

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

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

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?

Notes:

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Day: 2

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

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Have a Protein Smoothie, be Empowered

Notes:

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Day: 3

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Tomato vegetable soup 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 1 cup Peaches, canned</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>+ energized + transformed + empowered +</p>		
<p>Notes:</p>		

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 9 Almonds, whole 1 cup Strawberries 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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Notes:

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Day: 5

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

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Notes:

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Day: 6

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup 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</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 1/3 cup Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>6 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/4 Cantaloupe 3 Apricots 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

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Notes:

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Day: 7

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Italian Omelet You can season this omelet with Italian spices like basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Mozzarella cheese, light/low fat 3 Pickles 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>

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Day: 8

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 9

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 6.00 P 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</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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Notes:

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Day: 10

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

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401
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Take your vitamins, be active & eat well. www.empowerednutrition.net

Notes:

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Day: 11

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Raspberries 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>

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

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Notes:

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Day: 12

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

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

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Notes:

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Day: 13

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mix the protein powder in with your cereal. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Raspberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Vietnamese Sweet Pork with Onions A simple but tasty stirfry.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Blueberries 9 Cashews 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken 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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

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

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Day: 15

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions</p> <p>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</p>	<p>Preparation Suggestions:</p> <p>Italian Omelet You can season this omelet with Italian spices like basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Raspberries 9 Cashews 14 grams Protein powder</p>	<p>Item Portions</p> <p>2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered</p>	<p>Item Portions</p> <p>8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder</p>	<p>Item Portions</p> <p>1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

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

Notes:

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Day: 16

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

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!

Notes:

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Day: 17

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 1 2/3 cups Rice 2 cups Zucchini 6 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 18

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 19

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

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 20

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Blueberries 9 Cashews 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</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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Notes:

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Day: 21

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>6 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Raspberries 1 tsp Olive or monounsaturated oil 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</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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Notes:

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Day: 22

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Raspberries 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</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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Day: 23

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 24

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Italian Omelet You can season this omelet with Italian spices like basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/3 cup Mango 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Blueberries 9 Cashews 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>

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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 25

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 26

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

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 +

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 27

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <ul style="list-style-type: none"> 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 	<p>Item Portions</p> <p>4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <ul style="list-style-type: none"> 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <ul style="list-style-type: none"> 10 1/2 oz Salmon steak 1/3 cup Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise 	<p>Item Portions</p> <p>7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <ul style="list-style-type: none"> 1 cup Yogurt, plain, low fat 6 Cashews 2 oz Cheddar cheese, light/low fat 	<p>Item Portions</p> <p>2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <ul style="list-style-type: none"> 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 	<p>Item Portions</p> <p>8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <ul style="list-style-type: none"> 4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter 	<p>Item Portions</p> <p>4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 29

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/4 Cantaloupe 3 Apricots 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Combine these ingredients for a refreshing snack!</p>

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

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 31

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.50 C 1.50 C 5.00 F 2.00 PC 2.00 P 3.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 9 Almonds, whole 1 cup Strawberries 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/8 Cantaloupe 1/4 cup Grapes 1/8 cup Honeydew melon 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder</p>	<p>Item Portions .50 C .50 C .19 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Yogurt Mix fruit and nuts in a bowl and pour over the yogurt. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 1 cup Peaches, canned</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 34

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 35

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mix the protein powder in with your cereal. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 9 Almonds, whole 1 cup Strawberries 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato 1/4 cup Corn, canned</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 3.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 37

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

Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401
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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 38

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tbsp balsamic vinegar and 2 tbsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>

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

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Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 39

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

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Italian Omelet You can season this omelet with Italian spices like basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 6.00 P 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 6.00 F 2.00 P 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 41

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato 1/4 cup Corn, canned</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 3.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sautéed Beef with Mushrooms Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Blueberries 9 Cashews 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbs Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Vietnamese Sweet Pork with Onions A simple but tasty stirfry.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Fight Fat www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 44

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken 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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Beans, green or yellow 2 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 1.00 C 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Blueberries 9 Cashews 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 45

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken 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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>

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>

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 46

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Tuna, canned in water 1 cup Onions 3 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Tuna & Bean Salad Mix tuna and ingredients with oil, 2 tsp balsamic vinegar and 2 tsp pure lemon juice, plus some salt and pepper. Microwave for 2 minutes.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 1.00 C 6.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Scallops with vegetables. Berries and yogurt for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>

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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 48

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 4 cups Mushrooms 3 cups Tomatoes 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Tomato vegetable soup 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup 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</p>	<p>Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 1.00 PC 7.00 P .67 C 1.33 C 2.00 C 6.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor. Watermelon for desert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Raspberries 1 tsp Olive or monounsaturated oil 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 50

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

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken 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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Mushrooms 2 tsp Olive or monounsaturated oil 1 cup Sweet potato 1/4 cup Corn, canned</p>	<p>Item Portions 8.00 P 2.00 C 6.00 F 3.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sautéed Beef with Mushrooms</p> <p>Slice the beef, and saute with mushrooms until done. Steam the remaining vegetables and serve on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 52

Breakfast - Meal Portions: P:7 C:4 F:4 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	Item Portions 5.00 P 2.00 C 2.00 C 4.00 F 2.00 P Calories: 448	Preparation Suggestions: 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. **		
Check your Vitals + GROW www.empowerednutrition.net		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 9 Almonds, whole 1 cup Strawberries 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 54

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Grapes 4 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Yogurt, plain, low fat 6 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/4 cup Grapes 1/8 cup Oatmeal 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 14 grams Protein powder</p>	<p>Item Portions .50 C .38 C 3.00 F 2.00 PC 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 1 1/2 slice Whole grain bread 1/2 Cantaloupe 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>6 oz Ham, deli style 1/2 Cantaloupe 6 Olives</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Pork, lean 1 1/3 cups Mandarin orange, canned 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 8.00 P 4.00 C 1.00 C 6.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Vietnamese Sweet Pork with Onions A simple but tasty stirfry.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 57

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 58

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Raspberries 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Total Daily Portions: Protein: 34 Carbohydrates: 23 Fat: 23 Calories: 2401 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 59

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 slice Whole grain bread 1/2 cup Blackberries 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.50 C 2.50 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Mozzarella cheese, light/low fat 3 Pickles 9 Olives</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 60

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 61

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

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken 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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Raspberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC .50 C .50 C 1.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>

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!

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 F 1.00 P 2.00 PC 1.00 C 1.00 C Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side with yogurt and berries.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .25 C .38 C 2.00 F 1.00 PC 2.50 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and protein with yogurt. Top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 3.00 F 2.00 P 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 64

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 3.00 C 6.00 F 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 9 Cashews 2/3 cup Fruit cocktail 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 F 2.00 C 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit Cocktail, Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 65

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 1/2 cups Chili, canned 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 66

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 67

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

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 68

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

Total Daily Portions: Protein: 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>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 69

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Day: 70

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Salmon steak 1/2 cup Blueberries 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 1 cup Raspberries 6 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 2.00 F 3.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 2 cups Strawberries 3 tbsp Almonds, slivered 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

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?

Notes:

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
357 grams Protein powder	2 1/2 cups Cereal, cold	32 2/3 tsp Olive or monounsaturated oil	12 cups Milk, low fat (1%)
32 oz Cheddar cheese, light/low fat	2 Peaches	16 tbsp Almonds, slivered	6 1/2 cups Yogurt, plain, low fat
15 oz Beef, lean cuts	1 cup Celery	2 tsp Butter	3 1/3 cups Tomato vegetable soup
9 oz Scallops	2 1/2 cups Onions	9 Walnuts	
11 oz Mozzarella cheese, light/low fat	1 1/2 cups Tomato, puree	16 tsp Mayonnaise	
16 Egg whites	3/4 cup Pasta	15 Cashews	
38 oz Chicken breast, skinless	2 3/4 cups Pineapple	3 Macadamia nuts	
8 Eggs, whole	9 cups Beans, green or yellow	12 Almonds, whole	
7 oz Tuna, canned in water	1 Lemon	15 Olives	
8 oz Pork, lean	2 cups Blueberries		
21 oz Salmon steak	12 cups Popcorn		
6 oz Ham, deli style	8 slice Whole grain bread		
9 oz Chicken breast, deli style	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		
	5 cups Lettuce, romaine		
	1 1/2 Tomatoes		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
48 Egg whites	2 7/8 cups Blueberries	28 1/3 tsp Olive or monounsaturated oil	15 cups Yogurt, plain, low fat
18 oz Cheddar cheese, light/low fat	9 cups Strawberries	60 Almonds, whole	11 1/2 cups Milk, low fat (1%)
388 1/2 grams Protein powder	3/4 Orange	15 Walnuts	2 2/3 cups Beef and vegetable soup
9 oz Ground beef (< 10% fat)	1 1/2 cups Onions	25 tbsp Almonds, slivered	2 1/2 cups Chili, canned
12 oz Mozzarella cheese, light/low fat	1 cup Tomato sauce	9 tsp Mayonnaise	
22 oz Beef, lean cuts	3/4 cup Pasta	24 Cashews	
8 oz Turkey breast, skinless	1/2 cup Blackberries		
10 1/2 oz Salmon steak	1 3/4 cups Pineapple		
14 oz Chicken breast, skinless	1 1/3 cups Applesauce		
9 oz Haddock	7 slice Whole grain bread		
8 oz Pork, lean	1 cup Mango		
10 1/2 oz Chicken breast, deli style	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		
	1 1/3 cups Mandarin orange, canned		
	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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
32 Egg whites	1 1/2 cups Onions	24 2/3 tsp Olive or monounsaturated oil	11 cups Yogurt, plain, low fat
6 Eggs, whole	8 cups Zucchini	24 Cashews	12 cups Milk, low fat (1%)
16 oz Mozzarella cheese, light/low fat	16 cups Mushrooms	21 tbsp Almonds, slivered	2 2/3 cups Beef and vegetable soup
406 grams Protein powder	1 1/4 cups Tomato, puree	81 Almonds, whole	7 tsp Mayonnaise
23 oz Beef, lean cuts	6 1/2 cups Raspberries	30 Walnuts	3 Macadamia nuts
24 oz Cheddar cheese, light/low fat	1 cup Celery	6 Olives	
27 oz Haddock	3/4 cup Pasta		
10 1/2 oz Salmon steak	1 cup Mango		
23 oz Chicken breast, skinless	6 1/3 cups Rice		
6 oz Ham, deli style	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
364 grams Protein powder	4 cups Cereal, cold	31 2/3 tsp Olive or monounsaturated oil	13 cups Milk, low fat (1%)
27 oz Cheddar cheese, light/low fat	7 cups Raspberries	33 Cashews	9 cups Yogurt, plain, low fat
29 oz Beef, lean cuts	1 cup Celery	9 Walnuts	2 2/3 cups Beef and vegetable soup
9 oz Ground beef (< 10% fat)	1 1/2 cups Onions	27 Almonds, whole	
15 oz Mozzarella cheese, light/low fat	1 1/2 cups Tomato, puree	20 tsp Mayonnaise	
30 oz Chicken breast, skinless	1 1/2 cups Pasta	13 tbsps Almonds, slivered	
24 Egg whites	4 cups Strawberries	9 Olives	
3 Eggs, whole	1 cup Tomato sauce	1 tsp Butter	
31 1/2 oz Salmon steak	4 cups Fruit cocktail		
8 oz Pork, lean	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
15 Eggs, whole	6 cups Peaches, canned	31 1/3 tsp Olive or monounsaturated oil	12 cups Milk, low fat (1%)
28 oz Cheddar cheese, light/low fat	9 slice Whole grain bread	33 Walnuts	10 1/2 cups Yogurt, plain, low fat
14 oz Beef, lean cuts	6 Pickles	21 Almonds, whole	2 2/3 cups Beef and vegetable soup
308 grams Protein powder	1/2 cup Raspberries	13 tsp Mayonnaise	2 1/2 cups Chili, canned
37 oz Chicken breast, skinless	5 1/2 cups Strawberries	6 Macadamia nuts	
38 Egg whites	2 cups Applesauce	17 tbsp Almonds, slivered	
6 oz Mozzarella cheese, light/low fat	2 cups Fruit cocktail	6 Olives	
9 oz Ground beef (< 10% fat)	1 1/2 cups Blackberries	6 Cashews	
8 oz Turkey breast, skinless	2 1/2 cups Pineapple		
6 oz Ham, deli style	2 cups Carrots		
8 oz Pork, lean	1 cup Corn, canned		
10 1/2 oz Salmon steak	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		
	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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
9 oz Mozzarella cheese, light/low fat	3 cups Cereal, cold	31 2/3 tsp Olive or monounsaturated oil	14 1/2 cups Milk, low fat (1%)
430 1/2 grams Protein powder	3 cups Pineapple	51 Almonds, whole	11 1/2 cups Yogurt, plain, low fat
26 oz Cheddar cheese, light/low fat	9 1/2 cups Strawberries	16 tbsp Almonds, slivered	2 2/3 cups Beef and vegetable soup
30 oz Beef, lean cuts	11/24 cup Honeydew melon	24 Cashews	3 1/3 cups Tomato vegetable soup
14 oz Tuna, canned in water	22 1/2 cups Mushrooms	3 Macadamia nuts	
9 oz Scallops	2 cups Sweet potato	5 tsp Mayonnaise	
26 Egg whites	1/2 cup Corn, canned	1 tsp Butter	
23 oz Chicken breast, skinless	4 1/4 cups Grapes	15 Walnuts	
3 Eggs, whole	2 Peaches		
9 oz Haddock	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		
	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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
48 Egg whites	5 1/8 cups Blueberries	34 2/3 tsp Olive or monounsaturated oil	12 cups Yogurt, plain, low fat
20 oz Cheddar cheese, light/low fat	4 1/2 cups Strawberries	23 tbsp Almonds, slivered	2 1/2 cups Chili, canned
374 1/2 grams Protein powder	2 Peaches	24 Cashews	11 1/2 cups Milk, low fat (1%)
8 oz Mozzarella cheese, light/low fat	3 cups Watermelon	18 Almonds, whole	3 1/3 cups Tomato vegetable soup
16 oz Pork, lean	1 1/3 cups Mandarin orange, canned	9 Walnuts	
21 oz Chicken breast, deli style	2 1/2 cups Onions	1 tsp Butter	
14 oz Beef, lean cuts	8 cups Raspberries	2 tsp Mayonnaise	
14 oz Tuna, canned in water	1 1/3 cups Fruit cocktail	6 Olives	
27 oz Scallops	2 1/2 cups Pineapple		
6 oz Ham, deli style	1/3 cup Applesauce		
7 oz Chicken breast, skinless	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
315 grams Protein powder	1 1/2 cups Cereal, cold	31 tsp Olive or monounsaturated oil	11 cups Milk, low fat (1%)
26 oz Cheddar cheese, light/low fat	1 cup Applesauce	45 Almonds, whole	11 1/2 cups Yogurt, plain, low fat
42 oz Salmon steak	11 1/2 slice Whole grain bread	25 tsp Mayonnaise	
16 oz Pork, lean	2 1/2 Cantaloupes	1 tsp Butter	
19 1/2 oz Chicken breast, deli style	2 2/3 cups Mandarin orange, canned	18 tbsp Almonds, slivered	
8 oz Beef, lean cuts	1 1/2 cups Onions	15 Olives	
5 Eggs, whole	4 1/2 cups Raspberries	6 Cashews	
30 oz Chicken breast, skinless	6 cups Popcorn		
8 oz Mozzarella cheese, light/low fat	2 11/24 cups Oatmeal		
30 Egg whites	5 1/2 cups Strawberries		
9 oz Ground beef (< 10% fat)	1 1/2 cups Blueberries		
6 oz Ham, deli style	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
16 oz Mozzarella cheese, light/low fat	1 cup Cereal, cold	30 tsp Olive or monounsaturated oil	8 1/2 cups Milk, low fat (1%)
402 1/2 grams Protein powder	3 3/4 cups Pineapple	24 Cashews	11 1/2 cups Yogurt, plain, low fat
21 oz Salmon steak	11 1/2 cups Raspberries	21 tsp Mayonnaise	
8 oz Beef, lean cuts	3 3/8 cups Blueberries	24 tbsp Almonds, slivered	
25 oz Cheddar cheese, light/low fat	10 1/2 slice Whole grain bread	18 Olives	
36 oz Chicken breast, skinless	1 2/3 cups Rice	18 Almonds, whole	
37 1/2 oz Chicken breast, deli style	8 cups Zucchini	2 tsp Butter	
16 oz Pork, lean	6 Pickles		
18 Egg whites	4 cups Grapes		
	1 1/2 cups Onions		
	10 cups Lettuce, romaine		
	3 Tomatoes		
	17 cups Mushrooms		
	9 cups Strawberries		
	9 cups Beans, green or yellow		
	1/2 cup Blackberries		
	3/4 cup Tomato, puree		
	1 cup Fruit cocktail		
	2 Peaches		
	1/2 Orange		
	1 1/3 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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2401 Calories

Protein	Carbohydrates	Fats	Other
381 1/2 grams Protein powder	3 11/24 cups Oatmeal	29 tsp Olive or monounsaturated oil	11 1/2 cups Milk, low fat (1%)
24 oz Cheddar cheese, light/low fat	5 cups Strawberries	27 Almonds, whole	9 cups Yogurt, plain, low fat
22 oz Beef, lean cuts	2 cups Celery	15 Cashews	2 1/2 cups Chili, canned
9 oz Ground beef (< 10% fat)	3 cups Onions	2 tsp Butter	6 2/3 cups Tomato vegetable soup
14 oz Mozzarella cheese, light/low fat	1/2 cup Tomato, puree	32 tbs Almonds, slivered	
40 Egg whites	2 1/4 cups Pasta	7 tsp Mayonnaise	
22 oz Chicken breast, skinless	1 5/8 cups Blueberries		
24 oz Turkey breast, skinless	1 cup Tomato sauce		
10 1/2 oz Salmon steak	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		
	32 Cherries		
	1/3 cup Mango		
	1 cup Rice		
	2 cups Raspberries		
	1/2 cup Blackberries		