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

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.

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Mike Westerdal & Patrick McGuire

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2219 Calories

Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole	Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
		drates: 21 Fat: 21 Calories: 2219 2 glasses of water per day. **

Have you had your Protein Smoothie today?

Day:	2
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511	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!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Snack - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511	Preparation Suggestions: Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1/4 Kiwi 1/4 cup Mandarin orange, canned	Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F	Preparation Suggestions: In a mixing bowl combine all ingredients and gently blend. Serve immediately.

+ energized + transformed + empowered +

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

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

Enter the challenge and WIN! + <u>www.empowerednutrition.net</u>

Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Cheese, Orange and Peanuts.
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! Preparation Suggestions:
3
Cheese Orange and Peanuts
A quick snack to keep you going!
Preparation Suggestions:
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.
Preparation Suggestions:
Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Preparation Suggestions:
Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.
Preparation Suggestions:
Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
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Be BIG. Be HUGE. Be Empowered <u>www.empowerednutrition.net</u>

Day:	6
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448	A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:4 C:3 F:3 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	Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: 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.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories:	Preparation Suggestions: Combine these ingredients for a refreshing snack!

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
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	Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 2/3 cups Tomato vegetable soup21 grams Protein powder1/2 Nectarine1/3 tsp Olive or monounsaturated oil	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	A hot and tasty bowl of soup with fruit for dessert. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts4 cups Mushrooms24 spears Asparagus2 Peppers (bell or cubanelle)1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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

3 steps for success today: Nutrition + Training + Supplements

Day:	8
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Melon Shake with a Chaser
1/4 cup Cottage cheese, light/low fat	1.00 P	Make a shake, in the regualar fashion, out of melons
35 grams Protein powder	5.00 P	milk and olive oil. Sprinkle oatmeal and almonds on
1/4 Cantaloupe	1.00 C	top of cottage cheese and eat separately.
2/3 cup Honeydew melon	1.00 C	top or comage emoces and car coparately.
1/3 cup Oatmeal	1.00 C	
1 tbsp Almonds, slivered	1.00 F	
1 tsp Olive or monounsaturated oil	3.00 F	
•	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
4 oz Cheddar cheese, light/low fat	4.00 P	Popcorn and a Slice
6 cups Popcorn	3.00 C	Popcorn with butter and a slice of cheese. A classic
1 tsp Butter	3.00 F	snack choice.
	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken Salad Sandwich
1/2 cup Blueberries	1.00 C	Make a basic chicken salad adding a little celery,
2 slice Whole grain bread	4.00 C	onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
2/3 tsp Olive or monounsaturated oil	2.00 F	poppor to taoto.
2/3 top Olive of Mondansatarated on	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes un
1/2 cup Blueberries	1.00 C 2.00 F	desired consistency is reached. If a blender is not
2/3 tsp Olive or monounsaturated oil	Calories:	available mix protein powder with cold water and have remaining ingredients on the side.
	238	have remaining ingredients on the side.
Dinner - Meal Portions: P:7 C:5 F:5	Item	Propagation Suggestions
Diffiler - Mear Portions. P.7 C.5 F.5	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Turkey Breast with Greek Salad
6 oz Turkey breast, skinless	6.00 P	Cook turkey and mix remaining ingredients together
2 Peppers (bell or cubanelle)	1.00 C	in a large bowl. Crushing the garlic and mixing it in
3 cups Lettuce, romaine	.30 C	with the vinegar, olive oil and some salt and pepper
1/2 cup Onions	1.00 C	makes a great dressing
2 1/2 cups Tomatoes	1.67 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
9 Olives	3.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
4 1/2 oz Ham, deli style	3.00 P	Melon Wrapped in Ham
1/2 Cantaloupe	2.00 C	
6 Olives	2.00 F	This makes a great snack, but it can be pretty filling
	Calories:	so reduce the amount of melon if you want,
	210	especially if the melon you're using is large.
Total Daily Portions: Pro	tein: 32 Carbohyo	drates: 21 Fat: 21 Calories: 2219
		2 glasses of water per day. **

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

Day:	9
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1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple	Portions 1.00 PC 4.00 P	Enjoy your preferred, non-sugary cereal with milk
1 cup Cereal, cold		and fruit. Have a slice of cheese on the side.
	2.00 C	and fruit. Trave a slice of cheese off the side.
1/2 dap i ilidappio	1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
14 grams Protein powder	2.00 P	
r · g.ao · roto potrao.	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Simple, quick and balanced.
1 cup Yogurt, plain, low fat	2.00 PC	Simple, quick and balanced.
18 Peanuts	3.00 F	
7 grams Protein powder	1.00 P	
r grame r retem period	Calories:	
	301	
/lid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
9 oz Ground beef (< 10% fat)	Portions 6.00 P	Cheeseburger
1 oz Cheese, low or non fat	1.00 P	Broil hamburger to preferred degree of doneness.
1/2 Tomato	.25 C	Place cheese on top and broil hamburger until
1/8 head Lettuce, iceberg	.25 C	cheese is melted. Put cheeseburger together with
1/6 cup Onions	.33 C	the tomato, lettuce and onion. Have the fruit and
1 slice Whole grain bread	2.00 C	nuts for dessert.
1 1/4 cups Peaches, canned	2.50 C	Thus for dessert.
30 Peanuts	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and shak
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container t
2/0 top 0 iivo or monouncataratou on	Calories:	mix it all together, then eat the fruit on the side.
	238	Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Beef, lean cuts	7.00 P	Mushroom Steak with Vegetables
2 cups Mushrooms	1.00 C	Saute beef with 1 tsp minced garlic until cooked.
3 cups Brussels sprouts	2.00 C	Add mushrooms and onions and worcestershire
1 cup Onions	2.00 C	sauce and simmer. Steam vegetables, serve on the
1 2/3 tsp Olive or monounsaturated oil	5.00 F	side.
	Calories: 511	
Snock Mod Destions, D-2 C-2 E-2	Item	Drongration Suggestion -
Snack - Meal Portions: P:3 C:2 F:2	Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%)	.50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes ur
14 grams Protein powder	2.00 P	desired consistency is reached. If a blender is not
1/4 cup Blueberries	.50 C	available mix protein powder with cold water and
1/6 cup Applesauce	.50 C	have remaining ingredients on the side. Enjoy!
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	210	 drates: 21 Fat: 21 Calories: 2219

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1 cup Milk, low fat (11%) 28 grams Protein powder 1 cup Peaches, canned 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 oz Cheddar cheese, light/low fat 2 oz Cheese, low or non fat 3 oz Cheeses, low or non fat 3 oz Cheeses, low or non fat 1/2 cup Yogurt, plain, low fat 3 oz Cheeses, low or non fat 1/2 cup Stawberries 1 1/2 cup Stawberries 1 1/2 cup Beef and barley soup 4 oz Hard cheeses, light/low fat 1 /2 cup Stay Beef and barley soup 4 oz Hard cheeses, light/low fat 1 /2 cup Stay Beef and barley soup 4 oz Hard cheeses, light/low fat 1 /2 cup Stay Beef and barley soup 4 oz Hard cheeses, light/low fat 1 /2 cup Stay Beef and barley soup 4 oz Hard cheeses, light/low fat 1 /2 cup Stay Dirve or monounsaturated oil 2 oz Or Calories: 511 Snack - Meal Portions: P:4 C:2 F:2 1 /2 cup Yogurt, plain, low fat 1 /2 cup Stay Beef and barley soup 4 oz Hard cheeses, light/low fat 1 /2 cup Stay Dirve or monounsaturated oil 2 oz Dreck Stay Dirve or monounsaturated oil 3 oz Cheese, low or non fat 3 oz Cheeses, low or non fat 4 oz Preparation Suggestions: 5 oz Dreck Stay Dirve or monounsaturated oil 5 oz Calories: 5 oz Dreck Stay Dirve or monounsaturated oil 5 oz Calories: 2 oz Dreck Stay Dirve or monounsaturated oil 6 oz Calories: 2 oz Dreck Stay Dirve or monounsaturated oil 7 oz Calories: 2 oz Dreck Stay Dirve or monounsaturated oil 8 oz Preparation Suggestions: 8 oz Preparation Suggestions: 9 rotein Shake with Fruit 9 oz Preparation Suggestions: 9 rotein Shake with Fruit 9 oz Preparation Suggestions: 9 reparation Sugge	Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
Portions 1/2 cup Yogurt, plain, low fat 3.00 P 1/2 cup Strawberries 5.00 C 1/3 cup Fruit cocktail 1.00 PC 3.00 F 1/2 cup Strawberries 5.00 C 1/3 cup Fruit cocktail 1.00 PC 3.00 F 1/2 cup Strawberries 5.00 C 1/3 cup Fruit cocktail 1.00 PC 3.00 F 1/2 cup Strawberries 5.00 C 1/3 cup Fruit cocktail 1.00 PC 3.00 F 1/2 cup Steef and barley soup 4 oz Hard cheeses, light/low fat 4.00 P 2.00 C 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil 2/3 tsp Olive o	28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and
1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 5.0 C 1/2 cup Strawberries 5.0 C 1/2 cup Strawberries 5.0 C 1/3 cup Fruit cocktail 7.00 C 9 Almonds, whole 7.00 F Calories: 3.01 F Calories: 3.02 F Calories: 3.02 F Calories: 3.03 F	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:2 F:2 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:2 F:2 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1 1/2 cup Yogurt, plain, low fat 2 1/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 10 1/2 oz Salmon steak 10 1/2 cups Cucumber 1 1/3 cups Grapes 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1 1/3 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 0 C 2 oz Cheese, low or non fat 1 0 C 2 .00 F Calories: 511 Snack - Meal Portions: P:3 C:2 F:2 1 1/3 cup Applesauce 6 Almonds, whole Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511 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 wit all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Protions 1.00 C 2.00 F Calories: 511 Snack - Meal Portions: P:3 C:2 F:2 Item Portions 1.00 C 2.00 F Calories: 511 Cauch - Meal Portions: P:3 C:2 F:2 Dinner - Meal Portions: P:3 C:2 F:2 Dina - Meal Portions P:3 C:2 F:2 Dina - Meal Portions P:3 C:2 F:2 Dina - Meal Port	3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail	1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	
1 1/2 cups Beef and barley soup 4 02 Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:7 C:5 F:5 Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/2 cup Scapes 1 1/2 cup Yogurt, plain, low fat 2 1 grams Protein powder 1 8 cantaloupe 1 5 0 C 2 0 F Calories: 2 38 Dinner - Meal Portions: P:7 C:5 F:5 Snack - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1 0 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole 3 .00 A 4 .00 P 4 .00 P 2 .00 F Calories: 511 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! Breparation Suggestions: 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. Snack - Meal Portions: P:3 C:2 F:2 Item Portions 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole 3 .00 A 4 .00 P 2 .00 F Calories: 511 Preparation Suggestions: 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.	Mid Meal - Meal Portions: P:7 C:5 F:5		Preparation Suggestions:
Portions 1/2 cup Yogurt, plain, low fat 2.00 F 2.	4 oz Hard cheeses, light/low fat 1 Apple	3.00 A 4.00 P 2.00 C 2.00 F Calories: 511	
21 grams Protein powder 1/8 Cantaloupe 1/8 Cantaloupe 1/8 Cantaloupe 1/8 Cantaloupe 1/8 Cantaloupe 1/8 cantaloupe 1/8 cap Olive or monounsaturated oil 2/3 tsp Olive or monounsaturated oil 2/4 cups Cap	Snack - Meal Portions: P:4 C:2 F: 2		Preparation Suggestions:
Dinner - Meal Portions: P:7 C:5 F:5 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 Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole Preparation Suggestions: 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. 1 1.00 C 5.00 F Calories: 511 Preparation Suggestions: 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. 1 1.00 C 5.00 F Calories: 511 Preparation Suggestions: 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. 1 1/2 cup Yogurt, plain, low fat 2 .00 F Calories: 2.00 P Calories: 2.00 F Calories: 210	21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories:	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1.00 C 1 1/2 cups Cucumber 1.1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole 7.00 P 1.00 C 2.00 R 2.50 C 5.00 F Calories: 511 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. 1.00 C 5.00 F Calories: 511 Preparation Suggestions: 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.	Dinner - Meal Portions: P:7 C:5 F:5		Preparation Suggestions:
Portions 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes	7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories:	Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables,
1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210 Crate 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.	Snack - Meal Portions: P:3 C:2 F:2		Preparation Suggestions:
	2 oz Cheese, low or non fat 1/3 cup Applesauce	1.00 PC 2.00 P 1.00 C 2.00 F Calories:	ingredients for a quick snack that's easy to pop into a
** Remember to drink between 10 and 12 glasses of water per day. **		n: 32 Carbohyo	

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

	Day:	1	1
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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!)
Snack - Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

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

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Day:	12	2
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder2/3 Banana1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and wate until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes untidesired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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Day:	1	3
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Peaches & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat14 grams Protein powder1 cup Strawberries6 Almonds, whole	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!

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

Day:	14
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Breakfast - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
 4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat 	4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448	
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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 potatos into bite-size peices. 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.
Snack - Meal Portions: P:3 C:2 F:2 3 oz Hard cheeses, light/low fat 1 Pickle	Item Portions 3.00 P 1.00 C 1.00 C	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.

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Dav. 15

Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries	1.00 PC 4.00 P	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt
1 cup Strawbernes 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	1.00 C 2.00 C 4.00 F 2.00 P Calories: 448	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511	Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3/4 cup Lentils	3.00 PC	Beef and Lentil Stew
4 oz Beef, lean cuts 1/4 cup Onions	4.00 P .50 C	Chop the meat and vegetables roughly, keeping separate. Saute the meat until almost done, then
1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery	.50 C .50 C .63 C	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
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 511	minutes. Serve hot.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
4 1/2 oz Ham, deli style 1/2 Cantaloupe	3.00 P 2.00 C	Melon Wrapped in Ham
6 Olives	2.00 F Calories: 210	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.
		drates: 21 Fat: 21 Calories: 2219

Day:	1	6
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	ltem Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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 Snack - Meal Portions: P:3 C:2 F:2	Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions	Preparation Suggestions: 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. Preparation Suggestions:
1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P 1.00 C 2.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

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

Snack - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Peaches & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .50 C .50 C .13 C .50 F Calories: 511	Preparation Suggestions: 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. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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

Day:	18
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories:	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Peaches & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 1.00 P .25 C .06 C .33 C 2.00 C 2.50 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes und desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

Day:	19	
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat1 cup Grapes1/3 cup Oatmeal3 tbsp Almonds, slivered	4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 5.00 C 5.00 F Calories: 511	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!)
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210	In a mixing bowl combine all ingredients and gently blend. Serve immediately.

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:	21
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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat	Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448	Treparation ouggestions.
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:3 C:2 F:2 4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives	Item Portions 3.00 P 2.00 C 2.00 F Calories: 210	Preparation Suggestions: 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.
Total Daily Portions: Prote	ein: 32 Carbobyo	drates: 21 Fat: 21 Calories: 2219

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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Item Portions	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
	Preparation Suggestions:
4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Item Portions	Preparation Suggestions:
3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	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.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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.
Item Portions	Preparation Suggestions:
3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511	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.
Item Portions	Preparation Suggestions:
1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 4.00 P 3.00 C 3.00 F Calories: 301 Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238 Item Portions 3.00 PC 4.00 P 1.00 C 2.00 F Calories: 511 Item Portions 1.00 PC 2.00 F Calories: 511 Item Portions 3.00 PC 4.00 P 50 C

Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)8 Egg whites1 Apple1 1/3 tsp Olive or monounsaturated oil1 oz Mozzarella cheese, light/low fat	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Orange and Peanuts. A quick snack to keep you going!
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1/2 Tangelo2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat14 grams Protein powder1/2 cup Guava2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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

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Day:	24
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Simple, quick and balanced.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy! drates: 21 Fat: 21 Calories: 2219

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?

Day:	25
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Egg substitute2 slice Whole grain bread4 tsp Peanut butter, natural3 oz Cheese, low or non fat	4.00 P 4.00 C 4.00 F 3.00 P Calories: 448	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

	Item	
Snack - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
35 grams Protein powder	5.00 P	Put all ingredients in blender over ice and blend.
2/3 cup Mango	2.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Simple, quick and balanced.
1 cup Yogurt, plain, low fat	2.00 PC	Simple, quick and balanced.
18 Peanuts	3.00 F	
7 grams Protein powder	1.00 P	
	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Fruit Yogurt Smoothie
28 grams Protein powder	4.00 P	Mix all ingredients in a blender until desired
2 cups Strawberries	2.00 C	consistency is reached. For a frozen smoothie freeze
15 Almonds, whole	5.00 F Calories:	fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into
	511	yogurt.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
1/2 Tangerine	1.00 C	Add water to create desired consistency. Enjoy!
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
Dinner - Meal Portions: P:7 C:5 F:5	238 Item	Preparation Suggestions:
	Portions	
7 oz Chicken breast, skinless	7.00 P	Chicken Dinner
1 1/2 cups Eggplant 3 1/2 cups Spinach	1.00 C 1.00 C	Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
1 cup Rice	3.00 C	with your spices of choice to add havour.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
·	Calories:	
	511	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Smoothie
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
3/4 cup Papaya	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F Calories:	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	210	mix it all together, then eat the fruit on the side.
	2.13	Enjoy!
Tetal Daily Bartiana, Drata	in 20 Carla alays	trates: 21 Fat: 21 Calories: 2210

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 +

Day:	27
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Preparation Suggestions: A hot and tasty bowl of soup with fruit for dessert. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories:	Preparation Suggestions: In a mixing bowl combine all ingredients and gently blend. Serve immediately.
	210	

Day:	28
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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
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	Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1/2 cup Raspberries1/2 cup Strawberries2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P .50 C .50 C .50 C .63 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat14 grams Protein powder1/8 Cantaloupe1 1/2 Apricots2/3 tsp Olive or monounsaturated oil	Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories:	Combine these ingredients for a refreshing snack!

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Snack - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Beef and barley soup4 oz Hard cheeses, light/low fat1 Apple2/3 tsp Olive or monounsaturated oil	3.00 A 4.00 P 2.00 C 2.00 F Calories: 511	Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives	3.00 P 2.00 C 2.00 F Calories: 210	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. drates: 21 Fat: 21 Calories: 2219

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:	30
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	Simple, quick and balanced.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511	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!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:4 C:2 F: 2 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511	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. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories:	Preparation Suggestions: 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.
Total Daily Portions: Protein: 3	210	drates: 21 Fat: 21 Calories: 2219

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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1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 6 cups Popcor 1 tsp Butter Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 2 00 C 15 Almonds, whole 5 Almonds, whole 5 Calories: 5 11 5 Almonds, whole 6 cups Popcor 1 to Almonds, whole 1 Sanack - Meal Portions: P:7 C:5 F:5 1 /2 cups Yogurt, plain, low fat 2 (cups Trainer) 2 (cups Trainer) 3 (cups Milk, low fat (1%) 2 (cups Milk, low fat (1%) 2 (cups Milk, low fat (1%) 2 (cups Popcor) 3 (cup Milk, low fat (1%) 2 (cups Celery 3 (cups Celery 4 (cup Cele	Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
A oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter Mid Meal - Meal Portions: P:7 C:5 F:5 Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 2 1 grams Protein powder 3 /4 cup Papaya 2 1 0 0 Perparation Suggestions: Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: Pruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt. Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 2 13 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5	2 slice Whole grain bread 4 tsp Peanut butter, natural	4.00 P 4.00 C 4.00 F 3.00 P Calories:	Add spices to the egg mixture, then cook until
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter 2 3.00 C 1 tsp Butter 3.00 C 3.00 F Calories: 3.01 Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 2 cups Strawberries 2 cups Strawberries 2 cups Strawberries 1 5 Almonds, whole 5 15 Almonds, whole 6 15 Almonds, whole 7 1 cup Milk, low fat (1%) 2 1 grams Protein powder 3 1 cup Milk, low fat (1%) 3 1 cup Alpaya 2 2 typs Strawberries 1 cup Milk, low fat (1%) 3 1 cup Alpaya 5 1 cup Milk, low fat (1%) 5 1 cup Captage 5 1 1/2 cups Cucumber	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole Snack - Meal Portions: P:4 C:2 F: 2 1 grams Protein powder 2 ly grams Protein powder 2 ly grams Protein powder 3 ltem Portions 1 cup Milk, low fat (1%) 2 ly grams Protein powder 3 ltem Portions 1 cup Milk, low fat (1%) 3 ltem Portions 1 cup Milk, low fat (1%) 3 ltem Portions 1 ltem Portions 1 ltem Portions 2 ltem Portions 3 ltem Portions 3 ltem Portions 1 cup Milk, low fat (1%) 3 ltem Portions 1 ltem Portions 1 ltem Portions 3 ltem Portions 3 ltem Portions 3 ltem Portions 1 ltem Portions 3 ltem Portions 3 ltem Portions 3 ltem Portions 4 ltem Portions 3 ltem Portions 3 ltem Portions 3 ltem Portions 4 ltem Portions 3 ltem Portions 4 ltem Portions 5 ltem Portions 5 ltem Portions 1 ltem Portions 2 cups Celery 1 loo C 2 cups Celery 1 loo C 2 ltem Portions 1 ltem Portions 2 cups Grapes 1 ltem Portions 1 ltem Portions 2 ltem Portions 3 ltem ltem portions lterated esired consistency is lted lend; adding water to create desired consistency lteration staglestions 2 ltem portions 3 ltem protein powder lterated lend; adding water to create desired consistency lteration staglestions 3 ltem protein powder lterated lend; adding water to create desired consistency lteration staglestions 4 ltem protein powder lterated lend; adding water to create desired consistency lterate	6 cups Popcorn	4.00 P 3.00 C 3.00 F Calories:	Popcorn with butter and a slice of cheese. A classic
11/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 2 //3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 cup Salmon steak 1 1/2 cups Cucumber 1 1/2 cup Milk, low fat (1%) 1 1/4 cup Yogurt, Mix all ingredients in a blender on tavailable stir protein powder and chopped fruit and nuts into yogurt. Protions 1 0.0 PC 2 .00 F Calories: 2 38 Item Portions 1 0.0 C 2 0.0 F Calories: 5 111 Snack - Meal Portions: P:7 C:5 F:5 Tolories: 5 111 Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219	Mid Meal - Meal Portions: P:7 C:5 F:5		Preparation Suggestions:
Portions Frequency Protein Shake Protein Shake Protein Shake 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!	28 grams Protein powder 2 cups Strawberries	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	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
1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil 2/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil 2/4 top Blueberries 2/3 tsp Olive or monounsaturated oil 2/4 top Blueberries 2/5 table Vall ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients so a blender is not available, set aside the fruit and shake up the remaining ingredients so as allowed. 2/50 c	Snack - Meal Portions: P:4 C:2 F: 2		Preparation Suggestions:
Portions 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 Snack - Meal Portions: P:3 C:2 F:2 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 Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219	21 grams Protein powder 3/4 cup Papaya	1.00 PC 3.00 P 1.00 C 2.00 F Calories:	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
10 1/2 oz Salmon steak 10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 210 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. Fook 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. Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219	Dinner - Meal Portions: P:7 C:5 F:5		Preparation Suggestions:
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 Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219 Portions .50 PC .50 PC 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!	10 cups Lettuce, romaine 2 cups Celery 1 1/2 cups Cucumber 1 1/4 cups Grapes	7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511	Cook salmon any way you like - baking it is one easy way. Make a salad with lettuce and vegetables,
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 Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219 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!	Snack - Meal Portions: P:3 C:2 F:2		Preparation Suggestions:
	1/4 cup Yogurt, plain, low fat 14 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce	.50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories:	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

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Day:	33
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	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:	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:4 C:2 F: 2 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat	4.00 P 4.00 C 4.00 F 3.00 P Calories: 448	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	ltem Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!

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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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Egg substitute 2 slice Whole grain bread 4 tsp Peanut butter, natural 3 oz Cheese, low or non fat	Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: 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.

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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Snack - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches	Item Portions 1.00 PC 3.00 P 2.00 C	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water
3 tbsp Almonds, slivered	3.00 F Calories: 301	until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2 3 oz Hard cheeses, light/low fat 1 Pickle	Item Portions 3.00 P 1.00 C 1.00 C	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.

Notes:

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

Day:	37
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Item	December 1
Portions	Preparation Suggestions:
4.00 P 4.00 C 4.00 F 3.00 P Calories: 448	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Item	Preparation Suggestions:
4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	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!
Item	Preparation Suggestions:
7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	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.
	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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.
Item	Preparation Suggestions:
7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Item Portions	Preparation Suggestions:
.50 PC .50 PC 2.00 P .50 C .50 C 2.00 F Calories:	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!
	Portions 4.00 P 4.00 C 4.00 F 3.00 P Calories: 448 Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238 Item Portions 7.00 P 1.00 C 2.00 F Calories: 511 Item Portions 7.00 P 1.00 C 2.00 F Calories: 511 Item Portions 7.00 P 1.00 C 2.00 F Calories: 511 Item Portions 7.00 P 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions 7.00 P 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions 50 PC 2.00 P 50 C 2.00 F

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Day:	38
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear	2.00 PC 5.00 P 2.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories: 448	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
	1.00 PC	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
1/2 cup Yogurt, plain, low fat14 grams Protein powder1 cup Strawberries6 Almonds, whole	2.00 P 1.00 C 2.00 F Calories:	wix protein powder and fruit into yogurt. Enjoy:

Take your vitamins. Be empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)4 oz Cheddar cheese, light/low fat1 cup Bran cereal, all varieties4 tbsp Almonds, slivered7 grams Protein powder	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches	Item Portions 1.00 PC 3.00 P 2.00 C	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water
3 tbsp Almonds, slivered	3.00 F Calories: 301	until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!)
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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!

Day:	40
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301	Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmed and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
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	Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511	Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	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 potatos into bite-size peices. 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.
Snack - Meal Portions: P:3 C:2 F:2 21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

Day:	41
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3 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	Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmed and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Strawberries 15 Almonds, whole	Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freez fruit or add ice cubes. If a blender is not available sti protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .50 C .50 C .13 C .50 C .50 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4 4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat	Item Portions 4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448	Preparation Suggestions:
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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 potatos into bite-size peices. 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.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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:	43
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Snack - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you
Mid Meal - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts	Item Portions 3.00 P 1.00 C 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
		drates: 21 Fat: 21 Calories: 2219 2 glasses of water per day. **

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Day:	44
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Item Portions	Preparation Suggestions:
2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories:	Cook egg whites any style for a nutritious breakfast.
Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!
Item Portions 7.00 P	Preparation Suggestions: Salmon Garden Salad
.40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511	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.
	Preparation Suggestions:
1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!
Item Portions	Preparation Suggestions:
7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done Steam the remaining vegetables and serve on the side. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448 Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P .50 C 2.00 F Calories: 238 Item Portions 7.00 P .50 C 2.00 F Calories: 511 Item Portions 1.00 PC 3.00 P .50 C 2.00 F Calories: 511 Item Portions 7.00 P 2.00 C 2.00 F Calories: 511 Item Portions 7.00 P 2.00 C 2.00 C 2.00 F Calories: 511 Item Portions 7.00 P 2.00 C 2.00 F Calories: 511 Item Portions 1.00 PC 2.00 F Calories: 511 Item Portions 1.00 PC 2.00 F Calories: 511

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Day:	45
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Item	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Simple, quick and balanced.
Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy the fruit for dessert.
Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!
Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: 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.
	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301 Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 50 C 2.00 F Calories: 238 Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511 Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511

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

Day:	46
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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! Preparation Suggestions: Preparation Suggestions: Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you Preparation Suggestions: A hot and tasty bowl of soup with fruit for dessert. Enjoy! Preparation Suggestions: A hot and tasty bowl of soup with fruit for dessert. Enjoy! Preparation Suggestions: Preparation Suggestions:
Ons OP Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you Preparation Suggestions: Preparation Suggestions: A hot and tasty bowl of soup with fruit for dessert. Enjoy! Preparation Suggestions: A Preparation Suggestions: Preparation Suggestions:
Using dried apricots makes this an exceptionally easy snack to carry around with you Preparation Suggestions: A hot and tasty bowl of soup with fruit for dessert. Enjoy! Proparation Suggestions: A Proparation Suggestions: Proparation Suggestions:
Ons Ons Ons One
DP Enjoy! DF ries: 1
PC Protein Shake DP Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
m Preparation Suggestions:
PC 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. Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot.
m Preparation Suggestions:
Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Obohydrates: 21 Fat: 21 Calories: 2219
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Day:	47
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Item	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories:	Preparation Suggestions: Simple, quick and balanced.
Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!
Item Portions 7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Item Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301 Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511 Item Portions 1.00 PC 2.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 5.0 C 2.00 F Calories: 238 Item Portions 7.00 P 1.00 C 1.00 F Calories: 511 Item Portions 7.00 P 1.00 C 1.00 F Calories:

Have you had your Protein Smoothie today?

Day:	48
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C .50 C .50 C 4.00 F Calories: 448	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 P .50 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy! drates: 21 Fat: 21 Calories: 2219

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

Have a Protein Smoothie, be Empowered

Day:	49
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Item	Preparation Suggestions:
1.00 PC 3.00 P	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs,
3.00 P 1.00 C 1.00 C .50 C	season and cook til set. Enjoy!
4.00 F Calories: 448	
Portions	Preparation Suggestions:
4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Orange and Peanuts. A quick snack to keep you going!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!
Item Portions	Preparation Suggestions:
7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done Steam the remaining vegetables and serve on the side. Enjoy!
Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
	Portions 1.00 PC 3.00 P 3.00 P 1.00 C 1.00 C 5.50 C 4.00 F Calories: 448 Item Portions 4.00 P 3.00 C 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 P 3.00 C 3.00 F Calories: 511 Item Portions 1.00 PC 3.00 F Calories: 511 Item Portions 1.00 C 2.00 F Calories: 538

+ energized + transformed + empowered +

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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	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:	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!)
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
		drates: 21 Fat: 21 Calories: 2219

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat6 cups Popcorn1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder2 cups Strawberries15 Almonds, whole	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 5.00 F Calories: 511	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. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives	3.00 P 2.00 C 2.00 F Calories: 210	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.

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:	53
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat	4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Orange and Peanuts. A quick snack to keep you going!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P 3.00 P 1.00 C 3.00 C 3.00 F 2.00 F Calories: 511	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 14 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	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!

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

3 steps for success today: Nutrition + Training + Supplements

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Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
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! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
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! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
s:
Preparation Suggestions:
Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
Preparation Suggestions:
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 potatos into bite-size peices. 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.
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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 Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat 2 1/2 oz Cheddar cheese, light/low fat 2 0 cy Cheddar cheese, light/low fat 3 1/2 cup Peaches, canned 1 1/2 cup Peaches, canned 1 1/2 cup Peaches, canned 1 1/2 cup Peaches, canned 2 1/2 cup Peaches, canned 2 1/2 cup Peaches, canned 1 1/2 cup Peaches, canned 2 1/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 To z Beef, lean cuts 4 cups Mushrooms 2 4 spears Asparagus 2 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 Dinner - Meal Portions: P:7 C:5 F:5 To z Beef, lean cuts 4 cups Mushrooms 2 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:7 C:5 F:5 Preparation Suggestic A tasty and simple mea adding water to create a dading water to create a dading water to create a deline in a ladding water to create a deline in a ladding water to create a lender is not available up the remaining ingred mix it all together, then Enjoy! Dinner - Meal Portions: P:7 C:5 F:5 Preparation Suggestic Sautéed Beef with Mus Sautéed Beef with Mus Sautéed Beef with Mus Sautéed Beef with Mus Side. Enjoy! Preparation Suggestic Sautéed Beef with Mus Source Search Asparagus Source Sautéed Beef with Mus Source Search Asparagus Source Sautéed Beef with Mus Source Search Asparagus Source Sour	ions:
Portions A cup Yogurt, plain, low fat 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	oft in olive oil, add eggs, t. Enjoy!
2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 2 1 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 T oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 Dinner - Meal Portions: P:7 C:5 F:5 T oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/2 cup Peaches, canned 2.00 C 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 1 0/2 grams Protein powder 1/2 cup Peaches, canned 2.00 C 2.00 C 3.00 F Calories: 511 Enjoy cheese on the sic 1 tem Portions A tasty and simple mean 2.00 P Calories: 511 Preparation Suggestic Yogurt, Fruit & Nuts Mix all ingredients and Mix a	ions:
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 2 1 grams Protein powder 1 /2 cup Peaches, canned 2 /3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 4 cups Mushrooms 2 4 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 Portions 5.00 A 2.00 P Calories: 1.00 PC Protein Shake Put all ingredients in a ladding water to create of blender is not available 2.00 P Calories: 238 Item Portions Preparation Suggestion 1.00 C Suite de Beef with Mus 2.00 P Sautéed Beef with Mus 2.00 C Slice the beef, and saute 3.00 P Steam the remaining versible 3.00 P Steam the r	al together, topping with nuts. ide or grate and mix together.
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered A tasty and simple meal 2.00 P Calories: 511 Item Portions 7.00 P Calories: 7.00 P Calories: 9 Preparation Suggestic 2.00 C Slice the beef, and saut Steam the remaining versible. 1.50 P Calories: 511 Preparation Suggestic 1.50 P Calories: 511 Note the beef, and saut Steam the remaining versible. 1.50 P Mix all ingredients and 1.50 PC 2.00 F	ions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 Toz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered Protein Shake Put all ingredients in a ladding water to create of blender is not available up the remaining ingred mix it all together, then Enjoy! Preparation Suggestic Sautéed Beef with Mus Sautéed Beef with Mus Steam the remaining versible. Side. Enjoy! Preparation Suggestic Sautéed Beef with Mus Steam the remaining versible. Side. Enjoy! Preparation Suggestic S	al of soup. Enjoy!
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil 2 calories: 238 238 238 238 238 238 238 24 cup Yogurt, plain, low fat 1 cup Milk, low fat 1 cup Protein Shake 1 cup All ingredients in a land adding water to create of adding water to calors.	ions:
Toz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered Portions 7.00 P 2.00 C 2.00 C 3 Slice the beef, and saud Steam the remaining verside. Enjoy! Steam the remaining verside. Enjoy! Preparation Suggestion 7.00 P 2.00 C Slice the beef, and saud Steam the remaining verside. Enjoy! Steam the remaining verside. Enjoy! Preparation Suggestion 7.00 P 2.00 C 1.00 C 5.00 F Calories: 511 Preparation Suggestion Suggestion 1.50 PC 1.50 P 1.50 P 1.50 C 2.00 F	blender over ice and blend, desired consistency. If a e, set aside the fruit and shake dients in a closed container to a eat the fruit on the side.
7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered 7.00 P 2.00 C 2.00 C Slice the beef, and saut Steam the remaining verside. Enjoy! Steam the remaining verside. Enjoy! Steam the remaining verside. Enjoy! Preparation Suggestion 1.50 PC 1.50 P 1.50 P 1.50 C 2.00 F	ions:
24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered Slice the beef, and saut Steam the remaining verside. Enjoy! Snack - Meal Portions: P:3 C:2 F:2 Item Portions 1.50 PC 1.50 P 1.50 P 1.50 P 2.00 F Slice the beef, and saut Steam the remaining verside. Enjoy! Steam the remaining verside. Enjoy! Sudd. Enjoy! Preparation Suggestion Yogurt, Fruit & Nuts Mix all ingredients and suddents and	shrooms
3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered Portions 1.50 PC 1.50 P .50 C 2.00 F	ute with mushrooms until done. regetables and serve on the
3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered 1.50 P 1.50 P 0.50 C 2.00 F 1.50 P 0.50 C 2.00 F	ions:
Calories: 210	l enjoy!
Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calori	 ries: 2219

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 4.00 P 2.00 C 4.00 F	Cook egg whites any style for a nutritious breakfast.
1 oz Mozzarella cheese, light/low fat	1.00 P Calories: 448 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Orange and Peanuts. A quick snack to keep you going!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 2/3 cups Tomato vegetable soup21 grams Protein powder1/2 Nectarine1/3 tsp Olive or monounsaturated oil	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	A hot and tasty bowl of soup with fruit for dessert. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
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	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Combine these ingredients for a refreshing snack!

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

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2 cups Milk, low fat (1%) 35 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C	Protein Shake Put all ingredients in a blender over ice and blend,
·	4.00 F Calories: 448	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil	7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	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!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers	3.00 P 1.00 C 1.00 C 2.00 F	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.

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Day:	58
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Grapefruit 16 Cherries 4 tbsp Almonds, slivered 3/4 cup Cottage cheese, light/low fat	4.00 P 2.00 C 2.00 C 4.00 F 3.00 P Calories: 448	
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511	Preparation Suggestions: Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!)
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Day:	59
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	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:	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole7 grams Protein powder	3.00 PC 3.00 F 1.00 P Calories: 301	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 1.00 C 1.00 C .38 C 2.50 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 10 1/2 grams Protein powder 1/4 cup Blackberries 2 tbsp Almonds, slivered	1.50 PC 1.50 P .50 C 2.00 F Calories: 210	Yogurt, Fruit & Nuts Mix all ingredients and enjoy! drates: 21 Fat: 21 Calories: 2219

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Day:	60
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts	1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil 	7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P .50 C .50 C .13 C .50 C .50 C .50 C 3.00 C 5.00 F Calories:	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. Enjoy the fruit for dessert.
Snack - Meal Portions: P:3 C:2 F:2	Item	Preparation Suggestions:
21 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Portions 3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder2/3 Banana1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Orange and Peanuts. A quick snack to keep you going!
Mid Meal - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 Tangelo 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 21 Fat: 21 Calories: 2219

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Grapes 18 Peanuts	1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511	Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat14 grams Protein powder1/8 Cantaloupe1 1/2 Apricots2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Combine these ingredients for a refreshing snack!

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

Day:	63
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	
1 Grapefruit	2.00 C	
16 Cherries	2.00 C	
4 tbsp Almonds, slivered	4.00 F	
3/4 cup Cottage cheese, light/low fat	3.00 P	
of Four Collage of locoto, light low fat	Calories:	
	448	
	Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	A refreshing snack. You can mix the yogurt with the
3 oz Cheese, low or non fat	3.00 P	fruit or eat separately.
1/4 cup Blueberries	.50 C	
1/2 cup Strawberries	.50 C	
1/3 cup Fruit cocktail	1.00 C	
9 Almonds, whole	3.00 F	
5 7 minorius, whole	Calories:	
	301	
	Item	
Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Chicken with yogurt, fruit and nuts on the side.
7 1/2 oz Chicken breast, deli style	5.00 P	
1 1/2 cups Blueberries	3.00 C	
30 Peanuts	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and shak
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container t
	Calories:	mix it all together, then eat the fruit on the side.
	238	Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
0/4	Portions	
3/4 cup Lentils	3.00 PC	Beef and Lentil Stew
4 oz Beef, lean cuts	4.00 P	Chop the meat and vegetables roughly, keeping
1/4 cup Onions	.50 C	separate. Saute the meat until almost done, then
1/4 cup Tomato, puree	.50 C	add vegetables and season (salt, pepper, rosemary
1/2 cup Carrots	.50 C	garlic and a bay leaf work well). Add some water,
1 1/4 cups Celery	.63 C	bring all ingredients to a boil, then simmer for 35-40
1 2/3 tsp Olive or monounsaturated oil	5.00 F	minutes. Serve hot.
	Calories:	
	511	
Snack - Meal Portions: P:3 C:2 F:2	Item	Preparation Suggestions:
	Portions	
3 oz Hard cheeses, light/low fat	3.00 P	Slice the pickles and the cheese and serve on
1 Pickle	1.00 C	crackers. Enjoy the nuts separately.
4 Crackers	1.00 C	
12 Peanuts	2.00 F	
	Calories:	
	210	
_		drates: 21 Fat: 21 Calories: 2219

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Day:	64
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder1 cup Mulberries1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 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	Item Portions 4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmed and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!

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Day:	65
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448	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.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 4 cups Mushrooms 24 spears Asparagus 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat14 grams Protein powder3/4 cup Papaya2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	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!

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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder2/3 Banana1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 9 Apricots 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Apricots & Olives Using dried apricots makes this an exceptionally easy snack to carry around with you
Mid Meal - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 3.00 PC 4.00 P .25 C 1.00 C .50 C .29 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories:	Preparation Suggestions: 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.

Day: 67

A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold. Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together. Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together. Preparation Suggestions: 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.
Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together. Preparation Suggestions: 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.
Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together. Preparation Suggestions: 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.
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.
You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
9S:
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.
Preparation Suggestions:
Preparation Suggestions:
Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
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Oncels Meel Partier at P.7 O.4 F.4	Item	Brown and the comment of the comment
Snack - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 P	Blend all ingredients together and add ice cubes until
2/3 Banana	2.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories: 448	have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Almonds
9 Almonds, whole	3.00 F	Mix them together or eat them separately. Either
7 grams Protein powder	1.00 P	way, you're on your way to a healthy lifestyle!
	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 2/3 cups Tomato vegetable soup	4.00 A	A hot and tasty bowl of soup with fruit for dessert.
21 grams Protein powder	3.00 P	Enjoy!
1/2 Nectarine	1.00 C	
1/3 tsp Olive or monounsaturated oil	1.00 F Calories:	
	511	
Create Mari Dartiana, D.4 C-2 E- 2	Item	Drawaretian Commentions.
Snack - Meal Portions: P:4 C:2 F: 2	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
1/2 Tangerine	1.00 C	Add water to create desired consistency. Enjoy!
2/3 tsp Olive or monounsaturated oil	2.00 F Calories:	
	238	
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
10 1/2 oz Salmon steak	Portions 7.00 P	Salmon Dinner
10 cups Lettuce, romaine	1.00 C	Cook salmon any way you like - baking it is one easy
2 cups Celery	1.00 C	way. Make a salad with lettuce and vegetables,
1 1/2 cups Cucumber	.38 C	enjoy grapes for dessert.
1 1/4 cups Grapes	2.50 C	,,,,,,
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Smoothie
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
3/4 cup Papaya	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	210	mix it all together, then eat the fruit on the side.
		Enjoy!

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. 0

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448	A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301	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.
Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 4 Chestnuts 3 1/2 cups Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210	Preparation Suggestions: In a mixing bowl combine all ingredients and gently blend. Serve immediately.

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448	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.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole7 grams Protein powder	3.00 PC 3.00 F 1.00 P Calories: 301	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Tuna, canned in water 1 1/3 cups Honeydew melon 1 1/2 whole Pita 5 tsp Mayonnaise	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 3.00 P 1.00 C .25 C .75 C 2.00 F Calories: 210	Preparation Suggestions: In a mixing bowl combine all ingredients and gently blend. Serve immediately.

Have you had your Protein Smoothie today?

Day. I I	Da	ıv:	71
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder1 cup Mulberries1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 1/2 cup Oatmeal 9 Almonds, whole	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	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 Item	Preparation Suggestions: 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
Snack - Meal Portions: P:3 C:2 F:2 4 1/2 oz Ham, deli style 1/2 Cantaloupe 6 Olives	Portions 3.00 P 2.00 C 2.00 F Calories: 210	Preparation Suggestions: 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.

Have a Protein Smoothie, be Empowered

	140.00	
Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 1/4 cups Ricotta cheese, skim 1/2 cup Cereal, cold 1/2 cup Grapes 12 Walnuts	2.00 PC 5.00 P 1.00 C 1.00 C 4.00 F Calories: 448	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.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	1.00 PC 6.00 P 1.00 C 1.00 C 2.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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

+ energized + transformed + empowered +

Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	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	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	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 potatos into bite-size peices. 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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
3 oz Hard cheeses, light/low fat 1 Pickle 4 Crackers 12 Peanuts	3.00 P 1.00 C 1.00 C 2.00 F Calories:	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.

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

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 14 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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:	75
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Snack - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
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	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	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Snack - Meal Portions: P:4 C:3 F:3 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2 1 cup Milk, low fat (1%) 14 grams Protein powder 1/2 cup Guava 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	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!

Item	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Item Portions	Preparation Suggestions:
7.00 P .13 C .50 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511	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.
Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions	Preparation Suggestions:
7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511	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.
Item Portions	Preparation Suggestions:
3.00 P 1.00 C .25 C .75 C 2.00 F	In a mixing bowl combine all ingredients and gently blend. Serve immediately.
	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 7.00 P .13 C .50 C 1.00 C 3.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 2.00 F Calories: 511 Item Portions 1.00 PC 2.00 F Calories: 238 Item Portions 7.00 P 1.00 C 2.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 511 Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511 Item Portions 3.00 P 1.00 C 2.25 C

Notes:

3 steps for success today: Nutrition + Training + Supplements

Day: 77	7
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 1/2 Grapefruit 1/3 cup Mandarin orange, canned 1/2 Apple 3 tbsp Almonds, slivered	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 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	Item Portions 6.00 P 1.00 C 3.00 C 5.00 F 1.00 P 1.00 C Calories: 511	Preparation Suggestions: Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 2 cups Sauerkraut 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: 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 potatos into bite-size peices. 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.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1/3 cup Applesauce 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into container and take along to work or elsewhere.
	n: 32 Carbohyo	drates: 21 Fat: 21 Calories: 2219 2 glasses of water per day. **

	Item	
Snack - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder2/3 Banana1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup 3 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Raspberries 6 Almonds, whole	Item Portions 1.00 PC 2.00 P 1.00 C 2.00 F Calories: 210	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	4.00 P 1.00 C .75 C .25 C 1.00 C 3.00 F Calories: 301	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.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 7 1/2 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1/2 Tangelo2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
21 grams Protein powder1/2 Orange1 cup Raspberries1/3 tsp Olive or monounsaturated oil6 Peanuts	3.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 210	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

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

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0	Item	B
Snack - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes until
1 cup Strawberries	1.00 C	desired consistency is reached. If a blender is not
1 cup Peaches, canned	2.00 C	available mix protein powder with cold water and
1 1/3 tsp Olive or monounsaturated oil	4.00 F	have remaining ingredients on the side. Enjoy!
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	448 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Peaches & Nuts
3 Peaches	3.00 C	Enjoy items separately.
18 Peanuts	3.00 F	
	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
7 oz Tuna, canned in water	Portions 7.00 P	Tuna Stuffed Pita & Fruit
1 1/3 cups Honeydew melon	2.00 C	Mix tuna and mayonnaise. Stuff in pita and enjoy.
1 1/2 whole Pita	3.00 C	For extra crunch add a handful of lettuce or bean
5 tsp Mayonnaise	5.00 F	sprouts. Have the fruit for dessert.
,	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 Plum	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and shake
•	Calories:	up the remaining ingredients in a closed container to
	238	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Mushroom Steak with Vegetables
2 cups Mushrooms	1.00 C	Saute beef with 1 tsp minced garlic until cooked.
3 cups Brussels sprouts	2.00 C	Add mushrooms and onions and worcestershire
1 cup Onions	2.00 C	sauce and simmer. Steam vegetables, serve on the
1 2/3 tsp Olive or monounsaturated oil	5.00 F	side.
•	Calories:	
	511	
Snack - Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Combine these ingredients for a refreshing snack!
14 grams Protein powder	2.00 PC	Combine these ingredients for a refleshing strack!
1/8 Cantaloupe	.50 C	
1 1/2 Apricots	.50 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
•	Calories:	
	210	
		drates: 21 Fat: 21 Calories: 2219
** Remember to drink be	etween 10 and 1	2 glasses of water per day. **

Notes:

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Day:	81
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Item Portions	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Peaches & Nuts Enjoy items separately.
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	Preparation Suggestions: 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.
Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!
Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	Preparation Suggestions: 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!)
Item Portions .50 PC .50 PC 2.00 P .50 C	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 4.00 P 3.00 C 3.00 F Calories: 301 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 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 511 Item Portions 5.00 C 5.00 F Calories: 511

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Day:	82
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Snack - Meal Portions: P:7 C:4 P:3		1 1	T
1 cup Milk, low fat (1%) 2 8 grams Protein powder 1 cup Strawberries 1 cup Paches, canned 2 cor Cheddar cheese, light/low fat 2 oz Cheddar cheese, light/low fat 4 oz Cheddar cheese, light/low fat 6 cups Popcom 1 tsp Butter Snack - Meal Portions: P:4 C:3 F:3 7 oz Chicken breast, skinless 1 /2 cup Stleuberries 1 /2 cup Stleuberries 1 /2 cup Stleuberries 2 /3 itsp Olive or monounsaturated oil Snack - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 /4 cup Stleuberries 2 /3 itsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 2 cup Raspberries 2 /3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 2 cup Stleusel sprouts 1 cup Stleuberries 2 cup Stleusel sprouts 1 cup Milk, low fat (1%) 2 cup Strawberries 2 cup Stleusel sprouts 1 cup Milk, low fat (1%) 2 cup Stleusel sprouts 2 cup Stleusel sprouts 1 cup Milk, low fat (1%) 2 cup Stleusel sprouts 1 cup Milk, low fat (1%) 2 cup Stleusel sprouts 1 cup Stleusel sprouts 1 cup Stleusel sprouts 1 cup Stleusel sprouts 1 cup Chicken Salad Sandwich 2 cup Stleusel sprouts 1 cup Stleusel sprouts 2 cup Stleusel sprouts 3 cup Stleusel sprouts 1 cup Stleusel sprouts 1 cup Stleusel sprouts 1 cup Stleusel sprouts 1 cup Chicken Salad Sandwich 2 cup Stleusel sprouts 3 cup Stleusel sprouts 3 cup Stleusel sprouts 4 cup Stleusel sprouts 5 cup Stleusel sprouts 5 cup Stleusel sprouts 5 cup Stleusel sprouts 5 cup Stleusel sprouts 6 cup Chicken Salad Sandwich 7 cup Chicken Salad Sandwich 7 cup Chicken Salad Sandwich 7 cup Chicken Salad Sandwich 8 cup Stleusel sprouts 1 cup Chicken Salad Sandwich 9 cup Chicken Salad Sandwich 9 cup Chicken Salad Sandwich 1 cup Chicken Sa	Snack - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
A cz Cheddar cheese, light/low fat 6 cups Popcorn 3.00 C 3.00 F Calories: 3.01 Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 7.00 P 1/2 cup Blueberries 7.00 P 2 clice Whole grain bread 7.00 C 2 slice Whole g	28 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 1.00 C 2.00 C 4.00 F 2.00 P Calories:	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
7 oz Chicken breast, skinless 7.00 P 1/2 cup Blueberries 1.00 C 2 slice Whole grain bread 3 tsp Mayonnalise 2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 511 Snack - Meal Portions: P:4 C:2 F: 2 Portions 7.00 P 2.00 F Calories: 511 Snack - Meal Portions: P:4 C:2 F: 2 Portions 7.00 P 2.00 F Calories: 511 Snack - Meal Portions: P:5 C:2 F: 2 Portions 7.00 P 2.00 F Calories: 5.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 5.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P 1/2 cup Milk, low fat (1%) 1.00 F Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P 1/2 cup Milk, low fat (1%) 1.00 F Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P 2.00 F Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.11 Snack - Meal Portions: P:3 C:2 F:2 Portions 7.00 P Calories: 5.1	4 oz Cheddar cheese, light/low fat 6 cups Popcorn	Portions 4.00 P 3.00 C 3.00 F Calories: 301	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic
Portions 1 cup Milk, low fat (1%) 1.00 PC 21 grams Protein powder 1/2 cup Raspberries 5.0 C 2/3 tsp Olive or monounsaturated oil 1.00 PC 2.00 F 2.38	7 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise	Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories:	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219 Item Portions 1.00 C 2.00 C 2.00 C 2.00 C 2.00 C 2.00 C Calories: Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side. Freparation Suggestions: Preparation Suggestions: Preparation Suggestions: Saute beef with 1 tsp minced garlic until cooked. Add mushrooms and onions and worcestershire sauce and simmer. Steam vegetables, serve on the side. Soo F Calories: 511 Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219	1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries	Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
14 grams Protein powder 1/4 cup Blueberries 2.00 P 5.50 C available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 2/3 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 32 Carbohydrates: 21 Fat: 21 Calories: 2219	7 oz Beef, lean cuts 2 cups Mushrooms 3 cups Brussels sprouts 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:3 C:2 F:2 1/2 cup Milk, low fat (1%)	Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511 Item Portions .50 PC	Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit
	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	.50 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	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!

Notes:

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
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	Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Peaches & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Beef and barley soup 4 oz Hard cheeses, light/low fat 1 Apple 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 A 4.00 P 2.00 C 2.00 F Calories: 511	Preparation Suggestions: Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 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	Item Portions 7.00 P .50 C 2.33 C 2.25 C 5.00 F Calories: 511	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.
Snack - Meal Portions: P:3 C:2 F:2 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	Item Portions 1.00 PC 2.00 P .50 C .50 C 2.00 F Calories: 210	Preparation Suggestions: Combine these ingredients for a refreshing snack!

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

Powerful Proven Results @ $\underline{\text{www.empowerednutrition.net}}$

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

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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Grocery List

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

Other

13 cups Milk, low
fat (1%)
10 1/4 cups
Yogurt, plain, low
fat
1 1/2 cups Lentils
3 1/3 cups Beef
and vegetable
soup
2 cups Chicken
noodle soup
2 2/3 cups Tomato
vegetable soup

Protein	Carbohydrates	Fats
374 1/2 grams Protein powder 3 3/4 cups Cottage cheese, light/low fat 14 oz Chicken breast, skinless 14 Egg whites 25 oz Cheese, low or non fat 7 1/2 oz Chicken breast, deli style 9 oz Turkey breast, deli style 17 oz Beef, lean cuts 1 cup Egg substitute 6 oz Cheddar cheese, light/low fat 7 oz Tuna, canned in water 1 1/4 cups Ricotta cheese, skim 7 oz Pork chop	1 cup Mango 3 3/4 cups Grapes 5/6 cup Oatmeal 4 3/4 cups Strawberries 1 1/2 cups Papaya 1 1/2 cups Eggplant 6 1/4 cups Spinach 1 3/4 cups Rice 1/4 cup Blackberries 10 cups Mushrooms 2 3/4 cups Onions 3 Peppers (bell or cubanelle) 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	25 1/3 tsp Olive or monounsaturated oil 15 tbsp Almonds, slivered 57 Almonds, whole 66 Peanuts 4 tsp Peanut butter, natural 5 tsp Mayonnaise 12 Walnuts

24 spears Asparagus 1 cup Raspberries

Grocery List

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

Other

14 1/2 cups Milk, low fat (1%) 7 3/4 cups Yogurt, plain, low fat 1 1/2 cups Beef and barley soup

Protein	Carbohydrates	Fats
1 cup Cottage cheese, light/low fat 392 grams Protein powder 6 oz Cheddar cheese, light/low fat 14 oz Chicken breast, skinless 6 oz Turkey breast, skinless 4 1/2 oz Ham, deli style 5 oz Mozzarella cheese, light/low fat 9 oz Ground beef (< 10% fat) 21 oz Cheese, low or non fat 14 oz Beef, lean cuts 7 oz Hard cheeses, light/low fat 31 1/2 oz Salmon steak 14 oz Pork, lean 8 Egg whites 7 oz Tuna, canned in water 4 1/2 oz Turkey breast, deli style	7/8 Cantaloupe 1 cup Honeydew melon 1/3 cup Oatmeal 6 cups Popcorn 1 1/2 cups Blueberries 4 1/2 slice Whole grain bread 4 Peppers (bell or cubanelle) 17 cups Lettuce, romaine 3 1/6 cups Onions 2 1/2 cups Tomatoes 1 cup Cereal, cold 1 1/2 cups Pineapple 3 Tomatoes 5/8 head Lettuce, iceberg 3 3/4 cups Peaches, canned 3 cups Raspberries 3 1/2 cups Strawberries 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	8 tbsp Almonds, slivered 31 tsp Olive or monounsaturated oil 1 tsp Butter 5 tsp Mayonnaise 24 Olives 102 Peanuts 30 Almonds, whole

4 Crackers

Grocery List

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

Other

17 cups Milk, low

fat (1%) 3/4 cup Lentils 4 1/4 cups Yogurt, plain, low fat 2 cups Chicken noodle soup 1 1/2 cups Beef and barley soup

Protein	Carbohydrates	Fats
329 grams Protein powder 2 oz Cheddar cheese, light/low fat 4 1/2 cups Cottage cheese, light/low fat 9 oz Turkey breast, deli style 29 1/2 oz Cheese, low or non fat 23 oz Beef, lean cuts 9 oz Ham, deli style 14 Egg whites 1 oz Mozzarella cheese, light/low fat 14 oz Chicken breast, skinless, Grilled 10 1/2 oz Salmon steak 18 oz Ground beef (< 10% fat) 12 oz Turkey breast, skinless 4 oz Hard cheeses, light/low fat	3 1/2 cups Strawberries 5 1/2 cups Peaches, canned 4 cups Grapes 1 1/6 cups Oatmeal 1/3 cup Applesauce 2 cups Pineapple 3 7/12 cups Onions 1/4 cup Tomato, puree 1/2 cup Carrots 1 1/4 cups Celery 1 Cantaloupe 2 1/2 Apples 9 Apricots 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	27 2/3 tsp Olive or monounsaturated oil 13 tbsp Almonds, slivered 33 Almonds, whole 39 Olives 102 Peanuts 3 tsp Mayonnaise

16 Cherries 3/4 cup Papaya

Grocery List

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

Other

13 cups Yogurt,

plain, low fat

14 cups Milk, low fat (1%)

3 3/4 cups Lentils

2 2/3 cups Tomato

vegetable soup

Protein	Carbohydrates	Fats
458 1/2 grams Protein powder 15 1/2 oz Cheese, low or non fat 19 oz Beef, lean cuts 24 Egg whites 5 oz Mozzarella cheese, light/low fat 21 oz Salmon steak 7 oz Tuna, canned in water 1 cup Egg substitute 7 oz Chicken breast, skinless 2 3/4 cups Cottage cheese, light/low fat 7 1/2 oz Chicken breast, deli style	1 cup Mulberries 4 cups Blueberries 4 1/2 cups Strawberries 2 3/4 cups Onions 3/4 cup Tomato, puree 2 1/2 cups Carrots 3 3/4 cups Celery 1 1/2 cups Raspberries 1 Apple 1 1/2 Oranges 8 cups Lettuce, romaine 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	33 tsp Olive or monounsaturated oil 45 Almonds, whole 102 Peanuts 8 tbsp Almonds, slivered 4 tsp Peanut butter, natural
	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

Protein	Carbohydrates	Fats	Other
339 1/2 grams Protein powder 10 oz Cheddar cheese, light/low fat 4 oz Hard cheeses, light/low fat 6 oz Turkey breast, skinless 4 1/2 oz Ham, deli style 14 Egg whites 26 1/2 oz Cheese, low or non fat 21 oz Tuna, canned in water 21 oz Salmon steak 3 cups Egg substitute 1/4 cup Cottage cheese, light/low fat 21 oz Chicken breast, skinless, Grilled 7 oz Beef, lean cuts 7 oz Pork, lean	1 cup Mulberries 12 cups Popcorn 1 Apple 2 1/4 cups Papaya 6 Peppers (bell or cubanelle) 13 cups Lettuce, romaine 6 1/2 cups Onions 5 1/2 cups Tomatoes 3/4 Cantaloupe 13 cups Mushrooms 6 1/4 cups Spinach 6 cups Beans, green or yellow 6 1/2 cups Strawberries 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	29 2/3 tsp Olive or monounsaturated oil 2 tsp Butter 24 Olives 36 Peanuts 45 Almonds, whole 5 tsp Mayonnaise 12 tsp Peanut butter, natural 3 tbsp Almonds, slivered	8 1/4 cups Yogurt, plain, low fat 1 1/2 cups Beef and barley soup 13 1/2 cups Milk, low fat (1%) 3/4 cup Lentils

4 Chestnuts

Grocery List

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

Other

16 1/2 cups Milk, low fat (1%) 7 3/4 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
420 grams Protein powder 16 oz Cheese, low or non fat 13 1/2 oz Turkey breast, deli style 7 oz Pork chop 3 oz Hard cheeses, light/low fat 1 cup Egg substitute 3 3/4 cups Cottage cheese, light/low fat 21 oz Tuna, canned in water 7 oz Chicken breast, skinless 21 oz Salmon steak 6 oz Cheddar cheese, light/low fat 7 1/2 oz Chicken breast, deli style 7 oz Beef, lean cuts 14 oz Pork, lean 4 oz Mozzarella cheese, light/low fat	2/3 cup Mango 5 1/2 Peaches 3 1/2 cups Raspberries 3 1/2 slice Whole grain bread 1/2 Tangerine 2 cups Cauliflower 3 1/2 cups Brussels sprouts 3/4 cup Rice 1 Pickle 4 Crackers 1 1/2 Grapefruits 1/3 cup Mandarin orange, canned 1 1/2 Apples 2 cups Onions 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	25 tsp Olive or monounsaturated oil 23 tbsp Almonds, slivered 66 Peanuts 12 tsp Mayonnaise 4 tsp Peanut butter, natural 66 Almonds, whole

16 Cherries

Grocery List

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

Other

18 1/2 cups Milk, low fat (1%) 3/4 cup Lentils 8 1/2 cups Yogurt, plain, low fat 1 1/2 cups Beef and barley soup 2 2/3 cups Tomato vegetable soup 2 cups Chicken noodle soup

3 1/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
353 1/2 grams Protein powder 34 oz Cheese, low or non fat 9 oz Turkey breast, deli style 28 Egg whites 7 oz Hard cheeses, light/low fat 1 oz Mozzarella cheese, light/low fat 1 cup Cottage cheese, light/low fat 21 oz Salmon steak 26 oz Beef, lean cuts 7 oz Pork, lean 6 oz Cheddar cheese, light/low fat	1 cup Mango 18 Apricots 5 cups Raspberries 3 slice Whole grain bread 1 cup Blueberries 2 Tomatoes 2 1/2 cups Onions 1/2 cup Carrots 8 cups Spinach 1 Pickle 4 Crackers 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	28 2/3 tsp Olive or monounsaturated oil 18 Olives 108 Peanuts 4 tsp Mayonnaise 9 tbsp Almonds, slivered 24 Almonds, whole

1/2 cup Pineapple

Grocery List

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

Protein	Carbohydrates	Fats	Other
2 cups Cottage cheese, light/low fat 388 1/2 grams Protein powder 27 oz Cheese, low or non fat 31 1/2 oz Salmon steak 21 oz Beef, lean cuts 10 oz Cheddar cheese, light/low fat 14 oz Chicken breast, skinless 4 1/2 oz Ham, deli style 4 1/2 oz Turkey breast, deli style 7 oz Pork chop 7 oz Pork, lean 14 Egg whites 1 oz Mozzarella cheese, light/low fat	1 1/8 Cantaloupes 1 1/3 cups Honeydew melon 1 1/3 cups Datmeal 2 cups Blueberries 8 cups Lettuce, romaine 4 cups Bean sprouts 4 cups Cucumber 4 Tomatoes 2 Bananas 1 Plum 2 2/3 cups Potato 5 cups Strawberries 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 cup Peaches, canned	14 tbsp Almonds, slivered 29 2/3 tsp Olive or monounsaturated oil 48 Almonds, whole 1 tsp Butter 6 Olives 54 Peanuts 5 tsp Mayonnaise	16 cups Milk, low fat (1%) 7 1/4 cups Yogurt, plain, low fat 3 1/3 cups Beef and vegetable soup 2 2/3 cups Tomato vegetable soup
	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

Other

12 cups Milk, low

fat (1%)

10 1/4 cups

Yogurt, plain, low fat 2 cups Chicken

noodle soup 3/4 cup Lentils

Protein	Carbohydrates	Fats
388 1/2 grams Protein powder 15 oz Chicken breast, deli style 14 oz Pork, lean 6 oz Hard cheeses, light/low fat 26 oz Cheese, low or non fat 1 3/4 cups Cottage cheese, light/low fat 18 oz Turkey breast, deli style 11 oz Beef, lean cuts 21 oz Salmon steak 5 oz Mozzarella cheese, light/low fat 14 oz Chicken breast, skinless 9 oz Ground beef (< 10% fat) 8 Egg whites	1 Pear 5 Peaches 3 3/4 cups Blueberries 8 Chestnuts 10 1/2 cups Spinach 2 Pickles 8 Crackers 2 Grapefruits 32 Cherries 3 1/2 cups Strawberries 6 3/4 cups Grapes 2/3 cup Applesauce 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	25 2/3 tsp Olive or monounsaturated oil 17 tbsp Almonds, slivered 174 Peanuts 51 Almonds, whole 3 tsp Mayonnaise

1/2 cup Carrots

Grocery List

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

Other

15 1/4 cups
Yogurt, plain, low
fat
6 cups Milk, low fat
(1%)
2 cups Chicken
noodle soup
3/4 cup Lentils
2 2/3 cups Tomato
vegetable soup
3 1/3 cups Beef
and vegetable
soup

Protein	Carbohydrates	Fats
343 grams Protein powder 3 1/2 cups Cottage cheese, light/low fat 18 1/2 oz Cheese, low or non fat 4 1/2 oz Turkey breast, deli style 21 oz Chicken breast, skinless 5 cups Ricotta cheese, skim 7 oz Beef, lean cuts 9 oz Ground beef (< 10% fat) 8 Egg whites 10 1/2 oz Salmon steak 2 oz Cheddar cheese, light/low fat 7 oz Pork, lean 7 oz Tuna, canned in water 6 oz Turkey breast, skinless	1 cup Mulberries 1 cup Applesauce 1 1/2 Peaches 2 1/2 cups Strawberries 1 Apple 1 cup Raspberries 2 1/2 slice Whole grain bread 3 3/4 cups Grapes 7 cups Mushrooms 2 2/3 cups Onions 5 1/2 cups Tomatoes 2 cups Cereal, cold 1 1/4 cups Blueberries 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 Catmeal 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	24 2/3 tsp Olive or monounsaturated oil 6 tbsp Almonds, slivered 48 Peanuts 7 tsp Mayonnaise 51 Almonds, whole 48 Walnuts 18 Olives
	1 1/2 whole Dite	

1 1/2 whole Pita

Grocery List

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

Other

8 3/4 cups Yogurt,

plain, low fat

11 cups Milk, low fat (1%)

6 2/3 cups Beef

and vegetable soup

1 1/2 cups Beef

and barley soup

Protein	Carbohydrates	Fats
392 grams Protein powder 12 1/2 oz Cheese, low or non fat 21 oz Chicken breast, skinless 6 oz Turkey breast, skinless 4 1/2 oz Ham, deli style 1 1/4 cups Ricotta cheese, skim 12 oz Cheddar cheese, light/low fat 6 oz Beef, lean cuts 3 1/4 cups Cottage cheese, light/low fat 14 oz Pork, lean 7 oz Hard cheeses, light/low fat 7 oz Tuna, canned in water 14 oz Pork chop 9 oz Turkey breast, deli style	1 cup Mulberries 1 1/2 cups Oatmeal 2 3/4 cups Blueberries 2 slice Whole grain bread 1 cup Raspberries 2 1/2 cups Strawberries 3 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Onions 2 1/2 cups Tomatoes 1 Cantaloupe 1/2 cup Cereal, cold 3 cups Grapes 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 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	28 2/3 tsp Olive or monounsaturated oil 48 Almonds, whole 3 tsp Mayonnaise 15 Olives 12 Walnuts 1 tsp Butter 15 tbsp Almonds, slivered 12 Peanuts

2/3 cup Applesauce

Grocery List

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

Carbohydrates

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

1 100011	Carbony aratoc	
420 grams Protein	2/3 Banana	29 ts
powder	4 cups Blueberries	monour
24 1/2 oz Cheese, low	4 1/4 cups Peaches, canned	24 Alm
or non fat	11 3/4 Peaches	7 tbsp
21 oz Chicken breast,	10 cups Mushrooms	sl
skinless	5 1/6 cups Onions	138
12 oz Cheddar	6 cups Tomatoes	8 tsp N
cheese, light/low fat	2 1/2 cups Raspberries	1 ts
1 cup Cottage cheese,	1 cup Bran cereal, all varieties	
light/low fat	2/3 cup Applesauce	
7 1/2 oz Chicken	4 1/4 cups Strawberries	
breast, deli style	1 1/2 Apples	
28 oz Beef, lean cuts	1/2 Tangelo	
7 oz Tuna, canned in	12 1/2 cups Brussels sprouts	
water	1/2 Orange	
9 oz Ground beef (<	1 1/3 cups Honeydew melon	
10% fat)	1 1/2 whole Pita	
8 oz Mozzarella	1 Plum	
cheese, light/low fat	1/4 Cantaloupe	
4 oz Hard cheeses,	3 Apricots	
light/low fat	2 1/4 cups Pineapple	
7 oz Pork chop	1/2 Tomato	

Protein

Fats

Other