Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

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Mike Westerdal & Patrick McGuire

	Day:	1
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Cereal, cold 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and wate until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat9 oz Scallops3 cups Beans, green or yellow1 Lemon2 tsp Olive or monounsaturated oil1/2 cup Blueberries	2.00 PC 6.00 P 2.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Scallops with vegetables. Berries and yogurt for dessert.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F	Another tasty snack!

Notes:

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

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/2 slice Whole grain bread1 cup Strawberries4 tbsp Almonds, slivered2 oz Cheddar cheese, light/low fat	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat3 Pickles9 Walnuts	4.00 P 3.00 C 3.00 F Calories: 301	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 7 oz Chicken breast, skinless 2 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 	7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 cups Carrots1 cup Corn, canned2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301	Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
		Iroton, 22 Fat, 22 Calarian, 2404

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
5 Eggs, whole	5.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 C	
1 slice Whole grain bread	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
_	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
2 cups Raspberries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
1 top Onve of monounsaturated on	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Tomato vegetable soup	5.00 A	A tasty and simple meal of soup. Enjoy!
2 oz Mozzarella cheese, light/low fat	2.00 P	A tasty and simple mear of soap. Enjoy:
2 02 MOZZAICIIA GIICCGC, IIGIIVIOW IAC	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
4/0 and Variation land for	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder 1/8 Cantaloupe	3.00 P .50 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1/3 cup Honeydew melon	.50 C	blender is not available, set aside the fruit and shake
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container to
2/3 isp Olive of monourisaturated oil	Calories:	mix it all together, then eat the fruit on the side.
	238	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Steak And Rice
1 2/3 cups Rice	5.00 C	Season steak as desired and grill to your preference.
2 cups Zucchini	1.00 C	Cook rice adding in chopped nuts.
6 tbsp Almonds, slivered	6.00 F	
	Calories:	
	602 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	
3 Macadamia nuts	3.00 F	
3 oz Cheddar cheese, light/low fat	3.00 P	
1 cup Peaches, canned	2.00 C	
. our control, carried	Calories:	
	301	
Total Daily Dantianas Danta		drates: 23 Fat: 23 Calories: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Item	Preparation Suggestions:
2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item	Preparation Suggestions:
7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.
Item	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Item	Preparation Suggestions:
8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602	Sweet and Sour Pork A unique blend of tastes and flavors!
Item Portions	Preparation Suggestions:
2.00 PC 3.00 F	Yogurt & Slivered Almonds Mix them together or eat them separately. Either
	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448 Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301 Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 2.00 C 2.00 C 6.00 F Calories: 238 Item Portions 8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602 Item Portions

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Enter the challenge and WIN! + www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A simple, wholesome breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 1 1/2 slice Whole grain bread 1/2 Cantaloupe 5 tsp Mayonnaise	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	8.00 P 3.00 C 3.00 C 6.00 F Calories: 602	Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Be BIG. Be HUGE. Be Empowered <u>www.empowerednutrition.net</u>

Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the
Calories:	words of one client who tried it.
Item	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Item	Preparation Suggestions:
4.00 P 2.00 C 2.00 F Calories: 238	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.
Item	Preparation Suggestions:
8.00 P	Chicken with Grapes
3.00 C 2.00 C 6.00 F Calories:	A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Item	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Combine these ingredients for a refreshing snack!
	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511 Item Portions 4.00 P 2.00 C 2.00 F Calories: 238 Item Portions 8.00 P 1.00 C 3.00 C 2.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F Calories:

Notes:

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
6 Egg whites	3.00 P	Italian Omelet
3 Eggs, whole	3.00 P	You can season this omelet with Italian spices like
1 oz Mozzarella cheese, light/low fat	1.00 P	basil and oregano.
1/2 cup Onions	1.00 C	Jack and oregand
2 cups Zucchini	1.00 C	
2 cups Mushrooms	1.00 C	
1/2 cup Tomato, puree	1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
Silack - Meal Fortions. F.4 C.3 F.3	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
7 Objekte karent ali l	Portions	
7 oz Chicken breast, skinless	7.00 P	Chicken and Greek Salad
3/4 cup Grapes	1.50 C	Grill or broil chicken season as desired. Toss salad
1/2 cup Onions	1.00 C	in with oil and vinegar and if desired add 1 clove of
5 cups Lettuce, romaine	.50 C	minced garlic. Cube chicken breast and add to salad
1 1/2 Tomatoes	.75 C	Top with low fat feta cheese.
2 1/2 cups Mushrooms	1.25 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
3 tsp Mayonnaise	3.00 F	
	Calories: 511	
	Item	
Snack - Meal Portions: P:4 C:2 F: 2	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt & Cashews
6 Cashews	2.00 F	Enjoy this quick snack!
2 oz Cheddar cheese, light/low fat	2.00 P	7-9
, , , , , , , , , , , , , , , , , , ,	Calories:	
	238	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
9 oz Chicken breast, deli style	6.00 P	Spicy Chicken Salad
3 cups Beans, green or yellow	2.00 C	Grill chicken until done. Sauté vegetables, add som
4 cups Mushrooms	2.00 C	Cajun seasoning and some chopped garlic to taste.
2 cups Zucchini	1.00 C	Cut chicken into cubes and mix with vegetables.
2 tsp Olive or monounsaturated oil	6.00 F	Enjoy!
2 oz Cheddar cheese, light/low fat	2.00 P	
1 cup Strawberries	1.00 C	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
4 oz Mozzorollo obooca liabt/low fot	Portions 4.00 P	
4 oz Mozzarella cheese, light/low fat		Sometimes the simplest snacks are the best.
3 Pickles	3.00 C	
9 Olives	3.00 F	
	Calories:	
	301	
Total Daily Portions: Prote	: 04 O ! !	

Day:	8
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 8 Egg whites 1 1/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1 cup Yogurt, plain, low fat 1/2 cup Blueberries 1 cup Strawberries 	4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3/4 Orange 1 1/2 cups Strawberries 15 Walnuts 1 cup Yogurt, plain, low fat 14 grams Protein powder 3 oz Cheddar cheese, light/low fat	Item Portions 1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P Calories: 511	Preparation Suggestions: Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 9 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 3/4 cup Pasta 2 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!

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Day:	9
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat1/3 cup Applesauce9 Almonds, whole2 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)6 oz Beef, lean cuts2 slice Whole grain bread9 Almonds, whole2 tsp Mayonnaise	1.00 PC 6.00 P 4.00 C 3.00 F 2.00 F Calories: 511	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1 cup Applesauce 4 tbsp Almonds, slivered 1/3 cup Rice 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 3.00 C 4.00 F 1.00 C 2.00 F Calories: 602	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
·	Calories: 301	drates: 23 Fat: 23 Calories: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 240' ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder2/3 cup Mango1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato 1/4 cup Corn, canned	8.00 P 2.00 C 6.00 F 3.00 C 1.00 C Calories: 602	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat2 cups Raspberries1 tsp Olive or monounsaturated oil	1.00 PC 2.00 C 3.00 F	Mix these ingredients together to create a simple and delicious snack.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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

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Item	Preparation Suggestions:
2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Item Portions	Preparation Suggestions:
2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Item	Preparation Suggestions:
7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Preparation Suggestions:
8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602	Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!
Item Portions	Preparation Suggestions:
.50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P	Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!
	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448 Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301 Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511 Item Portions 1.00 PC 3.00 P Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 602 Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602 Item Portions 50 C 19 C 3.00 F

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401

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

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Item	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
	Preparation Suggestions:
1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
	5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 3.00 P Calories: 511 Item Portions 1.00 PC 3.00 P 50 C 2.00 F Calories: 238 Item Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602 Item Portions 1.00 PC 2.00 C

Strong Like... www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mix the protein powder in with your cereal. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat	5.00 A 2.00 P Calories: 511	A hot bowl of chili - easy, tasty and filling!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Raspberries6 Almonds, whole3 oz Cheddar cheese, light/low fat	1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries	8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Vietnamese Sweet Pork with Onions A simple but tasty stirfry.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Blueberries9 Cashews21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401

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

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

Day:	14
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered	7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken and Fruit Salad A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%)1/8 cup Blueberries1/8 cup Oatmeal6 Cashews1/2 cup Yogurt, plain, low fat17 1/2 grams Protein powder	.50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238	Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 cups Broccoli 2 cups Tomatoes 1 Pear 2 tsp Olive or monounsaturated oil 3/4 cup Watermelon	1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602	Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301	A refreshing snack. You can mix the yogurt with the fruit or eat separately.

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
6 Egg whites 3 Eggs, whole 1 oz Mozzarella cheese, light/low fat 1/2 cup Onions 2 cups Zucchini 2 cups Mushrooms 1/2 cup Tomato, puree 1 1/3 tsp Olive or monounsaturated oil	3.00 P 3.00 P 1.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 448	Italian Omelet You can season this omelet with Italian spices like basil and oregano.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat1 cup Raspberries9 Cashews14 grams Protein powder	2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered	8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories:	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
	Calories: 301	drates: 23 Fat: 23 Calories: 2401

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

Take your vitamins. Be empowered

Day:	1	6
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Cereal, cold 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat9 Almonds, whole1 cup Strawberries14 grams Protein powder	2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
 9 oz Haddock 3 cups Beans, green or yellow, Steamed 2 cups Mushrooms 18 Almonds, whole 2 oz Mozzarella cheese, light/low fat 1 cup Rice 	6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds! drates: 23 Fat: 23 Calories: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 240' ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A simple, wholesome breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder2/3 cup Mango1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered	Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/4 cup Grapes1/8 cup Oatmeal3 tbsp Almonds, slivered1 cup Yogurt, plain, low fat14 grams Protein powder	.50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Burn Fat Build MUSCLE www.empowerednutrition.net

Day:	18
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Breakfast - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mix the protein powder in with your cereal. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3/4 Orange 1 1/2 cups Strawberries 15 Walnuts 1 cup Yogurt, plain, low fat 14 grams Protein powder 3 oz Cheddar cheese, light/low fat	Item Portions 1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P Calories: 511	Preparation Suggestions: Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2/3 cup Applesauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 3.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C	Preparation Suggestions:

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Day:	19
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
6 Egg whites 3 Eggs, whole	3.00 P 3.00 P 1.00 P	Italian Omelet You can season this omelet with Italian spices like
1 oz Mozzarella cheese, light/low fat 1/2 cup Onions 2 cups Zucchini	1.00 P 1.00 C 1.00 C	basil and oregano.
2 cups Mushrooms 1/2 cup Tomato, puree	1.00 C 1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories: 448	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries	1.00 PC 3.00 P 1.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 cup Strawberries 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F Calories: 301	blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless1/2 cup Grapes2 slice Whole grain bread1 tsp Olive or monounsaturated oil2 tsp Mayonnaise	7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories:	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2	511 Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pin left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, o coat with some crushed fresh herbs, salt and peppe Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail	1.00 PC .50 C .50 C 1.00 C	A refreshing snack. You can mix the yogurt with the fruit or eat separately.
9 Almonds, whole3 oz Cheddar cheese, light/low fat	3.00 F 3.00 P Calories:	

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil2 oz Mozzarella cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat	5.00 A 2.00 P Calories: 511	A hot bowl of chili - easy, tasty and filling!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat6 Cashews2 oz Cheddar cheese, light/low fat	2.00 PC 2.00 F 2.00 P Calories: 238	Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:8 C:6 F:6 9 oz Haddock 3 cups Beans, green or yellow, Steamed 2 cups Mushrooms 18 Almonds, whole 2 oz Mozzarella cheese, light/low fat 1 cup Rice	Item Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602	Preparation Suggestions: Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Blueberries9 Cashews21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
10 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Peaches, canned1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 3/4 Orange 1 1/2 cups Strawberries 15 Walnuts 1 cup Yogurt, plain, low fat 14 grams Protein powder 3 oz Cheddar cheese, light/low fat 	1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P Calories: 511	Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 2 6 oz Ham, deli style 1/2 Cantaloupe 6 Olives	Item Portions 4.00 P 2.00 C 2.00 F Calories:	Preparation Suggestions: Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want,
Discours Mont Posting as Pro CO F-0	238 Item	especially if the melon you're using is large.
Dinner - Meal Portions: P:8 C:6 F:6 9 oz Haddock 3 cups Beans, green or yellow, Steamed 2 cups Mushrooms 18 Almonds, whole 2 oz Mozzarella cheese, light/low fat 1 cup Rice	Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602	Preparation Suggestions: Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat2 cups Raspberries1 tsp Olive or monounsaturated oil21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories:	Mix these ingredients together to create a simple and delicious snack.

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

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Day: 2	22
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Cereal, cold 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat1 cup Raspberries9 Cashews14 grams Protein powder	2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 3/4 cup Pasta 2 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301	Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
		Hrotos: 22 Fot: 22 Colorios: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	The classic cereal breakfast never gets old. Enjoy!
21 grams Protein powder	3.00 P	
1 1/2 cups Cereal, cold	3.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
3 oz Cheddar cheese, light/low fat	3.00 P	
-	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
4 oz Cheddar cheese, light/low fat	4.00 P	A simple crunchy snack to munch on when you have
3 Pickles	3.00 C	a spare moment can make all the difference during
9 Walnuts	3.00 F	your day.
	Calories:	
	301	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Roast Beef Sandwich
6 oz Beef, lean cuts	6.00 P	Use leftover roast beef or purchase lean sliced beef
2 slice Whole grain bread	4.00 C	from the deli counter. Add a slice of onion and a leaf
9 Almonds, whole	3.00 F	of lettuce for flavor.
2 tsp Mayonnaise	2.00 F	of fettage for flavor.
2 top Mayormaloo	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
1/2 Orange	1.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole	1.00 F	blender is not available mix protein powder with cold
1/3 tsp Olive or monounsaturated oil	1.00 F Calories:	water and have remaining ingredients on the side. Nuts on the side.
	238	Nuts on the side.
	Item	
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with fruit and applesauce on the side.
1 cup Applesauce	3.00 C	
1 cup Fruit cocktail	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
•	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Mix these ingredients together to create a simple and
2 cups Raspberries	2.00 C	delicious snack.
1 tsp Olive or monounsaturated oil	3.00 F	
21 grams Protein powder	3.00 P	
	Calories: 301	
	1 301	

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	24
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Item Portions	Preparation Suggestions:
3.00 P 3.00 P 1.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 448	Italian Omelet You can season this omelet with Italian spices like basil and oregano.
	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Item	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602	Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!
Item Portions	Preparation Suggestions:
1.00 PC 2.00 C 3.00 F	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
	Portions 3.00 P 3.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 448 Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F Calories: 301 Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 3.00 P Calories: 511 Item Portions 1.00 PC 3.00 P Calories: 511 Item Portions 1.00 PC 3.00 P Calories: 601 Item Portions 1.00 C 3.00 C Calories: 602 Item Portions 1.00 PC

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

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mix the protein powder in with your cereal. Have a slice of cheese on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 3.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/4 Cantaloupe 3 Apricots 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Combine these ingredients for a refreshing snack!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401
** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Day:	26
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat21 grams Protein powder1 slice Whole grain bread1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 1/3 cup Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 cups Broccoli 2 cups Tomatoes 1 Pear 2 tsp Olive or monounsaturated oil 3/4 cup Watermelon	Item Portions 1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	.50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!

+ energized + transformed + empowered +

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat 	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered	8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat 3 Pickles 9 Olives	4.00 P 3.00 C 3.00 F Calories: 301	Sometimes the simplest snacks are the best.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
8 Egg whites 1 1/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1 cup Yogurt, plain, low fat 1/2 cup Blueberries 1 cup Strawberries	Portions 4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1/3 cup Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Yogurt, plain, low fat 6 Cashews 2 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238	Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Pork, lean 3/4 cup Tomato, puree 1 1/4 cups Pineapple 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Mozzarella 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: Another tasty snack!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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	Item	
Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
5 Eggs, whole	5.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 C	
1 slice Whole grain bread	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
4 Oh I d I I I I I I	Portions	
4 oz Cheddar cheese, light/low fat	4.00 P	A simple crunchy snack to munch on when you have
3 Pickles	3.00 C	a spare moment can make all the difference during
9 Walnuts	3.00 F	your day.
	Calories:	
	301 Item	
Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Roast Beef Sandwich
6 oz Beef, lean cuts	6.00 P	Use leftover roast beef or purchase lean sliced beef
2 slice Whole grain bread	4.00 C	from the deli counter. Add a slice of onion and a leaf
9 Almonds, whole	3.00 F	of lettuce for flavor.
2 tsp Mayonnaise	2.00 F	
,	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and shake
2/3 tsp Olive or monounsaturated oil	2.00 F Calories:	up the remaining ingredients in a closed container to
	238	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with fruit and applesauce on the side.
1 cup Applesauce	3.00 C	,,
1 cup Fruit cocktail	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
·	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	opaianon ouggoonono.
1 cup Milk, low fat (1%)	1.00 PC	
3 Macadamia nuts	3.00 F	
3 oz Cheddar cheese, light/low fat	3.00 P	
1 cup Peaches, canned	2.00 C	
	Calories: 301	

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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paration Suggestions:
sted egg sandwich with fruit.
paration Suggestions:
nple crunchy snack to munch on when you have are moment can make all the difference during day.
paration Suggestions:
ken Salad Sandwich e a basic chicken salad adding a little celery, n and green pepper if desired, and salt and her to taste.
paration Suggestions:
ein Shake all ingredients in a blender over ice and blend, ng water to create desired consistency. If a der is not available, set aside the fruit and shake ne remaining ingredients in a closed container to t all together, then eat the fruit on the side. y!
ken with Vegetables or bake the chicken (if baking, do so at 350 ees for about 20 minutes, or until there's no pink nside the chicken breast). To boost the flavour, a dash of low-fat, low-sugar barbecue sauce, or with some crushed fresh herbs, salt and pepper. m the vegetables and enjoy on the side.
paration Suggestions:
bine these ingredients for a refreshing snack!
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Notes:

3 steps for success today: Nutrition + Training + Supplements

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories:	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	448 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3/4 Orange 1 1/2 cups Strawberries 15 Walnuts 1 cup Yogurt, plain, low fat 14 grams Protein powder 3 oz Cheddar cheese, light/low fat	Item Portions 1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P	Preparation Suggestions: Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories:	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice	238 Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602	Preparation Suggestions: Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Day:	32
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 9 Almonds, whole 1 cup Strawberries 14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories:	Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	511 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:8 C:6 F:6 9 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 3/4 cup Pasta 2 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3 1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt Enjoy!

Save money, look great! www.empowerednutrition.net

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

Day:	33
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)10 Egg whites1 cup Grapes4 tbsp Almonds, slivered	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 3/4 cup Grapes 1/2 cup Onions 5 cups Lettuce, romaine 1 1/2 Tomatoes 2 1/2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 7.00 P 1.50 C 1.00 C .50 C .75 C 1.25 C 2.00 F 3.00 F Calories: 511	Preparation Suggestions: Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad Top with low fat feta cheese.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1 cup Applesauce 4 tbsp Almonds, slivered 1/3 cup Rice 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 3.00 C 4.00 F 1.00 C 2.00 F Calories: 602	Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 1 cup Peaches, canned	Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories:	Preparation Suggestions:

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	Eggs Any Style Breakfast
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Cook eggs any style in olive oil. Enjoy grapefruit on
1 oz Cheddar cheese, light/low fat	1.00 P	the side with yogurt and berries.
1 cup Yogurt, plain, low fat	2.00 PC	the diad many egant and bernee.
1/2 cup Blueberries	1.00 C	
1 cup Strawberries	1.00 C	
•	Calories:	
	448	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
16 Cherries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories:	blender is not available, set aside the fruit and shake
	301	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2.1/2 gung Chili, gannad	Portions	
2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat	5.00 A 2.00 P	A hot bowl of chili - easy, tasty and filling!
2 02 M022arella Crieese, light/low fat	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
6 oz Ham, deli style	4.00 P	Melon Wrapped in Ham
1/2 Cantaloupe	2.00 C	This waster a section of the tite and be seen to filling
6 Olives	2.00 F	This makes a great snack, but it can be pretty filling,
	Calories: 238	so reduce the amount of melon if you want,
	Item	especially if the melon you're using is large.
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Pork, lean	8.00 P	Sweet and Sour Pork
3/4 cup Tomato, puree	1.50 C	
1 1/4 cups Pineapple	2.50 C	A unique blend of tastes and flavors!
2/3 cup Fruit cocktail	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
4/2 aum Varunt plain laurfet	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Combine these ingredients for a refreshing snack!
21 grams Protein powder	3.00 P	
1/4 Cantaloupe 3 Apricots	1.00 C 1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
i top Olive of monourisaturated oil	Calories:	
	301	

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 5 Eggs, whole 1 cup Peaches, canned 1 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1/3 cup Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Yogurt, plain, low fat 6 Cashews 2 oz Cheddar cheese, light/low fat	Portions 2.00 PC 2.00 F 2.00 P Calories: 238	Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
 1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 cups Broccoli 2 cups Tomatoes 1 Pear 2 tsp Olive or monounsaturated oil 3/4 cup Watermelon 	1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602	Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat	Item Portions 2.00 PC	Preparation Suggestions: Yogurt, Fruit & Nuts
14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Mix all ingredients and enjoy!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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estions:
ed, non-sugary cereal with milk protein powder in with your cereal. ese on the side.
estions:
or eat them separately. Either r way to a healthy lifestyle!
estions:
l a glass of milk: it doesn't get pare than that!
estions:
Fruit n a blender over ice and blend, eate desired consistency. If a able, set aside the fruit and shake gredients in a closed container to hen eat the fruit on the side.
estions:
Mushrooms saute with mushrooms until done. ng vegetables and serve on the
estions:
nts together and enjoy cold. This ell so you can prepare it well in alories: 2401

Feel the burn & incinerate the fat. $\underline{www.empowered nutrition.net}$

Day:	37
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Cereal, cold 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and wate until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 1 cup Yogurt, plain, low fat 9 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	Item Portions 2.00 PC 6.00 P 2.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Scallops with vegetables. Berries and yogurt for dessert.
Snack - Meal Portions: P:4 C:3 F:3 1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories:	Preparation Suggestions: Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogure Enjoy!

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice	Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602	Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 F 2.00 C 3.00 P Calories:	Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/2 slice Whole grain bread1 cup Strawberries4 tbsp Almonds, slivered2 oz Cheddar cheese, light/low fat	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Tomato vegetable soup 2 oz Mozzarella cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2/3 cup Applesauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 3.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 1 cup Peaches, canned	Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301	Preparation Suggestions:

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Day:	40
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 6 Egg whites 3 Eggs, whole 1 oz Mozzarella cheese, light/low fat 1/2 cup Onions 2 cups Zucchini 2 cups Mushrooms 1/2 cup Tomato, puree 1 1/3 tsp Olive or monounsaturated oil 	3.00 P 3.00 P 1.00 P 1.00 C 1.00 C 1.00 C 1.00 C 4.00 F Calories: 448	Italian Omelet You can season this omelet with Italian spices like basil and oregano.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)14 grams Protein powder1/2 cup Grapes1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 1.00 PC 6.00 P 4.00 C 3.00 F 2.00 F Calories: 511	Preparation Suggestions: Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Strawberries2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
 9 oz Haddock 3 cups Beans, green or yellow, Steamed 2 cups Mushrooms 18 Almonds, whole 2 oz Mozzarella cheese, light/low fat 1 cup Rice 	6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat6 cups Popcorn1 tsp Butter	4.00 P 3.00 C 3.00 F	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat21 grams Protein powder1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 3/4 Orange 1 1/2 cups Strawberries 15 Walnuts 1 cup Yogurt, plain, low fat 14 grams Protein powder 3 oz Cheddar cheese, light/low fat 	1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P Calories: 511	Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	8.00 P 3.00 C 3.00 C 6.00 F Calories: 602	Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories:	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
	301	drates: 23 Fat: 23 Calories: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401

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

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Day:	42
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Cereal, cold 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder1/2 cup Blueberries1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 3/4 cup Grapes 1/2 cup Onions 5 cups Lettuce, romaine 1 1/2 Tomatoes 2 1/2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	7.00 P 1.50 C 1.00 C .50 C .75 C 1.25 C 2.00 F 3.00 F Calories: 511	Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad Top with low fat feta cheese.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Milk, low fat (1%) 1/8 cup Blueberries 1/8 cup Oatmeal 6 Cashews 1/2 cup Yogurt, plain, low fat 17 1/2 grams Protein powder	Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238	Preparation Suggestions: Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato 1/4 cup Corn, canned	8.00 P 2.00 C 6.00 F 3.00 C 1.00 C Calories: 602	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 1 cup Blueberries 9 Cashews 21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories:	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!

Breakfast - Meal Portions: P:7 C:4 F:4 8 Egg whites 1 1/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1 cup Yogurt, plain, low fat 1/2 cup Blueberries 1 cup Strawberries Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448 Item Portions 1.00 PC	Preparation Suggestions: Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries. Preparation Suggestions: Sweet and Spicy Peaches
21 grams Protein powder2 Peaches3 tbsp Almonds, slivered	3.00 P 2.00 C 3.00 F Calories: 301	Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5 2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 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:8 C:6 F:6 8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Vietnamese Sweet Pork with Onions A simple but tasty stirfry.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat	Portions 1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301	Preparation Suggestions: Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat1/3 cup Applesauce9 Almonds, whole2 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered	7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken and Fruit Salad A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1/2 cup Strawberries1/4 cup Pineapple2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice	8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602	Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Blueberries9 Cashews21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories:	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!

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

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites4 cups Mushrooms3 cups Tomatoes1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered	7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken and Fruit Salad A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Pork, lean 3/4 cup Tomato, puree 1 1/4 cups Pineapple 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602	Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat14 grams Protein powder1/2 cup Blackberries3 tbsp Almonds, slivered	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
10 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6 1 cup Yogurt, plain, low fat 9 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	Item Portions 2.00 PC 6.00 P 2.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Scallops with vegetables. Berries and yogurt for dessert.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F	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
	Calories: 301	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 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:8 C:6 F:6 1 cup Yogurt, plain, low fat 9 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	Item Portions 2.00 PC 6.00 P 2.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Scallops with vegetables. Berries and yogurt for dessert.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 4.00 P 3.00 C 3.00 F Calories:	Preparation Suggestions: Another tasty snack!
	301	

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Cereal, cold 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 1.00 PC 6.00 P 4.00 C 3.00 F 2.00 F Calories: 511	Preparation Suggestions: Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:4 C:2 F: 2 6 oz Ham, deli style 1/2 Cantaloupe 6 Olives	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	Preparation Suggestions: Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.
Dinner - Meal Portions: P:8 C:6 F:6 1 cup Yogurt, plain, low fat 9 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	Item Portions 2.00 PC 6.00 P 2.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Scallops with vegetables. Berries and yogurt for dessert.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Raspberries 1 tsp Olive or monounsaturated oil 21 grams Protein powder	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack. drates: 23 Fat: 23 Calories: 2401

Notes:

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

Have a Protein Smoothie, be Empowered

Day:	49
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Breakfast - Meal Portions: P:7 C:4 F:4 10 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories:	Preparation Suggestions: Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	A48 Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Tomato vegetable soup 2 oz Mozzarella cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Milk, low fat (1%) 1/8 cup Blueberries 1/8 cup Oatmeal 6 Cashews 1/2 cup Yogurt, plain, low fat 17 1/2 grams Protein powder	Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238	Preparation Suggestions: Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:8 C:6 F:6 1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 cups Broccoli 2 cups Tomatoes 1 Pear 2 tsp Olive or monounsaturated oil 3/4 cup Watermelon	Item Portions 1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 cups Raspberries 1 tsp Olive or monounsaturated oil 21 grams Protein powder	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.

Notes:

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

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 1/2 cups Cereal, cold1 1/3 tsp Olive or monounsaturated oil3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1 1/2 slice Whole grain bread 1/2 Cantaloupe 5 tsp Mayonnaise	Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Vietnamese Sweet Pork with Onions A simple but tasty stirfry.
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: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Dav	/ :	51

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A simple, wholesome breakfast.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered	7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken and Fruit Salad A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato 1/4 cup Corn, canned	8.00 P 2.00 C 6.00 F 3.00 C 1.00 C Calories: 602	Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301	A refreshing snack. You can mix the yogurt with the fruit or eat separately. drates: 23 Fat: 23 Calories: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 5 Eggs, whole 1 cup Peaches, canned 1 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1/3 cup Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	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 4 oz Mozzarella cheese, light/low fat 3 Pickles 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Sometimes the simplest snacks are the best.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Item Portions	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories:	Eggs with yogurt and fruit. Enjoy!
Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Portions 7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Item Portions 2.00 PC 3.00 F	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301 Item Portions 7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511 Item Portions 1.00 PC 3.00 P .50 C 2.00 F Calories: 238 Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602 Item Portions

Notes:

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil2 oz Mozzarella cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 1 1/2 slice Whole grain bread 1/2 Cantaloupe 5 tsp Mayonnaise	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2/3 cup Applesauce 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 3.00 C 2.00 C 6.00 F Calories: 602	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301	Preparation Suggestions: Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt Enjoy!

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Notes:

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

Day. 3	υa	/: 5 :)
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ortions 00 PC 5.00 P 2.00 C 2.00 F alories: 448 Item ortions 00 PC 3.00 P 3.00 C 3.00 P 3.00 C 3.00 F alories: 301 Item ortions 7.00 P 3.00 C 3.00 F	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side. Preparation Suggestions: 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! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
ortions 00 PC 3.00 P .00 C .00 C 3.00 F alories: 301 Item ortions 7.00 P .00 C .00 C .00 C .00 C .00 F .00 C	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! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and
ortions 7.00 P .00 C .00 C 3.00 F 2.00 F alories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and
.00 C 2.00 C 3.00 F 2.00 F alories: 511	Make a basic chicken salad adding a little celery and
Item	
ortions	Preparation Suggestions:
00 PC 2.00 F 2.00 P alories: 238	Yogurt & Cashews Enjoy this quick snack!
Item	Preparation Suggestions:
6.00 P 2.00 C 2.00 C 3.00 C 5.00 F 2.00 P 3.00 C 3.00 C 3.00 C 3.00 C 3.00 C 3.00 C	Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Item	Preparation Suggestions:
50 C 38 C 3.00 F 00 PC 2.00 P alories:	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
	tem ortions .00 P .00 C .00 C .00 C .00 F .00 P .00 C alories: 602 Item ortions 50 C .38 C .00 F .00 P

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat21 grams Protein powder1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 1 1/2 slice Whole grain bread 1/2 Cantaloupe 5 tsp Mayonnaise	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
6 oz Ham, deli style 1/2 Cantaloupe 6 Olives	4.00 P 2.00 C 2.00 F Calories: 238	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Pork, lean 1 1/3 cups Mandarin orange, canned	8.00 P 4.00 C	Vietnamese Sweet Pork with Onions
1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries	1.00 C 6.00 F 1.00 C Calories: 602	A simple but tasty stirfry.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
 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 	1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301	A refreshing snack. You can mix the yogurt with the fruit or eat separately.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1 cup Raspberries 9 Cashews 14 grams Protein powder	Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448 Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories:	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mix the protein powder in with your cereal. Have a slice of cheese on the side. Preparation Suggestions: Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise	301 Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered	Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Mozzarella cheese, light/low fat 3 Pickles 9 Olives	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Sometimes the simplest snacks are the best.

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day	v:	58

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat21 grams Protein powder1 slice Whole grain bread1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 1 cup Raspberries 9 Cashews 14 grams Protein powder	Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Preparation Suggestions: Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 3/4 cup Grapes 1/2 cup Onions 5 cups Lettuce, romaine 1 1/2 Tomatoes 2 1/2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 7.00 P 1.50 C 1.00 C .50 C .75 C 1.25 C 2.00 F 3.00 F Calories: 511	Preparation Suggestions: Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad Top with low fat feta cheese.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 9 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1 cup Strawberries	Item Portions 6.00 P 2.00 C 2.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Preparation Suggestions: Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add som Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries	Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C Calories:	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

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! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
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! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
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!
Preparation Suggestions:
Sweet and Sour Pork A unique blend of tastes and flavors!
Preparation Suggestions:
Sometimes the simplest snacks are the best.
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Feel the burn & incinerate the fat. $\underline{\text{www.empowered} \\ \text{nutrition.net}}$

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless1/2 cup Grapes2 slice Whole grain bread1 tsp Olive or monounsaturated oil2 tsp Mayonnaise	7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries	8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602	Vietnamese Sweet Pork with Onions A simple but tasty stirfry.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Another tasty snack!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Dav	v:	61

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 10 1/2 oz Salmon steak 1 1/2 slice Whole grain bread 1/2 Cantaloupe 5 tsp Mayonnaise	Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
9 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1 cup Strawberries	Portions 6.00 P 2.00 C 2.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
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	Preparation Suggestions: Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
	Calories: 301	

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

Day:	62
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Chicken breast, deli style 1/2 cup Blueberries 1/4 Cantaloupe 1 cup Grapes 2/3 cup Honeydew melon 5 tbsp Almonds, slivered	7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken and Fruit Salad A great quick lunch! This one can be prepared ahead of time and taken with you or eaten at home. Either way, you're on your way!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Raspberries6 Almonds, whole3 oz Cheddar cheese, light/low fat	1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pin 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 peppe Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories:	A refreshing snack. You can mix the yogurt with the fruit or eat separately.

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

Day:	63
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Breakfast - Meal Portions: P:7 C:4 F:4 8 Egg whites 1 1/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1 cup Yogurt, plain, low fat 1/2 cup Blueberries 1 cup Strawberries	Item Portions 4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448	Preparation Suggestions: Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 3/4 cup Grapes 1/2 cup Onions 5 cups Lettuce, romaine 1 1/2 Tomatoes 2 1/2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 7.00 P 1.50 C 1.00 C .50 C .75 C 1.25 C 2.00 F 3.00 F Calories: 511	Preparation Suggestions: Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat feta cheese.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Milk, low fat (1%) 1/8 cup Blueberries 1/8 cup Oatmeal 6 Cashews 1/2 cup Yogurt, plain, low fat 17 1/2 grams Protein powder	Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238	Preparation Suggestions: Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:8 C:6 F:6 9 oz Chicken breast, deli style 3 cups Beans, green or yellow 4 cups Mushrooms 2 cups Zucchini 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 1 cup Strawberries	Item Portions 6.00 P 2.00 C 2.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Preparation Suggestions: Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries	Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C 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!

Day:	64
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Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A simple, wholesome breakfast.
Item Portions	Preparation Suggestions:
2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Item Portions	Preparation Suggestions:
7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Beef and vegetable pasta. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Item Portions	Preparation Suggestions:
6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602	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.
Item Portions 1.00 PC 3.00 F 2.00 C 3.00 P	Preparation Suggestions: Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
	3.00 P 3.00 C 4.00 F 3.00 P Calories: 448 Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301 Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238 Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F Calories: 238 Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F

Notes:

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat10 Egg whites1 cup Pineapple1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat1/3 cup Applesauce9 Almonds, whole2 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat	5.00 A 2.00 P Calories: 511	A hot bowl of chili - easy, tasty and filling!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories:	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	238 Item	
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Mushrooms	Portions 8.00 P 1.00 C	Preparation Suggestions: Chicken with Grapes
1 1/2 cups Grapes 2/3 cup Applesauce 2 tsp Olive or monounsaturated oil	3.00 C 2.00 C 6.00 F Calories: 602	A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Another tasty snack!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4 10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear	Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448 Item Portions 1.00 PC 3.00 P 2.00 C	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Tomato vegetable soup 2 oz Mozzarella cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 cups Broccoli 2 cups Tomatoes 1 Pear 2 tsp Olive or monounsaturated oil 3/4 cup Watermelon	Item Portions 1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/4 Cantaloupe 3 Apricots 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Combine these ingredients for a refreshing snack!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

Fight Fat www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Cereal, cold 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 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	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Calories: 238	
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato	Item Portions 8.00 P 2.00 C 6.00 F 3.00 C	Preparation Suggestions: Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the
1/4 cup Corn, canned	1.00 C Calories: 602	side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Portions 4.00 P 3.00 C 3.00 F	Preparation Suggestions: Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
·	Calories: 301	Proton 22 Fat: 22 Coloring 2404

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	68
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil2 oz Mozzarella cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1 cup Applesauce 4 tbsp Almonds, slivered 1/3 cup Rice 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 3.00 C 4.00 F 1.00 C 2.00 F Calories: 602	Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries	Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C 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! drates: 23 Fat: 23 Calories: 2401

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A simple, wholesome breakfast.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 1/3 cups Tomato vegetable soup 2 oz Mozzarella cheese, light/low fat	Item Portions 5.00 A 2.00 P Calories: 511	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Milk, low fat (1%) 1/8 cup Blueberries 1/8 cup Oatmeal 6 Cashews 1/2 cup Yogurt, plain, low fat 17 1/2 grams Protein powder	Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238	Preparation Suggestions: Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1 cup Applesauce 4 tbsp Almonds, slivered 1/3 cup Rice 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 3.00 C 4.00 F 1.00 C 2.00 F Calories: 602	Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/2 slice Whole grain bread1 cup Strawberries4 tbsp Almonds, slivered2 oz Cheddar cheese, light/low fat	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat1 cup Raspberries6 Almonds, whole3 oz Cheddar cheese, light/low fat	1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless 3 cups Broccoli 1/2 cup Onions 1 cup Applesauce 4 tbsp Almonds, slivered 1/3 cup Rice 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 3.00 C 4.00 F 1.00 C 2.00 F Calories: 602	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder	1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Total Daily Portions: Prote	ein: 34 Carbohyo	drates: 23 Fat: 23 Calories: 2401

Notes:

Have you had your Protein Smoothie today?

Grocery List

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

Other

12 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat 3 1/3 cups Tomato vegetable soup

Protein	Carbohydrates	Fats
357 grams Protein powder 32 oz Cheddar cheese, light/low fat 15 oz Beef, lean cuts 9 oz Scallops 11 oz Mozzarella cheese, light/low fat 16 Egg whites 38 oz Chicken breast, skinless 8 Eggs, whole 7 oz Tuna, canned in water 8 oz Pork, lean 21 oz Salmon steak 6 oz Ham, deli style 9 oz Chicken breast, deli style	2 1/2 cups Cereal, cold 2 Peaches 1 cup Celery 2 1/2 cups Onions 1 1/2 cups Tomato, puree 3/4 cup Pasta 2 3/4 cups Pineapple 9 cups Beans, green or yellow 1 Lemon 2 cups Blueberries 12 cups Popcorn 8 slice Whole grain bread 4 cups Strawberries 6 Pickles 1/2 cup Blackberries 3/4 cup Watermelon 2 cups Carrots 1 cup Corn, canned 2 2/3 cups Fruit cocktail 2 cups Peaches, canned 4 cups Raspberries 1 3/8 Cantaloupes 1/3 cup Honeydew melon 1 2/3 cups Rice 6 cups Zucchini 12 1/2 cups Mushrooms 1 cup Oatmeal 3 1/4 cups Grapes 1/2 Orange 1 2/3 cups Applesauce 1 Pear 3 Apricots	32 2/3 tsp Olive or monounsaturated oil 16 tbsp Almonds, slivered 2 tsp Butter 9 Walnuts 16 tsp Mayonnaise 15 Cashews 3 Macadamia nuts 12 Almonds, whole 15 Olives

5 cups Lettuce, romaine 1 1/2 Tomatoes

Grocery List

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

Other

15 cups Yogurt, plain, low fat 11 1/2 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup 2 1/2 cups Chili, canned

Protein	Carbohydrates	Fats
48 Egg whites 18 oz Cheddar cheese, light/low fat 388 1/2 grams Protein powder 9 oz Ground beef (< 10% fat) 12 oz Mozzarella cheese, light/low fat 22 oz Beef, lean cuts 8 oz Turkey breast, skinless 10 1/2 oz Salmon steak 14 oz Chicken breast, skinless 9 oz Haddock 8 oz Pork, lean 10 1/2 oz Chicken breast, deli style	2 7/8 cups Blueberries 9 cups Strawberries 3/4 Orange 1 1/2 cups Onions 1 cup Tomato sauce 3/4 cup Pasta 1/2 cup Blackberries 1 3/4 cups Pineapple 1 1/3 cups Applesauce 7 slice Whole grain bread 1 cup Mango 5 cups Broccoli 2 1/3 cups Rice 3 cups Grapes 1 7/12 cups Oatmeal 12 cups Mushrooms 1 cup Sweet potato 1/4 cup Corn, canned 6 1/2 cups Raspberries 1 1/2 cups Watermelon 6 cups Beans, green or yellow 3/8 Cantaloupe 19/24 cup Honeydew melon 16 Cherries 1 cup Cereal, cold 1 cup Peaches, canned	28 1/3 tsp Olive or monounsaturated oil 60 Almonds, whole 15 Walnuts 25 tbsp Almonds, slivered 9 tsp Mayonnaise 24 Cashews
	5 cups Tomatoes 1 Pear	

1/3 cup Fruit cocktail

Grocery List

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

Protein	Carbohydrates	Fats	Other
32 Egg whites 6 Eggs, whole 16 oz Mozzarella cheese, light/low fat 406 grams Protein powder 23 oz Beef, lean cuts 24 oz Cheddar cheese, light/low fat 27 oz Haddock 10 1/2 oz Salmon steak 23 oz Chicken breast, skinless 6 oz Ham, deli style	1 1/2 cups Onions 8 cups Zucchini 16 cups Mushrooms 1 1/4 cups Tomato, puree 6 1/2 cups Raspberries 1 cup Celery 3/4 cup Pasta 1 cup Mango 6 1/3 cups Rice 9 cups Strawberries 2 1/2 cups Cereal, cold 1 1/2 cups Pineapple 9 cups Beans, green or yellow, Steamed 2 1/2 cups Grapes 2 7/12 cups Oatmeal 1 3/4 cups Blueberries 4 slice Whole grain bread 3/4 cup Watermelon 1 1/2 Oranges 2/3 cup Applesauce 2 cups Peaches, canned 2 cups Carrots 1 cup Corn, canned 1/3 cup Fruit cocktail 3 cups Tomatoes 1/2 Cantaloupe	24 2/3 tsp Olive or monounsaturated oil 24 Cashews 21 tbsp Almonds, slivered 81 Almonds, whole 7 tsp Mayonnaise 30 Walnuts 3 Macadamia nuts 6 Olives	11 cups Yogurt, plain, low fat 12 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup 2 1/2 cups Chili, canned

Grocery List

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

Other

13 cups Milk, low fat (1%) 9 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

Protein	Protein Carbohydrates		in Carbohydrates Fats	
364 grams Protein powder 27 oz Cheddar cheese, light/low fat 29 oz Beef, lean cuts 9 oz Ground beef (< 10% fat) 15 oz Mozzarella cheese, light/low fat 30 oz Chicken breast, skinless 24 Egg whites 3 Eggs, whole 31 1/2 oz Salmon steak 8 oz Pork, lean	4 cups Cereal, cold 7 cups Raspberries 1 cup Celery 1 1/2 cups Onions 1 1/2 cups Tomato, puree 1 1/2 cups Pasta 4 cups Strawberries 1 cup Tomato sauce 4 cups Fruit cocktail 6 Pickles 12 1/2 slice Whole grain bread 2 1/2 cups Blueberries 1/2 Orange 2 1/3 cups Applesauce 4 cups Zucchini 4 cups Mushrooms 1/3 cup Mango 3 cups Beans, green or yellow 2 2/3 cups Rice 1 3/4 cups Pineapple 1 1/2 cups Watermelon 1/2 Cantaloupe 3 Apricots 16 Cherries 11/24 cup Honeydew melon 2 cups Broccoli 2 cups Tomatoes 1 Pear 1/4 cup Grapes 1/2 cup Blackberries 1 cup Peaches, canned 6 cups Popcorn	31 2/3 tsp Olive or monounsaturated oil 33 Cashews 9 Walnuts 27 Almonds, whole 20 tsp Mayonnaise 13 tbsp Almonds, slivered 9 Olives 1 tsp Butter		

Grocery List

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

Protein	Carbohydrates	Fats	Other
15 Eggs, whole 28 oz Cheddar cheese, light/low fat 14 oz Beef, lean cuts 308 grams Protein powder 37 oz Chicken breast, skinless 38 Egg whites 6 oz Mozzarella cheese, light/low fat 9 oz Ground beef (< 10% fat) 8 oz Turkey breast, skinless 6 oz Ham, deli style 8 oz Pork, lean 10 1/2 oz Salmon steak	6 cups Peaches, canned 9 slice Whole grain bread 6 Pickles 1/2 cup Raspberries 5 1/2 cups Strawberries 2 cups Applesauce 2 cups Fruit cocktail 1 1/2 cups Blackberries 2 1/2 cups Pineapple 2 cups Carrots 1 cup Corn, canned 1 1/8 Cantaloupes 6 Apricots 1 1/3 cups Oatmeal 2/3 cup Mango 1 1/4 Oranges 1 1/2 cups Watermelon 3 cups Beans, green or yellow 4 1/2 cups Mushrooms 1 1/3 cups Rice 1 1/2 cups Onions 1 cup Tomato sauce 3/4 cup Pasta 2 cups Grapes 1/8 cup Honeydew melon 2 Pears 5 cups Lettuce, romaine 1 1/2 Tomatoes 1 cup Blueberries 5 cups Broccoli	31 1/3 tsp Olive or monounsaturated oil 33 Walnuts 21 Almonds, whole 13 tsp Mayonnaise 6 Macadamia nuts 17 tbsp Almonds, slivered 6 Olives 6 Cashews	12 cups Milk, low fat (1%) 10 1/2 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 2 1/2 cups Chili, canned

16 Cherries 3/4 cup Tomato, puree 2 cups Tomatoes

Grocery List

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

Protein	Carbohydrates	Fats	Other
9 oz Mozzarella cheese, light/low fat 430 1/2 grams Protein powder 26 oz Cheddar cheese, light/low fat 30 oz Beef, lean cuts 14 oz Tuna, canned in water 9 oz Scallops 26 Egg whites 23 oz Chicken breast, skinless 3 Eggs, whole 9 oz Haddock	3 cups Cereal, cold 3 cups Pineapple 9 1/2 cups Strawberries 1/4 Cantaloupe 11/24 cup Honeydew melon 22 1/2 cups Mushrooms 2 cups Sweet potato 1/2 cup Corn, canned 4 1/4 cups Grapes 2 Peaches 3 cups Onions 15 cups Beans, green or yellow 1 Lemon 2 5/8 cups Blueberries 2/3 cup Mango 2 cups Rice 1 2/3 cups Fruit cocktail 3 1/2 slice Whole grain bread 1 2/3 cups Applesauce 1 cup Peaches, canned 2 cups Zucchini	31 2/3 tsp Olive or monounsaturated oil 51 Almonds, whole 16 tbsp Almonds, slivered 24 Cashews 3 Macadamia nuts 5 tsp Mayonnaise 1 tsp Butter 15 Walnuts	14 1/2 cups Milk, low fat (1%) 11 1/2 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 3 1/3 cups Tomato vegetable soup
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1/2 cup Tomato, puree 6 cups Popcorn 1 Pear 3/4 Orange 2 cups Raspberries 1/4 cup Oatmeal 5 cups Lettuce, romaine 1 1/2 Tomatoes

Grocery List

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

Protein	Carbohydrates	Fats	Other
48 Egg whites 20 oz Cheddar cheese, light/low fat 374 1/2 grams Protein powder 8 oz Mozzarella cheese, light/low fat 16 oz Pork, lean 21 oz Chicken breast, deli style 14 oz Beef, lean cuts 14 oz Tuna, canned in water 27 oz Scallops 6 oz Ham, deli style 7 oz Chicken breast, skinless	5 1/8 cups Blueberries 4 1/2 cups Strawberries 2 Peaches 3 cups Watermelon 1 1/3 cups Mandarin orange, canned 2 1/2 cups Onions 8 cups Raspberries 1 1/3 cups Fruit cocktail 2 1/2 cups Pineapple 1/3 cup Applesauce 1 Cantaloupe 4 cups Grapes 1 1/3 cups Honeydew melon 18 cups Beans, green or yellow 18 cups Mushrooms 1 cup Rice 11 cups Tomatoes 1 cup Peaches, canned 3/4 cup Tomato, puree 1/2 cup Blackberries 3 Pickles 3 Lemons 6 cups Popcorn 1 cup Cereal, cold 2 slice Whole grain bread 1/8 cup Oatmeal 2 cups Broccoli 1 Pear	34 2/3 tsp Olive or monounsaturated oil 23 tbsp Almonds, slivered 24 Cashews 18 Almonds, whole 9 Walnuts 1 tsp Butter 2 tsp Mayonnaise 6 Olives	12 cups Yogurt, plain, low fat 2 1/2 cups Chili, canned 11 1/2 cups Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
315 grams Protein powder 26 oz Cheddar cheese, light/low fat 42 oz Salmon steak 16 oz Pork, lean 19 1/2 oz Chicken breast, deli style 8 oz Beef, lean cuts 5 Eggs, whole 30 oz Chicken breast, skinless 8 oz Mozzarella cheese, light/low fat 30 Egg whites 9 oz Ground beef (< 10% fat) 6 oz Ham, deli style	1 1/2 cups Cereal, cold 1 cup Applesauce 11 1/2 slice Whole grain bread 2 1/2 Cantaloupes 1 cup Mango 2 2/3 cups Mandarin orange, canned 1 1/2 cups Onions 4 1/2 cups Raspberries 6 cups Popcorn 2 11/24 cups Oatmeal 5 1/2 cups Strawberries 1 1/2 cups Blueberries 5 cups Grapes 1 1/8 cups Honeydew melon 10 cups Mushrooms 1 cup Sweet potato 1 1/4 cups Corn, canned 1 cup Fruit cocktail 1 cup Peaches, canned 3/4 cup Watermelon 2 cups Carrots 3 Pickles 2 cups Pineapple 1/2 cup Blackberries 1 cup Tomato sauce 3/4 cup Pasta 1 Pear 3 cups Beans, green or yellow 2 cups Zucchini	31 tsp Olive or monounsaturated oil 45 Almonds, whole 25 tsp Mayonnaise 1 tsp Butter 18 tbsp Almonds, slivered 15 Olives 6 Cashews	11 cups Milk, low fat (1%) 11 1/2 cups Yogurt, plain, low fat

Grocery List

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

Protein	Carbohydrates	Fats	Other
8 oz Beef, lean cuts 25 oz Cheddar cheese, light/low fat 36 oz Chicken breast, skinless 37 1/2 oz Chicken breast, deli style 16 oz Pork, lean 18 Egg whites 9 o	1 cup Cereal, cold 3 3/4 cups Pineapple 11 1/2 cups Raspberries 3 3/8 cups Blueberries 1/2 slice Whole grain bread 1 2/3 cups Rice 8 cups Zucchini 6 Pickles 4 cups Grapes 1 1/2 cups Onions 10 cups Lettuce, romaine 3 Tomatoes 17 cups Mushrooms 9 cups Strawberries cups Beans, green or yellow 1/2 cup Blackberries 3/4 cup Tomato, puree 1 cup Fruit cocktail 2 Peaches 1/2 Orange cups Mandarin orange, canned 12 cups Popcorn 3/4 Cantaloupe 2/3 cup Honeydew melon 2 cups Carrots 1 cup Corn, canned 1/8 cup Oatmeal	30 tsp Olive or monounsaturated oil 24 Cashews 21 tsp Mayonnaise 24 tbsp Almonds, slivered 18 Olives 18 Almonds, whole 2 tsp Butter	8 1/2 cups Milk, low fat (1%) 11 1/2 cups Yogurt, plain, low fat

Grocery List

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

Carbohydrates	Fats	Other
3 11/24 cups Oatmeal 5 cups Strawberries 2 cups Celery 3 cups Onions 1/2 cup Tomato, puree 2 1/4 cups Pasta 1 5/8 cups Blueberries 1 cup Tomato sauce 2/3 cup Fruit cocktail 1 cup Pineapple 4 cups Applesauce 1/2 Orange 6 cups Mushrooms 3 cups Grapes 12 cups Popcorn 7 slice Whole grain bread 2 Pears 3/8 Cantaloupe 1/3 cup Honeydew melon 11 cups Broccoli 2 cups Tomatoes 1 1/2 cups Watermelon 3 Apricots 1 cup Cereal, cold 2 Peaches 1 cup Sweet potato 1/4 cup Corn, canned	29 tsp Olive or monounsaturated oil 27 Almonds, whole 15 Cashews 2 tsp Butter 32 tbsp Almonds, slivered 7 tsp Mayonnaise	11 1/2 cups Milk, low fat (1%) 9 cups Yogurt, plain, low fat 2 1/2 cups Chili, canned 6 2/3 cups Tomato vegetable soup
	3 11/24 cups Oatmeal 5 cups Strawberries 2 cups Celery 3 cups Onions 1/2 cup Tomato, puree 2 1/4 cups Pasta 1 5/8 cups Blueberries 1 cup Tomato sauce 2/3 cup Fruit cocktail 1 cup Pineapple 4 cups Applesauce 1/2 Orange 6 cups Mushrooms 3 cups Grapes 12 cups Popcorn 7 slice Whole grain bread 2 Pears 3/8 Cantaloupe 1/3 cup Honeydew melon 11 cups Broccoli 2 cups Tomatoes 1 1/2 cups Watermelon 3 Apricots 1 cup Cereal, cold 2 Peaches 1 cup Sweet potato	3 11/24 cups Oatmeal 5 cups Strawberries 2 cups Celery 3 cups Onions 1/2 cup Tomato, puree 2 1/4 cups Pasta 1 5/8 cups Blueberries 1 cup Tomato sauce 2/3 cup Fruit cocktail 1 cup Pineapple 4 cups Applesauce 1/2 Orange 6 cups Mushrooms 3 cups Grapes 12 cups Popcorn 7 slice Whole grain bread 2 Pears 3/8 Cantaloupe 1/3 cup Honeydew melon 11 cups Broccoli 2 cups Tomatoes 1 1/2 cups Watermelon 3 Apricots 1 cup Cereal, cold 2 Peaches 1 cup Sweet potato

32 Cherries 1/3 cup Mango 1 cup Rice 2 cups Raspberries 1/2 cup Blackberries