

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
- ✔ Consistent Meal Times. Making You Anabolic 24/7 To Build The Muscle And Power You Want

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

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

Breakfast - Meal Portions: P:7 C:4 F:4 2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Preparation Suggestions: 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 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 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 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 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. ***

Have you had your Protein Smoothie today?

Notes:

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Day: 2

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit 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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Have a Protein Smoothie, be Empowered</p>		

Notes:

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Day: 3

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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+ energized + transformed + empowered +

Notes:

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup 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</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 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</p>	<p>Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Shrimp, celery, and macadamia nuts with salsa for dipping!</p>

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Day: 5

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup 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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!</p>

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

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Day: 6

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a sandwich.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, yogurt, fruit and nuts taste great mixed together!</p>

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Notes:

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Day: 7

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>

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3 steps for success today: Nutrition + Training + Supplements

Notes:

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Day: 8

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Strawberries & Almonds</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>California Beef and Vegetable Medley</p> <p>Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner</p> <p>Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

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

Notes:

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Day: 9

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 10

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

Total Daily Portions: Protein: 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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 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</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 12

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 13

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 1 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana</p>	<p>Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with cheese on top. Enjoy the fruit for desert!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 15

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 16

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 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 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 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 1 1/2 cups Yogurt, plain, low fat 1 oz Cheddar cheese, light/low fat 3 tbsps Almonds, slivered	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!

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!

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 17

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Strawberries & Almonds</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Burn Fat Build MUSCLE www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 19

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 20

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Fight Fat www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit 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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 22

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, yogurt, fruit and nuts taste great mixed together!</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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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 23

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 24

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

Total Daily Portions: Protein: 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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions</p> <p>5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter</p>	<p>Item Portions</p> <p>4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a sandwich.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts</p>	<p>Item Portions</p> <p>4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Shrimp, celery, and macadamia nuts with salsa for dipping!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 26

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 27

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 1 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 29

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 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</p>	<p>Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Shrimp, celery, and macadamia nuts with salsa for dipping!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 31

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

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites</p>	<p>Item Portions</p> <p>2.00 PC 2.00 C 4.00 F 5.00 P</p> <p>Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>3.00 C 3.00 F 4.00 P</p> <p>Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>1.00 PC .50 C .40 C .50 C 2.00 C 5.00 F 1.00 P 5.00 P .50 C</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 1.00 C 2.00 F</p> <p>Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P 1.00 C 1.00 C 3.00 C 5.00 F</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>3.00 C 3.00 F 4.00 P</p> <p>Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>California Beef and Vegetable Medley</p> <p>Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner</p> <p>Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, yogurt, fruit and nuts taste great mixed together!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana</p>	<p>Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with cheese on top. Enjoy the fruit for desert!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!</p>

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

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 37

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef</p> <p>Simple but tasty.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables</p> <p>You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 38

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana</p>	<p>Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with cheese on top. Enjoy the fruit for desert!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 4 oz Beef, lean cuts 2 slice Whole grain bread 15 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

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!

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1/2 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 4.00 F 1.00 PC Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz 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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Burn Fat Build MUSCLE www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2/3 cup Fruit cocktail 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 3.00 F 1.00 PC 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and fruit cocktail in a bowl. This makes an easy, simple snack that you can enjoy at home or on the go.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef</p> <p>Simple but tasty.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner</p> <p>Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs seperately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup 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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 3 Pickles 9 Almonds, whole</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 cups Popcorn 1 tsp Butter 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Fight Fat www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 44

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>California Beef and Vegetable Medley</p> <p>Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables</p> <p>You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Shrimp, celery, and macadamia nuts with salsa for dipping!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 45

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 Peaches 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 10 Egg whites</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast. Enjoy the eggs separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a sandwich.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 Apple 9 Almonds, whole 1 cup Yogurt, plain, low fat 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Yogurt, Apple and Almonds A nice, quick snack to satisfy those cravings!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/2 cups Broccoli 18 spears Asparagus 1 cup Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 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</p>	<p>Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 52

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 1/2 cup Strawberries 2 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.50 PC 2.00 F .50 C 2.50 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Check your Vitals + GROW www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Blueberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 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</p>	<p>Item Portions 7.00 P 3.00 C .50 C .50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Won ton soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Rice 4 cups Cauliflower 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 C 3.00 F 3.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Grapes 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana</p>	<p>Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with cheese on top. Enjoy the fruit for desert!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz 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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 57

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 3/4 cup Grapes 2 1/2 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.50 PC 1.50 C 2.50 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 58

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Strawberries & Almonds</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a sandwich.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 59

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and vegetable soup 4 oz Cheddar cheese, light/low fat 2/3 tsp Olive or monounsaturated oil 2/3 Banana</p>	<p>Item Portions 3.00 A 4.00 P 2.00 F 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with cheese on top. Enjoy the fruit for desert!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>3/4 cup Yogurt, plain, low fat 2 tbsp Almonds, slivered 1/2 cup Strawberries 2 1/2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.50 PC 2.00 F .50 C 2.50 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 60

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 Peach 3 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 1 oz Cheddar cheese, light/low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 61

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase sliced roast beef from the deli counter. Add a slice of onion for flavor if you like.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins. Be empowered</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz 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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Today's checklist: 1. Protein 2. Multi 3. Eat 4. Train 5. GROW!</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Beef and barley soup 3 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a sandwich.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsps Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit 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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>6 oz Shrimp 1 cup Salsa 2 cups Celery 3 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Shrimp, celery, and macadamia nuts with salsa for dipping!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 64

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 65

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 1.00 C 4.00 F 4.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Strawberries 9 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 C 3.00 F 4.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Strawberries & Almonds</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 Plums 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, yogurt, fruit and nuts taste great mixed together!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 66

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F 1.00 F 5.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 9 Almonds, whole 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Almonds A tall glass of milk and a handful of almonds. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Strawberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Cheese, Strawberries & Almonds Mix fruit into yogurt. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

Fight Fat www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 67

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 P 2.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!</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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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 68

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 24 spears Asparagus 2 cups Cherry tomatoes 3 cups Turnip 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled beef with sautéed, spicy vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the yogurt for a new taste sensation. Try topping with the almonds!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 69

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>14 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit 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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 1 oz Cheddar cheese, light/low fat 3 Macadamia nuts</p>	<p>Item Portions 3.00 PC 1.00 P 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Macadamia Nuts A cold, refreshing glass of milk, topped off with a handful of macadamia!</p>
<p align="center">Total Daily Portions: Protein: 33 Carbohydrates: 22 Fat: 22 Calories: 2310 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p align="center">WIN Cash and Prizes http://empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Day: 70

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 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 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 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 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: 301	Preparation Suggestions: 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?

Notes:

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
64 Egg whites	1 1/4 cups Blueberries	29 2/3 tsp Olive or monounsaturated oil	17 cups Milk, low fat (1%)
45 oz Cheddar cheese, light/low fat	5 Peaches	9 Macadamia nuts	2 1/2 cups Chili, canned
140 grams Protein powder	1 1/3 cups Sweet potato	1 1/3 tsp Butter	12 cups Yogurt, plain, low fat
42 oz Beef, lean cuts	12 cups Broccoli	51 Almonds, whole	2 1/2 cups Won ton soup
26 oz Chicken breast, skinless	6 cups Popcorn	21 tbsp Almonds, slivered	2 cups Beef and barley soup
6 oz Shrimp	3 cups Grapes		
10 1/2 oz Salmon steak	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		
	1/2 Apple		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
54 Egg whites	1 Apple	28 1/3 tsp Olive or monounsaturated oil	24 cups Milk, low fat (1%)
56 oz Cheddar cheese, light/low fat	4 1/2 cups Strawberries	84 Almonds, whole	9 cups Yogurt, plain, low fat
31 1/2 oz Ground beef (< 10% fat)	12 cups Cauliflower	15 tbsp Almonds, slivered	11 1/3 cups Beef and vegetable soup
154 grams Protein powder	2 cups Mushrooms	6 Macadamia nuts	
21 oz Chicken breast, skinless	3/4 cup Watermelon	1 tsp Butter	
25 oz Beef, lean cuts	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		
	1/2 cup Tomato sauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
54 Egg whites	3 3/4 cups Grapes	26 tbsp Almonds, slivered	22 cups Milk, low fat (1%)
48 1/2 oz Cheddar cheese, light/low fat	1/2 cup Blueberries	75 Almonds, whole	11 1/4 cups Yogurt, plain, low fat
147 grams Protein powder	6 cups Potato	25 2/3 tsp Olive or monounsaturated oil	6 2/3 cups Beef and vegetable soup
35 oz Beef, lean cuts	3 Pickles	3 Macadamia nuts	5 cups Won ton soup
21 oz Chicken breast, skinless	1 1/3 cups Oatmeal	1 tsp Butter	
21 oz Ground beef (< 10% fat)	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
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 Tomato, canned 1 cup Carrots 1 cup Corn, canned 2/3 cup Oatmeal 1/2 cup Bran cereal, all varieties 1/3 cup Honeydew melon 1/2 Apple	26 2/3 tsp Olive or monounsaturated oil 39 Almonds, whole 18 Macadamia nuts 19 tbsp Almonds, slivered 1/3 tsp Butter	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

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
64 Egg whites	3 3/4 cups Grapes	28 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
55 1/2 oz Cheddar cheese, light/low fat	3 slice Whole grain bread	114 Almonds, whole	6 3/4 cups Yogurt, plain, low fat
147 grams Protein powder	1 1/2 cups Strawberries	6 Macadamia nuts	5 1/3 cups Beef and vegetable soup
46 oz Beef, lean cuts	1 1/4 cups Kidney beans	12 tbsp Almonds, slivered	
6 oz Shrimp	2 cups Tomato, puree	2 tsp Butter	
21 oz Ground beef (< 10% fat)	4 1/2 cups Salsa		
12 oz Chicken breast, skinless	6 cups Celery		
10 1/2 oz Salmon steak	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		
	6 Pickles		
	2/3 Banana		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
64 Egg whites	2 3/4 cups Blueberries	32 2/3 tsp Olive or monounsaturated oil	26 cups Milk, low fat (1%)
48 1/2 oz Cheddar cheese, light/low fat	3 Peaches	48 Almonds, whole	4 2/3 cups Beef and vegetable soup
154 grams Protein powder	1 5/8 Cantaloupes	6 Macadamia nuts	8 1/4 cups Yogurt, plain, low fat
33 oz Chicken breast, skinless	2/3 cup Honeydew melon	24 tbsp Almonds, slivered	
32 oz Beef, lean cuts	4 cups Rice	1 tsp Butter	
21 oz Ground beef (< 10% fat)	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
64 Egg whites	4 1/4 cups Grapes	31 tsp Olive or monounsaturated oil	11 1/4 cups Yogurt, plain, low fat
48 1/2 oz Cheddar cheese, light/low fat	4 1/4 cups Blueberries	108 Almonds, whole	2 1/2 cups Chili, canned
140 grams Protein powder	2 1/2 cups Strawberries	1 1/3 tsp Butter	16 cups Milk, low fat (1%)
46 oz Beef, lean cuts	1/3 cup Fruit cocktail	3 Macadamia nuts	2 cups Beef and barley soup
10 1/2 oz Ground beef (< 10% fat)	5 Peaches	9 tbsp Almonds, slivered	
6 oz Shrimp	2 1/4 cups Tomato, puree		
26 oz Chicken breast, skinless	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		
	2/3 cup Oatmeal		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
54 Egg whites	1 1/2 Cantaloupes	30 2/3 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
52 1/2 oz Cheddar cheese, light/low fat	1 Peach	69 Almonds, whole	8 cups Beef and vegetable soup
154 grams Protein powder	7 1/2 cups Broccoli	1 tsp Butter	13 1/4 cups Yogurt, plain, low fat
35 oz Beef, lean cuts	54 spears Asparagus	8 tbsp Almonds, slivered	2 1/2 cups Chili, canned
7 oz Chicken breast, skinless	1 cup Potato	6 Macadamia nuts	2 1/2 cups Won ton soup
21 oz Ground beef (< 10% fat)	6 cups Popcorn		
10 1/2 oz Salmon steak	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 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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
50 Egg whites	4 cups Grapes	26 tsp Olive or monounsaturated oil	15 cups Yogurt, plain, low fat
52 oz Cheddar cheese, light/low fat	3 Peaches	26 tbsp Almonds, slivered	17 cups Milk, low fat (1%)
7 oz Chicken breast, skinless	2 cups Mushrooms	45 Almonds, whole	4 cups Beef and barley soup
154 grams Protein powder	1 1/3 cups Rice	1 2/3 tsp Butter	8 2/3 cups Beef and vegetable soup
32 oz Beef, lean cuts	5/8 Cantaloupe	9 Macadamia nuts	
31 1/2 oz Ground beef (< 10% fat)	19/24 cup Honeydew melon		
6 oz Shrimp	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		
	1 cup Salsa		
	2 cups Celery		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2310 Calories

Protein	Carbohydrates	Fats	Other
50 oz Cheddar cheese, light/low fat	3 1/4 cups Grapes	31 1/3 tsp Olive or monounsaturated oil	10 1/2 cups Yogurt, plain, low fat
28 oz Beef, lean cuts	13 1/2 cups Strawberries	20 tbsp Almonds, slivered	20 cups Milk, low fat (1%)
140 grams Protein powder	2 cups Celery	1 tsp Butter	6 cups Beef and vegetable soup
42 oz Chicken breast, skinless	3 1/2 cups Onions	42 Almonds, whole	2 1/2 cups Chili, canned
58 Egg whites	1 1/2 cups Tomato, puree	9 Macadamia nuts	
10 1/2 oz Salmon steak	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		
	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		