayonnaise	
4 1/2 oz Ham, deli style	4 Tomatoes		
4 1/2 oz Turkey breast, deli style	2 Bananas		
7 oz Pork chop	1 Plum		
7 oz Pork, lean	2 2/3 cups Potato		
14 Egg whites	5 cups Strawberries		
1 oz Mozzarella cheese, light/low fat	1 cup Bran cereal, all varieties		
	1 1/2 cups Eggplant		
	5 1/4 cups Spinach		
	1 3/4 cups Rice		
	2/3 cup Mango		
	6 cups Popcorn		
	1/2 Tangelo		
	30 spears Asparagus		
	4 Peppers (bell or cubanelle)		
	1/4 head Lettuce, iceberg		
	9 cups Mushrooms		
	1 cup Fruit cocktail		
	1 1/2 Grapefruits		
	16 Cherries		
	3 Oranges		
	1 cup Raspberries		
	3 1/2 slice Whole grain bread		
	3/4 cup Papaya		
	2 cups Cauliflower		
	6 1/2 cups Brussels sprouts		
	1/3 cup Mandarin orange, canned		
	1 1/2 Apples		
	2 cups Sauerkraut		
	1/2 cup Guava		
	1 1/2 cups Onions		
	1/2 cup Peaches, canned		
	1/4 cup Blackberries		
	1/2 Nectarine		
	1/2 cup Grapes		
	1 1/2 Apricots		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
388 1/2 grams Protein powder	1 Pear	25 2/3 tsp Olive or monounsaturated oil	12 cups Milk, low fat (1%)
15 oz Chicken breast, deli style	5 Peaches	17 tbsp Almonds, slivered	10 1/4 cups Yogurt, plain, low fat
14 oz Pork, lean	3 3/4 cups Blueberries	174 Peanuts	2 cups Chicken noodle soup
6 oz Hard cheeses, light/low fat	8 Chestnuts	3 tsp Mayonnaise	3/4 cup Lentils
26 oz Cheese, low or non fat	10 1/2 cups Spinach		
1 3/4 cups Cottage cheese, light/low fat	2 Pickles		
18 oz Turkey breast, deli style	8 Crackers		
11 oz Beef, lean cuts	2 Grapefruits		
21 oz Salmon steak	32 Cherries		
5 oz Mozzarella cheese, light/low fat	3 1/2 cups Strawberries		
14 oz Chicken breast, skinless	6 3/4 cups Grapes		
9 oz Ground beef (< 10% fat)	2/3 cup Applesauce		
8 Egg whites	1/3 cup Mango		
	1 2/3 cups Potato		
	1/2 cup Guava		
	3/8 Cantaloupe		
	2/3 cup Honeydew melon		
	1/3 cup Oatmeal		
	1 3/4 cups Peaches, canned		
	10 cups Lettuce, romaine		
	3 1/4 cups Celery		
	1 1/2 cups Cucumber		
	1/4 cup Blackberries		
	1 cup Cereal, cold		
	3/4 cup Pineapple		
	3 slice Whole grain bread		
	6 spears Asparagus		
	1 Pepper (bell or cubanelle)		
	3/8 head Lettuce, iceberg		
	1 cup Mushrooms		
	1 1/2 Tomatoes		
	1 1/3 cups Fruit cocktail		
	2 Oranges		
	1 1/2 cups Raspberries		
	2/3 Banana		
	5/12 cup Onions		
	1/2 Tangelo		
	3/4 cup Papaya		
	1 Apple		
	1 1/2 cups Eggplant		
	1 cup Rice		
	1 1/2 Apricots		
	1/4 cup Tomato, puree		
	1/2 cup Carrots		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
343 grams Protein powder	1 cup Mulberries	24 2/3 tsp Olive or monounsaturated oil	15 1/4 cups Yogurt, plain, low fat
3 1/2 cups Cottage cheese, light/low fat	1 cup Applesauce	6 tbsp Almonds, slivered	6 cups Milk, low fat (1%)
18 1/2 oz Cheese, low or non fat	1 1/2 Peaches	48 Peanuts	2 cups Chicken noodle soup
4 1/2 oz Turkey breast, deli style	2 1/2 cups Strawberries	7 tsp Mayonnaise	3/4 cup Lentils
21 oz Chicken breast, skinless	1 Apple	51 Almonds, whole	2 2/3 cups Tomato vegetable soup
5 cups Ricotta cheese, skim	1 cup Raspberries	48 Walnuts	3 1/3 cups Beef and vegetable soup
7 oz Beef, lean cuts	2 1/2 slice Whole grain bread	18 Olives	
9 oz Ground beef (< 10% fat)	3 3/4 cups Grapes		
8 Egg whites	7 cups Mushrooms		
10 1/2 oz Salmon steak	2 2/3 cups Onions		
2 oz Cheddar cheese, light/low fat	5 1/2 cups Tomatoes		
7 oz Pork, lean	2 cups Cereal, cold		
7 oz Tuna, canned in water	1 1/4 cups Blueberries		
6 oz Turkey breast, skinless	1/3 cup Fruit cocktail		
	3 1/4 cups Peaches, canned		
	3/4 cup Pineapple		
	24 spears Asparagus		
	5 Peppers (bell or cubanelle)		
	1 1/2 cups Papaya		
	1 1/3 Bananas		
	9 Apricots		
	1 Tomato		
	3/8 head Lettuce, iceberg		
	1/4 Cantaloupe		
	2 cups Honeydew melon		
	1/2 cup Carrots		
	8 cups Spinach		
	1/2 cup Oatmeal		
	1 1/2 cups Eggplant		
	1 cup Rice		
	1/2 cup Guava		
	1/2 Nectarine		
	1/2 Tangerine		
	13 cups Lettuce, romaine		
	2 cups Celery		
	1 1/2 cups Cucumber		
	1/3 cup Mango		
	4 Chestnuts		
	1/2 Kiwi		
	1/2 cup Mandarin orange, canned		
	1 1/2 whole Pita		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
392 grams Protein powder	1 cup Mulberries	28 2/3 tsp Olive or monounsaturated oil	8 3/4 cups Yogurt, plain, low fat
12 1/2 oz Cheese, low or non fat	1 1/2 cups Oatmeal	48 Almonds, whole	11 cups Milk, low fat (1%)
21 oz Chicken breast, skinless	2 3/4 cups Blueberries	3 tsp Mayonnaise	6 2/3 cups Beef and vegetable soup
6 oz Turkey breast, skinless	2 slice Whole grain bread	15 Olives	1 1/2 cups Beef and barley soup
4 1/2 oz Ham, deli style	1 cup Raspberries	12 Walnuts	
1 1/4 cups Ricotta cheese, skim	2 1/2 cups Strawberries	1 tsp Butter	
12 oz Cheddar cheese, light/low fat	3 Peppers (bell or cubanelle)	15 tbsp Almonds, slivered	
6 oz Beef, lean cuts	3 cups Lettuce, romaine	12 Peanuts	
3 1/4 cups Cottage cheese, light/low fat	2 1/2 cups Onions		
14 oz Pork, lean	2 1/2 cups Tomatoes		
7 oz Hard cheeses, light/low fat	1 Cantaloupe		
7 oz Tuna, canned in water	1/2 cup Cereal, cold		
14 oz Pork chop	3 cups Grapes		
9 oz Turkey breast, deli style	6 cups Popcorn		
	3 Peaches		
	5 cups Mushrooms		
	6 cups Beans, green or yellow		
	1 cup Guava		
	1 1/3 cups Honeydew melon		
	2 cups Peaches, canned		
	4 cups Sauerkraut		
	2 cups Potato		
	1 Pickle		
	4 Crackers		
	2 1/2 cups Pineapple		
	1 1/2 Apples		
	1 Plum		
	1 1/2 cups Eggplant		
	3 1/2 cups Spinach		
	2 1/2 cups Rice		
	3/4 cup Papaya		
	1/3 cup Fruit cocktail		
	4 cups Cauliflower		
	7 cups Brussels sprouts		
	1/4 head Lettuce, iceberg		
	1/3 cup Mango		
	1/4 Kiwi		
	7/12 cup Mandarin orange, canned		
	1 cup Bran cereal, all varieties		
	1/2 Grapefruit		
	2/3 cup Applesauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Protein	Carbohydrates	Fats	Other
420 grams Protein powder	2/3 Banana	29 tsp Olive or monounsaturated oil	6 3/4 cups Yogurt, plain, low fat
24 1/2 oz Cheese, low or non fat	4 cups Blueberries	24 Almonds, whole	2 cups Chicken noodle soup
21 oz Chicken breast, skinless	4 1/4 cups Peaches, canned	7 tbsp Almonds, slivered	13 cups Milk, low fat (1%)
12 oz Cheddar cheese, light/low fat	11 3/4 Peaches	138 Peanuts	1 1/2 cups Beef and barley soup
1 cup Cottage cheese, light/low fat	10 cups Mushrooms	8 tsp Mayonnaise	2 2/3 cups Tomato vegetable soup
7 1/2 oz Chicken breast, deli style	5 1/6 cups Onions	1 tsp Butter	
28 oz Beef, lean cuts	6 cups Tomatoes		
7 oz Tuna, canned in water	2 1/2 cups Raspberries		
9 oz Ground beef (< 10% fat)	1 cup Bran cereal, all varieties		
8 oz Mozzarella cheese, light/low fat	2/3 cup Applesauce		
4 oz Hard cheeses, light/low fat	4 1/4 cups Strawberries		
7 oz Pork chop	1 1/2 Apples		
	1/2 Tangelo		
	12 1/2 cups Brussels sprouts		
	1/2 Orange		
	1 1/3 cups Honeydew melon		
	1 1/2 whole Pita		
	1 Plum		
	1/4 Cantaloupe		
	3 Apricots		
	2 1/4 cups Pineapple		
	1/2 Tomato		
	1/8 head Lettuce, iceberg		
	3 slice Whole grain bread		
	1 2/3 cups Potato		
	6 cups Popcorn		
	2 cups Cereal, cold		
	2 cups Cauliflower		
	3/4 cup Rice		
	3/4 cup Grapes		
	1/2 Nectarine		