Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions:
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A hot bowl of chili - easy, tasty and filling!
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	Preparation Suggestions:
7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
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.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 6 Almonds, whole	Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 2.00 P 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:
2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A 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 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole1 oz Cheddar cheese, light/low fat	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!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 1 Kiwi 1 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories:	Preparation Suggestions: Yogurt & Slivered 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	301 Item	Preparation Suggestions:
7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil	Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Preparation Suggestions: Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	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: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Day:	4
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole 10 Egg whites 	1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
 1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat 	.50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 2.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Barbecued Beef Simple but tasty.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 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 3/4 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 1 2/3 tsp Olive or monounsaturated oil	7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511	Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper garlic, and rosemary if you have it.
Snack - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Salsa	Item Portions 4.00 P 2.00 C 1.00 C	Preparation Suggestions: Shrimp, celery, and macadamia nuts with salsa for dipping!
2 cups Celery 3 Macadamia nuts	3.00 F Calories: 301	

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Day:	5
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Breakfast - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
14 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 4.00 F Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P 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 1 cup Milk, low fat (1%) 1 Tomato 4 cups Lettuce, romaine 1 cup Mushrooms 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 5 oz Chicken breast, skinless 1 cup Celery	Item Portions 1.00 PC .50 C .40 C .50 C 2.00 C 5.00 F 1.00 P 5.00 P .50 C Calories: 511	Preparation Suggestions: Salad with Chicken & Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 cup Onions 1 cup Tomato, puree 12 spears Asparagus 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: Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!

This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side. Preparation Suggestions: Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: Preparation Suggestions:
Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Pees: Preparation Suggestions:
Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Pees: Preparation Suggestions:
Preparation Suggestions:
A simple but tasty meal: soup and a sandwich. P C F es:
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:
P Grilled beef with sautéed, spicy vegetables. Enjoy! C C C F es:
Preparation Suggestions:
C Cheese, yogurt, fruit and nuts taste great mixed together!
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Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%)	2.00 PC	Cook egg whites any style for a nutritious breakfast.
10 Egg whites	5.00 P	
1/2 Cantaloupe	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
•	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 Dogghan	3.00 C	Change Fruit 9 Nute
3 Peaches 9 Almonds, whole		Cheese, Fruit & Nuts
	3.00 F	Enjoy items separately.
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories: 301	
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Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken with Rice and Vegetables.
2 cups Mushrooms	1.00 C	Season the vegetables any way you like. Enjoy!
1 1/3 cups Rice	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
•	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
4/0	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
3/4 cup Watermelon	1.00 C	Add water to create desired consistency. Enjoy!
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories: 238	
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Dinner - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
10 1/2 oz Salmon steak	7.00 P	Grilled Salmon with Herbed Asparagus
24 spears Asparagus	2.00 C	Marinate vegetables in water, olive oil, garlic, salt,
1 1/2 cups Onions	3.00 C	pepper and thyme before preparing the meal (at
1 2/3 tsp Olive or monounsaturated oil	5.00 F	least two hours is best). Grill the fish, brushing with
•	Calories:	marinade regularly. Lightly sauté vegetables. Enjoy!
	511	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	. •••
1/2 Apple	1.00 C	Cheese, Yogurt, Apple and Almonds
9 Almonds, whole	3.00 F	A nice, quick snack to satisfy those cravings!
1 cup Yogurt, plain, low fat	2.00 PC	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	301	
Total Daily Portions: Prote	ein: 33 Carbohyo	frates: 22 Fat: 22 Calories: 2310

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

3 steps for success today: Nutrition + Training + Supplements

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F	Cook egg whites any style for a nutritious breakfast.
	Calories: 448	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P Calories: 301	Cheese, Strawberries & Almonds
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 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 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1/4 Cantaloupe1 tsp Olive or monounsaturated oil3 oz Cheddar cheese, light/low fat1/2 cup Blueberries	1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301	Combine these ingredients for a refreshing snack!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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

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 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC 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:
3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!
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 28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .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	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat3 Pickles9 Almonds, whole	4.00 P 3.00 C 3.00 F Calories: 301	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Save money, look great! www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat1/2 cup Grapes1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Grapes & Almonds A great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 1/2 cup Strawberries 2 1/2 oz Cheddar cheese, light/low fat	Item Portions 1.50 PC 2.00 F .50 C 2.50 P Calories: 238	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C 1.00 C 1.00 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:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Grapes1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	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 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 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 Ground beef (< 10% fat) 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: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts	Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301	Preparation Suggestions: Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites	2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions:
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 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 cup Tomato, puree 2 cups Celery 3 cups Carrots 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: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Another tasty snack!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Item	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301	Preparation Suggestions: Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.
Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories:	Preparation Suggestions: Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Item Portions 1.00 PC 3.00 P 1.00 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 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301 Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 3.00 P Calories: 511 Item Portions 1.00 C 2.00 F Calories: 238 Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511 Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511 Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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 14 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 4.00 F Calories: 448	Preparation Suggestions: Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P 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 2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana	Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511	Preparation Suggestions: Soup with cheese on top. Enjoy the fruit for desert!
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 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 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: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	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 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 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:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
14 Egg whites	7.00 P	Eggs with oatmeal on the side. Enjoy!
1 1/3 cups Oatmeal	4.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%) 3 Macadamia nuts	3.00 PC 3.00 F	
1 oz Cheddar cheese, light/low fat	1.00 P	
1 02 Offeddal Cheese, lightnow lat	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Won ton soup	5.00 A	A simple meal of soup. Enjoy!
2 oz Cheddar cheese, light/low fat	2.00 P	A simple mear of soup. Enjoy:
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	Portions 1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
3/4 cup Watermelon	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 Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Steak and Potatoes
1 2/3 cups Potato	5.00 C	Cube the potatoes and toss in olive oil, salt, pepper,
1 2/3 tsp Olive or monounsaturated oil	5.00 F	a dash of chili powder and some cayenne pepper if
	Calories:	you like 'em spicy, then roast them at 350 degrees
	511	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	, ,
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Slivered Almonds
1 oz Cheddar cheese, light/low fat	1.00 P	Mix them together or eat them separately. Either
3 tbsp Almonds, slivered	3.00 F	way, you're on your way to a healthy lifestyle!
	Calories:	
Total Daily Bartiana, Brotsi	301	l drates: 22 Fat: 22 Calories: 2310

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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!

		<u></u>
Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole 10 Egg whites	1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P Calories: 301	Cheese, Strawberries & Almonds
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Preparation Suggestions: Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 5.00 C 5.00 F Calories: 511	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Yogurt & Slivered 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 2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A 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 3/4 cup Watermelon 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 1/3 cups Sweet potato 3 cups Broccoli 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: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3 6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Another tasty snack! drates: 22 Fat: 22 Calories: 2310

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

All The Essentials, No Hype, NO BS www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole 10 Egg whites 	1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:3 F:3 2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301	Preparation Suggestions: Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Rice and Vegetables. Season the vegetables any way you like. 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.
Dinner - Meal Portions: P:7 C:5 F:5	Item	Enjoy! Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories:	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Explosive, Strong & Powerful www.empowerednutrition.net

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 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC 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 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Grapes & Almonds A great, quick snack!
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 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 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 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:4 C:3 F:3 1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Item	Preparation Suggestions:
2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC 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!
Item Portions	Preparation Suggestions:
3.00 PC 3.00 F 1.00 P Calories: 301	Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!
Item	Preparation Suggestions:
7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Barbecued Beef Simple but tasty.
Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories:	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Item	Preparation Suggestions:
1.50 PC 1.50 C 2.50 P	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
	Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC Calories: 448 Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301 Item Portions 7.00 P 1.00 C 2.00 C 2.00 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: 238 Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511 Item Portions 7.00 P .50 C 1.50 C 1.50 C 1.50 C 1.50 C 1.50 C 1.50 PC 1.50 PC 1.50 C

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	22
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 6 Almonds, whole 	5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories:	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:3 F:3	448 Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Treparation ouggestions.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 1 Tomato 4 cups Lettuce, romaine 1 cup Mushrooms 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 5 oz Chicken breast, skinless 1 cup Celery	Item Portions 1.00 PC .50 C .40 C .50 C 2.00 C 5.00 F 1.00 P 5.00 P .50 C Calories: 511	Preparation Suggestions: Salad with Chicken & Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 1/3 cups Sweet potato 3 cups Broccoli 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: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Cheese, yogurt, fruit and nuts taste great mixed together!

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3 3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items 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 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 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 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Grilled beef with sautéed, spicy vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 Cantaloupe 1 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 1/2 cup Blueberries	Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301	Preparation Suggestions: Combine these ingredients for a refreshing snack!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Item Portions Preparation Suggestions A tasty, easy-to-prepare breakfast. Enjoy!
1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat A tasty, easy-to-prepare breakfast. Enjoy!
10 Egg whites 1 cup Grapes 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 2.00 C 4.00 F Calories: 448 Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1 cup Milk, low fat (1%) 1 cup Grapes 2.00 C 4.00 F Calories: 4.00 P Calories: 3.00 P Calories: 3.01 Item Portions 4.00 A 1 cup Milk, low fat (1%) 1.00 F 1.00 PC 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2.00 P
1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 2/0 C 4.00 F Calories: 448 Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately. Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 448 Item Portions 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 4.00 F Calories: 3.00 F Calories: 3.01 Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately. Fruit or eat separately. Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:3 F:3 Item Portions
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat Item Portions 1.00 C 3.00 F 3.00 P Calories: 301 Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately. Item Portions Portions 4.00 A 1.00 PC 2.00 P
Shack - Meal Portions: P:4 C:3 F:3
1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1.0
1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 50 C 1.00 C 3.00 F Calories: 301 Item Portions 4.00 A 1.00 PC 1.00 PC 1.00 PC 1.00 PC 1.00 PC 2.00 P
1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 50 C 1.00 C 3.00 F Calories: 301 Item Portions 4.00 A 1.00 PC 1.00 PC 1.00 PC 1.00 F 2.00 P
1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1 .00 C 3 .00 F Calories: 301 Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that! 1 .00 PC 1 .00 PC 1 .00 PC
9 Almonds, whole 3 oz Cheddar cheese, light/low fat Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 3.00 F Calories: 301 Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that! 1.00 PC 1.00 F 2.00 P
3 oz Cheddar cheese, light/low fat 3.00 P Calories: 301 Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 3.00 P Calories: 301 Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that! 1.00 PC 1.00 F 2.00 P
Calories: 301 Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat Calories: 301 Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 301 Item Portions 4.00 A 1.00 PC 1.00 PC 1.00 F 2 oz Cheddar cheese, light/low fat 2 02 Cheddar cheese, light/low fat 301 Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1 tem Portions 4.00 A 1.00 PC 1.00 F 2 oz Cheddar cheese, light/low fat 2 ltem Portions A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Preparation Suggestions: 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat Portions 4.00 A 1.00 PC 1.00 F 2 oz Cheddar cheese, light/low fat Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1.00 F 2.00 P 1.00 PC 2.00 P
1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1.00 PC 1.00 F 2.00 P much easier to prepare than that! 2.00 P
2 oz Cheddar cheese, light/low fat 2.00 P
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Coloring
Calules.
511
Snack - Meal Portions: P:4 C:2 F: 2 Item Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 1.50 PC Yogurt, Fruit & Nuts
2 tbsp Almonds, slivered 2.00 F Mix all ingredients and enjoy!
1/2 cup Strawberries .50 C
2 1/2 oz Cheddar cheese, light/low fat 2.50 P
Calories:
238
Dinner - Meal Portions: P:7 C:5 F:5 Item Preparation Suggestions:
Portions
7 oz Chicken breast, skinless 7.00 P Deviled Chicken with Asparagus
1 cup Onions 2.00 C
1 cup Tomato, puree 2.00 C
12 spears Asparagus 1.00 C
1 2/3 tsp Olive or monounsaturated oil 5.00 F
Calories: 511
Itom
Snack - Meal Portions: P:4 C:3 F:3 Preparation Suggestions:
2 cups Milk, low fat (1%) 2.00 PC Protein Shake with Fruit
14 grams Protein powder 2.00 P Blend all ingredients together and add ice cubes un
1/2 cup Grapes 1.00 C desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil 3.00 F available mix protein powder with cold water and
Calories: have remaining ingredients on the side. Enjoy!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Item	Preparation Suggestions:
5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions:
Item Portions	Preparation Suggestions:
4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	A simple but tasty meal: soup and a sandwich.
	Preparation Suggestions:
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!
Item	Preparation Suggestions:
7.00 P 3.00 C 1.00 C 1.00 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.
	Preparation Suggestions:
4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Shrimp, celery, and macadamia nuts with salsa for dipping!
	Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F 2.00 P 2.00 F Calories: 448 Item Portions 3.00 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 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 7.00 P 3.00 C 1.00 C 5.00 F Calories: 511 Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 3.00 F Calories: 511 Item Portions 7.00 P 3.00 C 1.00 C 3.00 F Calories: 511 Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories:

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
14 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 4.00 F Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 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: Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 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 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts Total Daily Portions: Protein	Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301	Preparation Suggestions: Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites	2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat	2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301	Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A 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 Blueberries 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.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 1.00 C 2.00 C 1.00 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 1 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered	3.00 PC 1.00 P 3.00 F Calories: 301	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC 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 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions:
Mid Meal - Meal Portions: P:7 C:5 F:5 2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling!
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 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 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: Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 6 Almonds, whole	5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	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 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 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 3/4 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.
Snack - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts	Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Shrimp, celery, and macadamia nuts with salsa for dipping! Prates: 22 Fat: 22 Calories: 2310

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 cup Yogurt, plain, low fat 10 Egg whites	2.00 PC 5.00 P	A tasty, easy-to-prepare breakfast. Enjoy!
2 Kiwis	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
1 1/0 top Olive of Monourisatarated on	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/8 Cantaloupe	.50 C	Mixed Fruit Salad over Yogurt
1/4 cup Grapes	.50 C	Mix fruit and nuts in a bowl and pour over the yogurt.
1/8 cup Honeydew melon 3 tbsp Almonds, slivered	.19 C 3.00 F	Enjoy!
1 cup Yogurt, plain, low fat	2.00 PC	
2 oz Cheddar cheese, light/low fat	2.00 P	
2 02 offoddar offoddo, fightforf fat	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Beef and vegetable pasta. Enjoy!
1 cup Celery	.50 C	
1/2 cup Onions	1.00 C	
1/4 cup Tomato, puree	.50 C	
3/4 cup Pasta	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 511	
	Item	
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.
3/4 cup Watermelon	1.00 C	Add water to create desired consistency. Enjoy!
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	238 Item	
Dinner - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Steak Dinner
12 spears Asparagus	1.00 C	Mix oil with your favorite seasonings and brush
3 cups Broccoli	1.00 C	mixture on your steak. Grill steak to your preference,
1 cup Potato	3.00 C	serve the vegetables on the side.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 511	
Snock Mod Portions, P.4 C-2 E-2	Item	Propagation Suggestions:
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
	3.00 C	Another tasty snack!
6 cups Popcorn		1
1 tsp Butter	3.00 F	
	4.00 P	
1 tsp Butter		

Notes:

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

3 steps for success today: Nutrition + Training + Supplements

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P 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 Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 1/2 cup Strawberries 2 1/2 oz Cheddar cheese, light/low fat	Item Portions 1.50 PC 2.00 F .50 C 2.50 P Calories: 238	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	32
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites	2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.
Snack - Meal Portions: P:4 C:3 F:3 3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 1 Tomato 4 cups Lettuce, romaine 1 cup Mushrooms 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 5 oz Chicken breast, skinless 1 cup Celery	Item Portions 1.00 PC .50 C .40 C .50 C 2.00 C 5.00 F 1.00 P 5.00 P .50 C Calories: 511	Preparation Suggestions: Salad with Chicken & Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 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 cup Tomato, puree 2 cups Celery 3 cups Carrots 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: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Another tasty snack!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat	2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301	Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!
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 Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat2 Plums3 Macadamia nuts3 oz Cheddar cheese, light/low fat	1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Cheese, yogurt, fruit and nuts taste great mixed together!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 1/2 cups Yogurt, plain, low fat1 Kiwi1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 2 slice Whole grain bread 15 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511	Preparation Suggestions: Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Snack - Meal Portions: P:4 C: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 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 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: Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
14 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil	7.00 P 4.00 C 4.00 F Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Grapes & Almonds A great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana	3.00 A 4.00 P 2.00 F 2.00 C Calories: 511	Soup with cheese on top. Enjoy the fruit for desert!
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 Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 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	Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat3 Pickles9 Almonds, whole	4.00 P 3.00 C 3.00 F Calories: 301	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3 3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 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 Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil	7.00 P 3.00 C 1.00 C 1.00 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts	3.00 PC 1.00 P 3.00 F Calories: 301	Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered	Item Portions 1.00 PC 2.00 C 3.00 F	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
3 oz Cheddar cheese, light/low fat	3.00 P Calories: 301	advance.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 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	Barbecued Beef Simple but tasty.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 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 cup Tomato, puree 2 cups Celery 3 cups Carrots 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: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F 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 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana	3.00 A 4.00 P 2.00 F 2.00 C Calories: 511	Soup with cheese on top. Enjoy the fruit for desert!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Strawberries6 Almonds, whole3 oz Cheddar cheese, light/low fat	1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 5.00 C 5.00 F Calories: 511	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis	1.00 PC 3.00 P 2.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	blender is not available, set aside the 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: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%)10 Egg whites1 cup Blueberries1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	Yogurt & Slivered 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:
 1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 2 slice Whole grain bread 15 Almonds, whole 2 oz Cheddar cheese, light/low fat 	1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511	Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 Plum2/3 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 Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 1.00 C 2.00 C 1.00 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1/4 Cantaloupe1 tsp Olive or monounsaturated oil3 oz Cheddar cheese, light/low fat1/2 cup Blueberries	1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301	Combine these ingredients for a refreshing snack!
	301	

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

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 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC 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 1/2 cups Yogurt, plain, low fat3 tbsp Almonds, slivered1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	Yogurt & Slivered 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 Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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:
10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 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	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
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.
Total Dalla Bartianas Busta		Irates: 22 Fat: 22 Calories: 2310

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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14 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 2/3 cup Fruit cocktail Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448 Preparation Suggestions: Mix yogurt and fruit cocktail in a bowl. This makes	Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
Portions Propagation Pro	14 Egg whites 4 cups Mushrooms 3 cups Tomatoes	7.00 P 2.00 C 2.00 C 4.00 F Calories:	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic
2/3 cup Fruit cocktail 3 thisp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat 4 oz Cheddar cheese, light/low fat 5 oz Beef, lean cuts 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil 5 cup Strawberries 1 cup Milk, low fat (1%) 2 tl grams Protein powder 1/2 kiwi 5 o C 1 /2 cup Strawberries 2 thisp Almonds, slivered 5 o C 2 thisp Almonds, slivered 6 o Calories: 5 o C 1 cup Rice 7 oz Chicken breast, skinless 1 cup Nogur, plain, low fat 2 cup Grapes 1 cup Grapes 1 cup Grapes 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat 5 oz Chicken cheese, light/low fat 5 oz Chickenses, light/low fat 6 oz Chickenses, light/	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
Toz Beef, lean cuts 7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 2 1 grams Protein powder 1/2 Kiwi 1/2 Cup Strawberries 2 tbsp Almonds, slivered Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:7 C:5 F:5 Portions 7 oz Chicken breast, skinless 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 Dinner - Meal Portions: P:4 C:3 F:5 Portions 1 cup Rice 2 cup Rice 2 cup Rice 3 cup	3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	2.00 C 3.00 F 1.00 PC 3.00 P Calories:	an easy, simple snack that you can enjoy at home or
1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered 2 tbsp Almonds, slivered 3 .00 C 4 cups Cauliflower 1 cup Rice 4 cups Cauliflower 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 Dinner - Meal Portions: P:7 C:5 F:5	Mid Meal - Meal Portions: P:7 C:5 F:5		Preparation Suggestions:
Shack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/4 cup Grapes 1/4 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 Proteins Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blend all ingredients except nuts available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately. Protein Sanch and ingredients available? Mix protein powder and have remaining ingredients on the side. Eat nuts separately. Protein Sanch and ingredients available?	1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli	7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories:	
Portions 7 oz Chicken breast, skinless 7.00 P 1 cup Rice 3.00 C 4 cups Cauliflower 1.00 C 12 spears Asparagus 1.00 C 1 2/3 tsp Olive or monounsaturated oil 5.00 F Calories: 511 Snack - Meal Portions: P:4 C:3 F:3 Preparation Suggestions: Snack - Meal Portions: P:4 C:3 F:3 Preparation Suggestions: Snack - Meal Portions: P:4 C:3 F:3 Preparation Suggestions: Mix oil with your spices of choice to add flavour. Mix oil with your spices of choice to add flavour. Mix oil with your spices of choice to add flavour. Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds! 3 tbsp Almonds, slivered 3.00 F 2.00 PC 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 301 Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310	1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries	Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories:	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.
Portions 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310	7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus	Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken.
	1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301	Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!
remember to anim betties in a and in grades or mater 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%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites	2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P 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 1 cup Milk, low fat (1%) 1 Tomato 4 cups Lettuce, romaine 1 cup Mushrooms 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 5 oz Chicken breast, skinless 1 cup Celery	Item Portions 1.00 PC .50 C .40 C .50 C 2.00 C 5.00 F 1.00 P 5.00 P .50 C Calories: 511	Preparation Suggestions: Salad with Chicken & Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .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 Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Total Daily Portions: Proto		L drates: 22 Fat: 22 Calories: 2310

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P 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 2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat	Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling!
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 cup Tomato, puree 2 cups Celery 3 cups Carrots 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: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Another tasty snack!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 1/2 cups Yogurt, plain, low fat1 Kiwi1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Blueberries9 Almonds, whole4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P 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:
10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. 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 cup Strawberries 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 cup Tomato, puree 2 cups Celery 3 cups Carrots 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	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts	4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Shrimp, celery, and macadamia nuts with salsa for dipping!
		Vrotoni 22. Foti 22. Colorino, 2210

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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	A tasty, easy-to-prepare breakfast. Enjoy!
Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P 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 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511	Preparation Suggestions: Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Preparation Suggestions: Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!
Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Grilled beef with sautéed, spicy vegetables. Enjoy!
Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories:	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301 Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238 Item Portions 7.00 P Calories: 238 Item Portions 7.00 P Calories: 511 Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions 2.00 PC 2.00 PC 1.00 C

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3 3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3 3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered	Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
14 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil	Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat3 tbsp Almonds, slivered1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	Yogurt & Slivered 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%) 1 Tomato 4 cups Lettuce, romaine 1 cup Mushrooms 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 5 oz Chicken breast, skinless 1 cup Celery	Item Portions 1.00 PC .50 C .40 C .50 C 2.00 C 5.00 F 1.00 P 5.00 P .50 C Calories: 511	Preparation Suggestions: Salad with Chicken & Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up.
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	Item	Preparation Suggestions:
7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil	Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole1 oz Cheddar cheese, light/low fat	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!

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

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Grapes9 Almonds, whole4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P Calories: 301	Cheese, Grapes & Almonds A great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Beef and vegetable pasta. 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 Blueberries 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.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 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	Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 Apple	1.00 C	Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites	2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Blueberries9 Almonds, whole4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P 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 Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	A simple but tasty meal: soup and a sandwich.
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 Nectarine 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 Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 1.00 C 2.00 C 1.00 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 Apple	1.00 C 3.00 F	Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
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 Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil 	7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
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.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 cup Yogurt, plain, low fat10 Egg whites2 Kiwis1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P 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 2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 3/4 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.
Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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	Item	
Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
14 Egg whites	7.00 P	Eggs with oatmeal on the side. Enjoy!
1 1/3 cups Oatmeal	4.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	448 Item	
Snack - Meal Portions: P:4 C:3 F:3	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	
9 Almonds, whole	3.00 F	
1 oz Cheddar cheese, light/low fat	1.00 P	
	Calories:	
	301 Item	
Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup	5.00 A	A tasty and simple meal of soup. Enjoy!
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat	1.50 PC	Yogurt, Fruit & Nuts
2 tbsp Almonds, slivered	2.00 F	Mix all ingredients and enjoy!
1/2 cup Strawberries	.50 C	
2 1/2 oz Cheddar cheese, light/low fat	2.50 P	
	Calories:	
	238	
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Herbed Beef and Bean Stew
3/4 cup Kidney beans	3.00 C	Cut the beef into cubes, then saute in oil until brown.
1/4 cup Onions	.50 C	Add the vegetables and saute, then add the
1/4 cup Tomato, puree	.50 C	remaining ingredients. Season this with salt, pepper,
1/2 cup Salsa	1.00 C	garlic, and rosemary if you have it.
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories:	
	511	
Snack - Meal Portions: P:4 C:3 F:3	Item	Propagations:
	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,
2 Kiwis	2.00 C 3.00 F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
		Enjoy!
Total Daily Dartions, Dusta	in 22 Carlanday	

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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	ltem Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat1 Kiwi1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P 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 7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 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: Barbecued Beef Simple but tasty.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .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 Beef, lean cuts 3/4 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 1/4 Cantaloupe 1 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C	Preparation Suggestions: Combine these ingredients for a refreshing snack!

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat1/2 cup Grapes1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions:
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A 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 cup Strawberries 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C 1.00 C 1.00 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1/4 Cantaloupe1 tsp Olive or monounsaturated oil3 oz Cheddar cheese, light/low fat1/2 cup Blueberries	1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301	Combine these ingredients for a refreshing snack!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Grapes1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!
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 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 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: Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts	Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301	Preparation Suggestions: Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	A tasty, easy-to-prepare breakfast. Enjoy! Preparation Suggestions: Cheese, Grapes & Almonds A great, quick snack!
Portions 3.00 C 3.00 F 4.00 P Calories:	Cheese, Grapes & Almonds
3.00 F 4.00 P Calories:	
Item Portions	Preparation Suggestions:
3.00 A 4.00 P 2.00 F 2.00 C Calories: 511	Soup with cheese on top. Enjoy the fruit for desert!
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 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
	Preparation Suggestions:
3.00 PC 3.00 F 1.00 P Calories:	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	4.00 P 2.00 F 2.00 C 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 1.00 C 3.00 C 5.00 F Calories: 511 Item Portions 3.00 PC 3.00 F 1.00 P

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Grapes1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 2.00 P 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:
7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C .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:4 C:3 F:3	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered	1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Total Daily Bartiana, Dusta		Hrates: 22 Fat: 22 Calories: 2310

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P Calories: 301	Cheese, Strawberries & Almonds
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	A simple but tasty meal: soup and a sandwich.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C .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 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole1 oz Cheddar cheese, light/low fat	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!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P 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 2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana	Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511	Preparation Suggestions: Soup with cheese on top. Enjoy the fruit for desert!
Snack - Meal Portions: P:4 C:2 F: 2 3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 1/2 cup Strawberries 2 1/2 oz Cheddar cheese, light/low fat	Item Portions 1.50 PC 2.00 F .50 C 2.50 P Calories: 238	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 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: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	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: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 1/2 cups Yogurt, plain, low fat1/2 cup Grapes1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories:	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat	448 Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P	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
Mid Maal Maal Dawtoner Dr7 Cr5 Fr5	Calories: 301 Item	powder and top with heated fruit.
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	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	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 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 Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 5.00 C 5.00 F Calories: 511	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 1 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered	Item Portions 3.00 PC 1.00 P 3.00 F Calories:	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	301	Vratac: 22 Eat: 22 Caloriac: 2210

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F 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 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)4 oz Beef, lean cuts2 slice Whole grain bread15 Almonds, whole2 oz Cheddar cheese, light/low fat	1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511	Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder3/4 cup Watermelon2/3 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 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Grilled beef with sautéed, spicy vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat2 Plums3 Macadamia nuts3 oz Cheddar cheese, light/low fat	1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Cheese, yogurt, fruit and nuts taste great mixed together!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 1/2 cups Yogurt, plain, low fat1 Kiwi1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	.50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. 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 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 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: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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!

Breakfast - Meal Portions: P:7 C:4 F:4 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole 10 Egg whites	Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P	Preparation Suggestions: A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%)	Calories: 448 Item Portions 1.00 PC	Preparation Suggestions: Simple, quick and balanced.
1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	2.00 PC 3.00 F 1.00 P Calories: 301	
Mid Meal - Meal Portions: P:7 C:5 F:5 2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter	Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	Preparation Suggestions: A simple but tasty meal: soup and a sandwich.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 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: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts	Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Shrimp, celery, and macadamia nuts with salsa for dipping!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
1 1/2 cups Yogurt, plain, low fat1/2 cup Grapes1 1/3 tsp Olive or monounsaturated oil4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 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	Preparation Suggestions:
7 oz Chicken breast, skinless1 cup Carrots1 cup Corn, canned1 2/3 tsp Olive or monounsaturated oil	Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C: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:	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
	301	drates: 22 Fat: 22 Calories: 2310

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat	3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 C 3.00 F 4.00 P Calories: 301	Preparation Suggestions: Cheese, Strawberries & Almonds
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 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: Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 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 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Cheese, yogurt, fruit and nuts taste great mixed together!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole 10 Egg whites 	1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Milk & Almonds A tall glass of milk and a handful of almonds. 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 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Preparation Suggestions: Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 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: Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	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: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 6

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 6 Almonds, whole 	5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
 1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat 	.50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless4 cups Mushrooms3 cups Tomato, canned1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat	.50 C .38 C 3.00 F 2.00 PC 2.00 P	Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!
2 oz Cheddar cheese, light/low fat	Calories: 301	

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Grilled beef with sautéed, spicy vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
14 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 4.00 F Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 1.00 P Calories: 301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts	Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301	Preparation Suggestions: Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** 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:
14 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil	7.00 P 4.00 C 4.00 F Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat	3.00 C 3.00 F 4.00 P Calories: 301	Cheese, Strawberries & Almonds
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A hot bowl of chili - easy, tasty and filling!
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 Nectarine 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat1 oz Cheddar cheese, light/low fat3 tbsp Almonds, slivered	3.00 PC 1.00 P 3.00 F Calories: 301	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Grocery List

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

Protein	Carbohydrates	Fats	Other
64 Egg whites 45 oz Cheddar cheese, light/low fat 140 grams Protein powder 42 oz Beef, lean cuts 26 oz Chicken breast, skinless 6 oz Shrimp 10 1/2 oz Salmon steak	1 1/4 cups Blueberries 5 Peaches 1 1/3 cups Sweet potato 12 cups Broccoli 6 cups Popcorn 3 cups Grapes 1 1/2 slice Whole grain bread 1 1/2 Kiwis 6 cups Strawberries 2 2/3 cups Potato 11 cups Mushrooms 3 cups Tomato, canned 72 spears Asparagus 3/4 Cantaloupe 11/24 cup Honeydew melon 3 1/4 cups Onions 2 1/4 cups Tomato, puree 1 1/4 cups Kidney beans 1 1/2 cups Salsa 3 cups Celery 3 cups Tomatoes 1/3 cup Fruit cocktail 1 Tomato 4 cups Lettuce, romaine 1 Nectarine 1/8 cup Oatmeal 2 cups Cherry tomatoes 3 cups Turnip 2 Plums 1 1/3 cups Rice 3/4 cup Watermelon	29 2/3 tsp Olive or monounsaturated oil 9 Macadamia nuts 1 1/3 tsp Butter 51 Almonds, whole 21 tbsp Almonds, slivered	17 cups Milk, low fat (1%) 2 1/2 cups Chili, canned 12 cups Yogurt, plain, low fat 2 1/2 cups Won ton soup 2 cups Beef and barley soup

1/2 Apple

Grocery List

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

Other

24 cups Milk, low fat (1%) 9 cups Yogurt, plain, low fat 11 1/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
54 Egg whites 56 oz Cheddar cheese, light/low fat 31 1/2 oz Ground beef (< 10% fat) 154 grams Protein powder 21 oz Chicken breast, skinless 25 oz Beef, lean cuts	1 Apple 4 1/2 cups Strawberries 12 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 3/4 cup Watermelon 4 1/4 cups Grapes 1 2/3 cups Rice 4 1/2 cups Broccoli 1/2 Cantaloupe 2 1/2 cups Blueberries 1/2 cup Bran cereal, all varieties 1/3 cup Honeydew melon 4 1/2 Kiwis 30 spears Asparagus 2 2/3 cups Potato 3 Pickles 3 cups Celery 1 cup Onions 3/4 cup Tomato, puree 1 1/2 cups Pasta 8 Cherries 2 cups Oatmeal 1 Plum 4 cups Carrots 6 cups Popcorn 2/3 cup Fruit cocktail 2 slice Whole grain bread 1 cup Corn, canned 2/3 Banana	28 1/3 tsp Olive or monounsaturated oil 84 Almonds, whole 15 tbsp Almonds, slivered 6 Macadamia nuts 1 tsp Butter

1/2 cup Tomato sauce

Grocery List

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

Protein	Carbohydrates	Fats	Other
54 Egg whites 48 1/2 oz Cheddar cheese, light/low fat 147 grams Protein powder 35 oz Beef, lean cuts 21 oz Chicken breast, skinless 21 oz Ground beef (< 10% fat)	3 3/4 cups Grapes 1/2 cup Blueberries 6 cups Potato 3 Pickles 1 1/3 cups Oatmeal 1 1/2 cups Watermelon 8 1/2 cups Strawberries 6 cups Mushrooms 3 cups Tomato, canned 2 1/2 Kiwis 1/2 Cantaloupe 1 1/3 cups Sweet potato 13 1/2 cups Broccoli 6 cups Popcorn 2/3 cup Fruit cocktail 2 cups Rice 1 Peach 1 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 cup Bran cereal, all varieties 1 Plum 4 cups Cauliflower 1/2 Apple 1 cup Tomato, puree 18 spears Asparagus	26 tbsp Almonds, slivered 75 Almonds, whole 25 2/3 tsp Olive or monounsaturated oil 3 Macadamia nuts 1 tsp Butter	22 cups Milk, low fat (1%) 11 1/4 cups Yogurt, plain, low fat 6 2/3 cups Beef and vegetable soup 5 cups Won ton soup

Grocery List

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

Other

27 cups Milk, low fat (1%)
7 3/4 cups Yogurt, plain, low fat
6 cups Beef and vegetable soup
2 cups Beef and barley soup
2 1/2 cups Won ton soup
2 1/2 cups Chili, canned

Protein	Carbohydrates	Fats
64 Egg whites 48 1/2 oz Cheddar cheese, light/low fat 40 oz Chicken breast, skinless 140 grams Protein powder 14 oz Beef, lean cuts 6 oz Shrimp 10 1/2 oz Salmon steak	5 cups Grapes 2 1/2 slice Whole grain bread 1 Tomato 4 cups Lettuce, romaine 9 cups Mushrooms 1/2 cup Kidney beans 3 cups Celery 1/2 Nectarine 1 1/3 cups Sweet potato 6 cups Broccoli 2 Plums 3 Peaches 1 1/2 cups Watermelon 72 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 3/8 Cantaloupe 1 1/4 cups Blueberries 3 cups Strawberries 1 cup Fruit cocktail 2 1/2 cups Onions 1 cup Tomato, puree 8 Cherries 1 2/3 cups Rice 8 cups Cauliflower 1 cup Salsa 3 cups Tomatoes 3 cups Tomatoes 3 cups Tomatoes 3 cups Tomato, canned 1 cup Carrots 1 cup Corn, canned	26 2/3 tsp Olive or monounsaturated oil 39 Almonds, whole 18 Macadamia nuts 19 tbsp Almonds, slivered 1/3 tsp Butter

2/3 cup Oatmeal
1/2 cup Bran cereal, all varieties
1/3 cup Honeydew melon
1/2 Apple

Grocery List

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

Protein	Carbohydrates	Fats	Other
64 Egg whites 55 1/2 oz Cheddar cheese, light/low fat 147 grams Protein powder 46 oz Beef, lean cuts 6 oz Shrimp 21 oz Ground beef (< 10% fat) 12 oz Chicken breast, skinless 10 1/2 oz Salmon steak	3 3/4 cups Grapes 3 slice Whole grain bread 1 1/2 cups Strawberries 1 1/4 cups Kidney beans 3 1/4 cups Onions 2 cups Tomato, puree 4 1/2 cups Salsa 6 cups Celery 5 Kiwis 1/4 Cantaloupe 11/24 cup Honeydew melon 3/4 cup Pasta 3/4 cup Watermelon 78 spears Asparagus 7 1/2 cups Broccoli 3 cups Potato 12 cups Popcorn 2 1/2 cups Blueberries 8 cups Cauliflower 5 cups Mushrooms 2 cups Oatmeal 4 Peaches 1 Tomato 4 cups Lettuce, romaine 8 Cherries 3 cups Carrots 2/3 cup Fruit cocktail 3 Plums	28 tsp Olive or monounsaturated oil 114 Almonds, whole 6 Macadamia nuts 12 tbsp Almonds, slivered 2 tsp Butter	18 cups Milk, low fat (1%) 6 3/4 cups Yogurt, plain, low fat 5 1/3 cups Beef and vegetable soup

6 Pickles 2/3 Banana

Grocery List

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

Other

26 cups Milk, low fat (1%) 4 2/3 cups Beef and vegetable soup 8 1/4 cups Yogurt, plain, low fat

Protein	Carbohydrates	Fats
64 Egg whites 48 1/2 oz Cheddar cheese, light/low fat 154 grams Protein powder 33 oz Chicken breast, skinless 32 oz Beef, lean cuts 21 oz Ground beef (< 10% fat)	2 3/4 cups Blueberries 3 Peaches 1 5/8 Cantaloupes 2/3 cup Honeydew melon 4 cups Rice 12 cups Cauliflower 36 spears Asparagus 4 cups Strawberries 1 1/2 cups Onions 2 1/2 cups Tomato, puree 18 cups Broccoli 8 Cherries 3 cups Celery 3 cups Carrots 1 1/2 cups Grapes 2/3 Banana 2 2/3 cups Potato 3 Kiwis 2 slice Whole grain bread 1 Plum 1/2 cup Bran cereal, all varieties 7 cups Mushrooms 1/2 Nectarine 1/2 cup Tomato sauce 3/4 cup Pasta 6 cups Popcorn 3 cups Tomatoes 1 cup Fruit cocktail 19/24 cup Oatmeal 1 Tomato 4 cups Lettuce, romaine 1/2 cup Kidney beans 3 Pickles	32 2/3 tsp Olive or monounsaturated oil 48 Almonds, whole 6 Macadamia nuts 24 tbsp Almonds, slivered 1 tsp Butter

Grocery List

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

Protein	Carbohydrates	Fats	Other
64 Egg whites 48 1/2 oz Cheddar cheese, light/low fat 140 grams Protein powder 46 oz Beef, lean cuts 10 1/2 oz Ground beef (< 10% fat) 6 oz Shrimp 26 oz Chicken breast, skinless	4 1/4 cups Grapes 4 1/4 cups Blueberries 2 1/2 cups Strawberries 1/3 cup Fruit cocktail 5 Peaches 2 1/4 cups Tomato, puree 8 cups Celery 6 cups Carrots 6 cups Popcorn 3 Kiwis 8 cups Cauliflower 2 1/2 cups Salsa 9 cups Mushrooms 2 1/2 slice Whole grain bread 66 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 3 Apples 2 cups Rice 1 Nectarine 7 1/2 cups Broccoli 2 cups Potato 3 cups Tomatoes 1 Tomato 4 cups Lettuce, romaine 1/2 cup Kidney beans 1 1/2 cups Onions 3/4 cup Pasta	31 tsp Olive or monounsaturated oil 108 Almonds, whole 1 1/3 tsp Butter 3 Macadamia nuts 9 tbsp Almonds, slivered	11 1/4 cups Yogurt, plain, low fat 2 1/2 cups Chili, canned 16 cups Milk, low fat (1%) 2 cups Beef and barley soup

2/3 cup Oatmeal

Grocery List

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

Protein	Carbohydrates	Fats	Other
54 Egg whites 52 1/2 oz Cheddar cheese, light/low fat 154 grams Protein powder 35 oz Beef, lean cuts 7 oz Chicken breast, skinless 21 oz Ground beef (< 10% fat) 10 1/2 oz Salmon steak	1 1/2 Cantaloupes 1 Peach 7 1/2 cups Broccoli 54 spears Asparagus 1 cup Potato 6 cups Popcorn 7 1/2 Kiwis 2 3/4 cups Blueberries 2 cups Strawberries 1/3 cup Fruit cocktail 1/2 Nectarine 2 1/4 cups Kidney beans 3 1/4 cups Onions 1 3/4 cups Tomato, puree 3 cups Salsa 3 1/2 cups Grapes 1 11/24 cups Grapes 1 11/24 cups Oatmeal 19/24 cup Honeydew melon 1 cup Rice 8 cups Cauliflower 2 cups Mushrooms 2/3 Banana 1 Plum 1/2 cup Tomato sauce 3/4 cup Pasta	30 2/3 tsp Olive or monounsaturated oil 69 Almonds, whole 1 tsp Butter 8 tbsp Almonds, slivered 6 Macadamia nuts	18 cups Milk, low fat (1%) 8 cups Beef and vegetable soup 13 1/4 cups Yogurt, plain, low fat 2 1/2 cups Chili, canned 2 1/2 cups Won ton soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
50 Egg whites 52 oz Cheddar cheese, light/low fat 7 oz Chicken breast, skinless 154 grams Protein powder 32 oz Beef, lean cuts 31 1/2 oz Ground beef (< 10% fat) 6 oz Shrimp	4 cups Grapes 3 Peaches 2 cups Mushrooms 1 1/3 cups Rice 5/8 Cantaloupe 19/24 cup Honeydew melon 2 1/2 Kiwis 5 cups Potato 1 cup Blueberries 7 cups Strawberries 3 slice Whole grain bread 2 2/3 cups Sweet potato 6 cups Broccoli 2/3 Banana 1 1/2 cups Watermelon 1 Apple 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 2 Plums 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 6 cups Popcorn	26 tsp Olive or monounsaturated oil 26 tbsp Almonds, slivered 45 Almonds, whole 1 2/3 tsp Butter 9 Macadamia nuts	15 cups Yogurt, plain, low fat 17 cups Milk, low fat (1%) 4 cups Beef and barley soup 8 2/3 cups Beef and vegetable soup

1 cup Salsa 2 cups Celery

Grocery List

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

Carbohydrates	Fats	Other
3 1/4 cups Grapes 13 1/2 cups Strawberries 2 cups Celery 3 1/2 cups Onions 1 1/2 cups Tomato, puree 1 1/2 cups Pasta 8 Cherries 3 cups Carrots 3 cups Corn, canned 6 cups Popcorn 12 cups Mushrooms 6 cups Tomato, canned 3/4 cup Watermelon	31 1/3 tsp Olive or monounsaturated oil 20 tbsp Almonds, slivered 1 tsp Butter 42 Almonds, whole 9 Macadamia nuts	10 1/2 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%) 6 cups Beef and vegetable soup 2 1/2 cups Chili, canned
	3 1/4 cups Grapes 13 1/2 cups Strawberries 2 cups Celery 3 1/2 cups Onions 1 1/2 cups Tomato, puree 1 1/2 cups Pasta 8 Cherries 3 cups Carrots 3 cups Corn, canned 6 cups Popcorn 12 cups Mushrooms	3 1/4 cups Grapes 3 1/2 cups Strawberries 2 cups Celery 3 1/2 cups Onions 1 1/2 cups Tomato, puree 1 1/2 cups Pasta 8 Cherries 3 cups Carrots 3 cups Corn, canned 6 cups Popcorn 12 cups Mushrooms 6 cups Tomato, canned

2 Plums
60 spears Asparagus
1 slice Whole grain bread
1/8 Cantaloupe
1/8 cup Honeydew melon
1 1/2 Nectarines
1 2/3 cups Potato
1 7/12 cups Oatmeal
1 Apple
2 cups Cherry tomatoes
3 cups Turnip
3 cups Tomatoes
1/2 Kiwi