Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

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Mike Westerdal & Patrick McGuire

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
10 Egg whites	Portions 5.00 P	Eggs with oatmeal on the side. Enjoy!
1 1/3 cups Oatmeal	4.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat	5.00 P	A quick and tasty snack.
1 1/2 oz Pretzels	3.00 C	7 quiek and tasty shack.
9 Walnuts	3.00 F	
	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Chicken noodle soup	4.00 A	Soup with a tuna sandwich on the side. Enjoy!
2 oz Tuna, canned in water	2.00 P	
1/2 slice Whole grain bread 1 tsp Mayonnaise	1.00 C 1.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
2 02 Grieddai Grieese, ligiririow iat	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Dronavation Suggestions
Shack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%)	.50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes until
21 grams Protein powder	3.00 P	desired consistency is reached. If a blender is not
1/2 cup Blueberries	1.00 C	available mix protein powder with cold water and
1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	have remaining ingredients on the side. Enjoy!
i isp Olive of monounsaturated on	Calories:	
	301	
Dinner Med Bertiener D.O.C.C.C.C	Item	December Commentions
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
3 1/2 cups Spinach	1.00 C	Brush chicken lightly with oil, broil or grill chicken.
2 cups Zucchini	1.00 C	Mix oil with your spices of choice to add flavour.
1 1/3 cups Rice	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Overly Mark Day of the Day of the Day	Item	Burnette O control
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

1 cup Milk, low fat (1%) 42 grams Protein powder 1 cup Cereal, cold 1 rup Cereal, cold 1	Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 1.00 C 3.00 P C alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 PC alories: 329 Mid Meal - Meal Portions: P:8 C:3 F:3 Preparation Suggestions: Protein Shake Portions Protein Shake Prot	42 grams Protein powder 1 cup Cereal, cold 1/2 cup Grapes	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the
1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole Calories: 329 Mid Meal - Meal Portions: P:8 C:5 F:5 2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 1 stsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 1 2/3 cups Rice 3 cups Broccoli 1 2/3 cups Broccoli 1 2/3 cups Broccoli 1 1 2/3 cups Broccoli 1 2/3 cup Strawberries 3 cup Strawberries 4 Calories: 301 Preparation Suggestions: Chicken noodle soup, egg-drop style. Heat up the crackers on top. Enjoy! Preparation Suggestions: Chicken noodle soup, egg-drop style. Heat up the crackers on top. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 3 oup Stroccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil 2 try Dilive or monounsaturated oil 3 0.0 F Calories: 602 Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 2 1 grams Protein powder 1 cup Rasperries 1/2 cup Yogurt, plain, low fat 2 1 grams Protein powder 1 cup Rasperries 1/2 cup Yogurt, plain, low fat 2 1 grams Protein powder 1 cup Rasperries 1 cup Strawberries 1 cup Rasperries 1 cup Strawberries 1 cup Strawberries 1 cup Rasperries 1 cup Strawberries 1 cup Rasperries	Snack - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
Portions 2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 2 cup Milk, low fat (1%) 1 cup Pineapple 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 2 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil 3 tem Portions 8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil 4 tem Portions 8 oz Turkey breast, skinless 3 cups Broccoli 1 cup Raspberries 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 1/2 tsp Olive or monounsaturated oil 4 tem Portions 1/2 cup Yogurt, plain, low fat 1 cup Raspberries 1 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 to p Raspberries 1 tsp Olive or monounsaturated oil 7 total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520	21 grams Protein powder 1 cup Strawberries	2.00 PC 3.00 P 1.00 C 3.00 F Calories:	
2 cups Chicken noodle soup 4 Egg whites 5 1,00 C 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 2 1 grams Protein powder 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 top Snack - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil 3 tem Portions 1 2 cup Yogurt, plain, low fat 2 tgrams Protein powder 1 cup Raspberries 1 tem Portions 1 2 cup Yogurt, plain, low fat 1 tsp Olive or monounsaturated oil 3 tem Portions 1 cup Strawberries 1 tsp Olive or monounsaturated oil 4 top Strawberries 1 tsp Olive or monounsaturated oil 5 top C calories: 602 5 top Ore Calories: 602 6 top Calories: 602 7 tratal Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 7 total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520	Mid Meal - Meal Portions: P:8 C:5 F:5	· -	Preparation Suggestions:
Portions 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 togs Broccoli 2 tsp Olive or monounsaturated oil 3 togs Broccoli 4 togs Olive or monounsaturated oil 5 togs Protein Shake 2 tog Calories: 301 Item Portions 8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil 5 togs Snack - Meal Portions: P:4 C:3 F:3 I/2 cup Yogurt, plain, low fat 2 t grams Protein powder 1 cup Raspberries 1 tog Dive or monounsaturated oil 5 togs 1 tem Portions 1 togs Olive or monounsaturated oil 5 togs Snack - Meal Portions: P:4 C:3 F:3 I/2 cup Yogurt, plain, low fat 1 cup Raspberries 1 tog Strawberries 1 tog Dive or monounsaturated oil 5 togs Olive or monounsaturated oil 6 togs Olive or monounsaturated oil 7 togs Olive or monounsaturated oil 7 togs Olive or monounsaturated oil 8 oz Turkey breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Freparation Suggestions: Protein Shake Protein Shake Protein Shake Protein Shake Preparation Suggestions: Protein Shake Preparation Suggestions: Protein Shake with Fruit Preparation Suggestions: Protein Shake	4 Egg whites4 Crackers1/3 tsp Olive or monounsaturated oil	4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	soup and drop in the egg-whites. Crumble the
21 grams Protein powder 1 cup Pineapple 2.00 C 1 tsp Olive or monounsaturated oil 2.00 C 3.00 F Calories: 3.01 F Calories: 3.01 F Calories: 3.01 F Calories: 3.02 F Calories: 3.01 F Calories: 3.02 F Calories: 3.03 F Calories: 3.04 F Calories: 3.05 F Calories: 3.06 F Calories: 3.07 F Calories: 3.08 F Calories: 3.09 F Calories: 3.09 F Calories: 3.00 P Calories: 3.00 P Calories: 6.02 F Calories: 6.	Snack - Meal Portions: P:4 C:3 F: 3		Preparation Suggestions:
Binner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 Portions 8.00 P 1.00 C 6.00 F Calories: 602 Preparation Suggestions: Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Protein Shake with Fruit Protein Shake with Fruit 9 Protein Shake with Fruit 1.00 PC 1.00 C 1.00 C 2.00 F 1.00 PC 3.00 P 2.00 P 2.00 P 3.00 P 3.00 P 4.00 P 5.00 C 5.00 C 6.00 F 6.00 F 6.00 F 7 Calories: and vegetables on the side. Protein Shake with Fruit 9 Protein Shake with Fruit 1.00 PU 1.00 C	21 grams Protein powder 1 cup Pineapple	3.00 P 2.00 C 3.00 F Calories:	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil Social Strawberries 1 tsp Olive or monounsaturated oil 8.00 P 1.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1 turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Preparation Suggestions: Protein Shake with Fruit 1.00 PC 3.00 P 1 turkey Breast with Rice Coat turkey breast with Olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Protein Shake with Fruit 3.00 P 1 turkey Breast with Rice Coat turkey breast with Olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Protein Shake with Fruit 3.00 P 1 turkey Breast with Olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Protein Shake with Fruit 3.00 P 1 turkey Breast with Olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side. Protein Shake with Fruit 3.00 P 2 turkey Breast with Olive oil and sprinkle with paprika and garlic powder, then bake of the bake. Protein Shake with Fruit 2 ture of tu	Dinner - Meal Portions: P:8 C:6 F:6		Preparation Suggestions:
Portions 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 36 Portions 1.00 PC 3.00 P 1.00 C 3.00 P 1.00 C 3.00 F Calories: 301 Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520	3 cups Broccoli 1 2/3 cups Rice	1.00 C 5.00 C 6.00 F Calories:	Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3.00 P 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 36 1.00 C 3.00 P 1.00 C 3.00 P 1.00 C 3.00 P 1.00 C 3.00 F Calories: 3.00 F Carbohydrates: 24 Fat: 24 Calories: 2520	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
	21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
** Remember to drink between 10 and 12 glasses of water per day. **			

Have a Protein Smoothie, be Empowered

Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!
2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories:	cheese on the side. You can add the nuts to your
Item Portions	Preparation Suggestions:
3.00 PC 3.00 F 2.00 P Calories: 329	
Item	Preparation Suggestions:
2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	Chicken with yogurt, fruit and nuts on the side.
	Preparation Suggestions:
4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	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.
Item	Preparation Suggestions:
8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Item Portions	Preparation Suggestions:
2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	3.00 PC 3.00 F 2.00 P Calories: 329 Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539 Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602 Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories:

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder2 cups Raspberries1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Cashews 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack!
Mid Meal - Meal Portions: P:8 C:5 F:5 2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)	Item Portions 5.00 A 3.00 P Calories: 539	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling! Add in some extra meat.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts	Item Portions 1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Item Portions	Preparation Suggestions:
1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Item Portions	Preparation Suggestions:
4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Item Portions	Preparation Suggestions:
1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Item	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F	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
	Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448 Item Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539 Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 3.00 F Calories: 329 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 F Calories: 301

Notes:

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 3 oz Ham, deli style	Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:5 C:3 F:3 5 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 1/2 slice Whole grain bread2 tsp Mayonnaise1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 2.00 F 3.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602	Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

3 steps for success today: Nutrition + Training + Supplements

Item	Preparation Suggestions:
5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.
Item Portions 3.00 PC	Preparation Suggestions: Milk & Peanuts
3.00 F 2.00 P Calories: 329	A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Item Portions	Preparation Suggestions:
2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602	Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	4.00 C 4.00 F 2.00 P Calories: 448 Item Portions 3.00 PC 3.00 P Calories: 329 Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539 Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 539 Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F Calories:

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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	Item	
Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Combine over heat and enjoy this stick-to-your-ribs
35 grams Protein powder	5.00 P	breakfast.
2/3 cup Oatmeal	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	
	448	
Oneste Meet Dentieres D.F.O.O.F.O.	Item	Branch Comment Comment
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat	5.00 P	Another tasty snack!
6 cups Popcorn	3.00 C	
1 tsp Butter	3.00 F Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Beef and barley soup	4.00 A	A simple but tasty meal: soup and a sandwich.
4 oz Cheddar cheese, light/low fat	4.00 P 1.00 C	
1/2 slice Whole grain bread 1/3 tsp Butter	1.00 C	
170 top Butter	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%) 21 grams Protein powder	1.00 PC 3.00 P	Protein Shake with Fruit Blend all ingredients together and add ice cubes until
1 cup Strawberries	1.00 C	desired consistency is reached. If a blender is not
1/2 cup Peaches, canned	1.00 C	available mix protein powder with cold water and
1 tsp Olive or monounsaturated oil	3.00 F	have remaining ingredients on the side. Enjoy!
·	Calories:	
	301	
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
1 cup Rice	3.00 C	Brush chicken lightly with oil, broil or grill chicken.
3 cups Broccoli	1.00 C	Mix oil with your spices of choice to add flavour.
4 cups Cauliflower	1.00 C	
1/2 cup Grapes	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Propagation Suggestions:
	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
Tangerine tsp Olive or monounsaturated oil	2.00 C 3.00 F	Add water to create desired consistency. Enjoy!
i top Olive of Horiourisaturated off	Calories:	
	301	
		dreteer 24 Fet: 24 Colorina 2520

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts	5.00 P 3.00 C 3.00 F Calories: 329	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 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!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil	8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602	Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 11

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	A refreshing breakfast.
28 grams Protein powder	4.00 P	Janearing areasiness
1/3 cup Mandarin orange, canned	1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Pistachios
12 Pistachio nuts	3.00 F	Mix them together or eat them separately. Either
14 grams Protein powder	2.00 P	way, you're on your way to a healthy lifestyle!
r i grame i retem periaer	Calories:	may, you're on your may to a mountry mooty.
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
5 oz Tuna, canned in water	5.00 P	Tuna Sandwich
2 slice Whole grain bread	4.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
4 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	4.00 F 3.00 P	For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
1/2 Orange	1.00 C	lettuce, celery of bear sprouts.
3 Almonds, whole	1.00 C	
o Amionao, whole	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
1 our Mills low fot (10/)	Portions 1.00 PC	Protein Shake with Fruit
1 cup Milk, low fat (1%) 21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes until
1 cup Blueberries	2.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
•	Calories:	have remaining ingredients on the side.
	301	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
12 oz Salmon steak	Portions 8.00 P	
12 oz Salmon steak 12 spears Asparagus	1.00 C	Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt,
1 1/2 cups Onions	3.00 C	pepper and thyme before preparing the meal (at
2 tsp Olive or monounsaturated oil	6.00 F	least two hours is best). Grill the fish, brushing with
1/3 cup Rice	1.00 C	marinade regularly. Lightly sauté vegetables. Enjoy!
1/2 cup Peaches, canned	1.00 C	, and a sign as you are a great a sign as you
•	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
16 Cherries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
•	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
		Enjoy!
	301	mix it all together, then eat the fruit on the side.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539	Preparation Suggestions: Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	1	3
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories:	Preparation Suggestions: Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:5 C:3 F:3	539 Item Portions	Preparation Suggestions:
35 grams Protein powder 1 Banana 18 Peanuts	5.00 P 3.00 C 3.00 F Calories: 329	Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
21 grams Protein powder2 cups Strawberries1 tsp Olive or monounsaturated oil1/2 cup Yogurt, plain, low fat	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Beans, green or yellow 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602	Preparation Suggestions: Tangy Chicken and Bean Salad Chop cucumber into chunks, then marinate with the beans in olive oil, a little vinegar, salt, pepper and some chili flakes. An hour should be long enough, but the longer, the better. When you're almost ready to eat, coat the chicken with a little pepper and salt, and some lemon zest (or use lemon-pepper seasoning), then grill it until done and serve!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P	Preparation Suggestions: Simple, quick and balanced.

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Day: 14

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style 	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat3 tbsp Almonds, slivered14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 5.00 C 1.00 F 4.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Strawberries 	1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach	4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)	5.00 A 3.00 P Calories: 539	A hot bowl of chili - easy, tasty and filling! Add in some extra meat.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%)1/4 cup Yogurt, plain, low fat21 grams Protein powder1/2 cup Blueberries1/3 cup Applesauce1 tsp Olive or monounsaturated oil	.50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach	4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder 	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	5.00 P 3.00 C 3.00 F Calories: 329	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
12 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 2 Peaches 1 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Blueberries3 Almonds, whole4 Cashews4 Peanuts	1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	Portions 2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 1/2 slice Whole grain bread2 tsp Mayonnaise1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 2.00 F 3.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	.50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		Victor 24 Fat: 24 Colorina 2520

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 18

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories:	Eggs with oatmeal on the side. Enjoy!
	448	
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Salmon steak 12 spears Asparagus 1 1/2 cups Onions 2 tsp Olive or monounsaturated oil 1/3 cup Rice 1/2 cup Peaches, canned	Item Portions 8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Preparation Suggestions: Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
10 Egg whites	Portions 5.00 P	Scrambled eggs with toast. A homestyle favorite.
1 cup Grapes	2.00 C	,
1 slice Whole grain bread	2.00 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
2 tsp Peanut butter, natural	2.00 F	
3 oz Ham, deli style	2.00 P	
	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat	5.00 P	A quick and tasty snack.
1 1/2 oz Pretzels	3.00 P	A quick and tasty snack.
9 Walnuts	3.00 F	
o Walitato	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
2 1/2 slice Whole grain bread	5.00 C	Mix your favourite seasonings with oil and brush on
2 tsp Mayonnaise	2.00 F	chicken breast. Bake or grill the chicken breast until
1 tsp Olive or monounsaturated oil	3.00 F	done. Slice the chicken and make a sandwich with it
	Calories:	on toasted slices of bread. You can add a little
	539 Item	lettuce for crunch if you like.
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes until
1 cup Blueberries	2.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	301	
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Salmon steak	8.00 P	Grilled Salmon with Herbed Asparagus
12 spears Asparagus	1.00 C	Marinate vegetables in water, olive oil, garlic, salt,
1 1/2 cups Onions	3.00 C	pepper and thyme before preparing the meal (at
2 tsp Olive or monounsaturated oil	6.00 F	least two hours is best). Grill the fish, brushing with
1/3 cup Rice	1.00 C	marinade regularly. Lightly sauté vegetables. Enjoy!
1/2 cup Peaches, canned	1.00 C	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
2 Peaches	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
		Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat35 grams Protein powder1 Pear30 Peanuts	3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)28 grams Protein powder2 Kiwis1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Salmon steak 12 spears Asparagus 1 1/2 cups Onions 2 tsp Olive or monounsaturated oil 1/3 cup Rice 1/2 cup Peaches, canned	8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat	1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	Simple, quick and balanced.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	A refreshing breakfast.
28 grams Protein powder	4.00 P	7 Tonoshing Droamaon
1/3 cup Mandarin orange, canned	1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
. We tob ourse or memorination on	Calories:	
	448	
0 1 11 15 11 5 5 6 6 5 6	Item	5
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat	5.00 P	A simple crunchy snack to munch on when you have
3 Pickles	3.00 C	a spare moment can make all the difference during
9 Walnuts	3.00 F	your day.
	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Beef and barley soup	4.00 A	A simple but tasty meal: soup and a sandwich.
4 oz Cheddar cheese, light/low fat	4.00 P	
1/2 slice Whole grain bread	1.00 C	
1/3 tsp Butter	1.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
1 our Milk low fot (10/)	Portions 1.00 PC	Protein Shake
1 cup Milk, low fat (1%) 21 grams Protein powder	3.00 PC	Put all ingredients in blender over ice and blend.
1 Tangerine	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	Add water to create desired consistency. Enjoy:
1 isp Olive of Monounsaturated on	Calories:	
	301	
Discontinuo Baaca	Item	Barrandia a Carandia a
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
1 2/3 cups Potato	5.00 C	Brush chicken with oil, then broil or grill. Mix oil with
1 1/2 cups Broccoli	.50 C	your spices of choice to add flavor.
1 cup Zucchini	.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
d ave Mills lave fet (40%)	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder 2 Plums	3.00 P	Put all ingredients in a blender over ice and blend,
	2.00 C 3.00 F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
	301	Enjoy!
		∟nj∪y:

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	ltem Portions	Preparation Suggestions:
10 Egg whites1 1/2 slice Whole grain bread1 cup Strawberries4 tbsp Almonds, slivered3 oz Ham, deli style	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat12 Pistachio nuts14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 1/2 slice Whole grain bread2 tsp Mayonnaise1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 2.00 F 3.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 Tangerine1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
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Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil	Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602	Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Bortions, Dustains	301	Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)	5.00 A 3.00 P Calories: 539	A hot bowl of chili - easy, tasty and filling! Add in some extra meat.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
21 grams Protein powder2 cups Strawberries1 tsp Olive or monounsaturated oil1/2 cup Yogurt, plain, low fat	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1 1/2 cups Applesauce 1 1/2 cups Mushrooms 1 1/2 cups Broccoli 1 cup Cauliflower 18 Almonds, whole	8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602	Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat3 tbsp Almonds, slivered14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
2 cups Chicken noodle soup4 Egg whites4 Crackers1/3 tsp Olive or monounsaturated oil2 oz Mozzarella cheese, light/low fat	Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder	Portions 1.00 PC 3.00 P	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend,
1 cup Strawberries1/2 cup Pineapple1 tsp Olive or monounsaturated oil	1.00 C 1.00 C 3.00 F Calories: 301	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered	8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

	Item	
Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	A classic cereal breakfast with nuts and fruit added
42 grams Protein powder	6.00 P	for crunch and flavor. Enjoy!
1/2 cup Blueberries	1.00 C	
1 cup Cereal, cold	2.00 C	
4 tbsp Almonds, slivered	4.00 F	
	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
E oz Chaddar ahagaa light/law fat	Portions 5.00 P	Depart and a Clica
5 oz Cheddar cheese, light/low fat 6 cups Popcorn	3.00 P	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic
1 tsp Butter	3.00 C	snack choice.
i isp butter	Calories:	Shack choice.
	329	
Mid Maal Maal Dartier - D-C O-5 5-5	Item	Draw and the Comment of the Comment
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
2 cups Chicken noodle soup	4.00 A	Soup with a tuna sandwich on the side. Enjoy!
2 oz Tuna, canned in water	2.00 P	
1/2 slice Whole grain bread	1.00 C	
1 tsp Mayonnaise	1.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories: 539	
	Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
	3.001	Fut all indiculcins in a dictider over ice and dictid,
	1.00 C	
1 cup Strawberries 1/2 cup Pineapple		adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries 1/2 cup Pineapple	1.00 C 1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 cup Strawberries 1/2 cup Pineapple	1.00 C 1.00 C 3.00 F Calories: 301	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
cup Strawberries 1/2 cup Pineapple tsp Olive or monounsaturated oil	1.00 C 1.00 C 3.00 F Calories: 301	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Haddock and Vegetable Dinner
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the
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1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories:	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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.
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions:
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 4.00 P	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 4.00 P	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 4.00 P 1.00 C 1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 4.00 P 1.00 C 1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries	1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 4.00 P 1.00 C 1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: 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. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Eggs with oatmeal on the side. Enjoy!
1 1/3 cups Oatmeal	4.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	448	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
4.4/0	Portions 3.00 PC	
1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder		Yogurt, Pears & Nuts Mix all ingredients and enjoy!
1 Pear	5.00 P 2.00 C	wix all ingredients and enjoy!
30 Peanuts	5.00 F	
30 Featius	Calories:	
	539	
Snock Mool Portions: B.F.C.2 E.2	Item	Proporation Suggestions:
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
2 Kiwis	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
		Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
2 auga Mills law fat (40/)	2.00 PC	Drotain Chaka with Fruit
2 cups Milk, low fat (1%)		Protein Shake with Fruit
14 grame Protein nowder	2 00 D	Bland all ingradients together and add ice cubes until
14 grams Protein powder	2.00 P	Blend all ingredients together and add ice cubes until
1/2 cup Grapes	1.00 C	desired consistency is reached. If a blender is not
	1.00 C 3.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and
1/2 cup Grapes	1.00 C 3.00 F Calories:	desired consistency is reached. If a blender is not
1/2 cup Grapes 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
1/2 cup Grapes	1.00 C 3.00 F Calories: 301	desired consistency is reached. If a blender is not available mix protein powder with cold water and
1/2 cup Grapes 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F Calories: 301	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6	1.00 C 3.00 F Calories: 301 Item Portions	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions:
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken.
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken.
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1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken.
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken.
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item Portions	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour. Preparation Suggestions:
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item Portions 1.00 PC	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour. Preparation Suggestions: Sweet and Spicy Peaches
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour. Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour. Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour. Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein
1/2 cup Grapes 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour. Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
5 Eggs, whole1 cup Hummus4 tbsp Almonds, slivered3 oz Ham, deli style	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.
Snack - Meal Portions: P:5 C:3 F:3 5 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Another tasty snack!
Mid Meal - Meal Portions: P:8 C:5 F:5 2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Preparation Suggestions: Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Beans, green or yellow 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602	Preparation Suggestions: Tangy Chicken and Bean Salad Chop cucumber into chunks, then marinate with the beans in olive oil, a little vinegar, salt, pepper and some chili flakes. An hour should be long enough, but the longer, the better. When you're almost ready to eat, coat the chicken with a little pepper and salt, and some lemon zest (or use lemon-pepper seasoning), then grill it until done and serve!
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 cup Cereal, cold 1/2 cup Grapes 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions:
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	A refreshing breakfast.
28 grams Protein powder	4.00 P	
1/3 cup Mandarin orange, canned	1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 448	
	Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt, Protein, Strawberries & Almonds
21 grams Protein powder	3.00 P	Mix protein powder and fruit into yogurt. Enjoy!
1 cup Strawberries	1.00 C	
9 Almonds, whole	3.00 F	
	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and barley soup	4.00 A	A simple but tasty meal: soup and a sandwich.
4 oz Cheddar cheese, light/low fat	4.00 P	
1/2 slice Whole grain bread	1.00 C	
1/3 tsp Butter	1.00 F	
	Calories:	
	539 Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
2 cups Raspberries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories: 301	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Haddock	8.00 P	Haddock and Vegetable Dinner
6 cups Beans, green or yellow, Steamed	4.00 C	Cook haddock any style: one easy way is in the
4 cups Mushrooms	2.00 C	oven, wrapped in aluminum foil with seasoning of
18 Almonds, whole	6.00 F	your choice. Enjoy vegetables on the side.
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
Table 1 Barbara Barb	301	Enjoy! drates: 24 Fat: 24 Calories: 2520

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

3 steps for success today: Nutrition + Training + Supplements

Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448 Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
4.00 P 2.00 C 4.00 F 1.00 P Calories: 448 Item Portions 5.00 P 3.00 C 3.00 F Calories:	cheese on the side. You can add the nuts to your cereal for a bit of crunch! Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during
1.00 P Calories: 448 Item Portions 5.00 P 3.00 C 3.00 F Calories:	A simple crunchy snack to munch on when you have a spare moment can make all the difference during
Portions 5.00 P 3.00 C 3.00 F Calories:	A simple crunchy snack to munch on when you have a spare moment can make all the difference during
5.00 P 3.00 C 3.00 F Calories:	a spare moment can make all the difference during
0_0	
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Item	Preparation Suggestions:
1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539 Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories:

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder1/3 cup Mandarin orange, canned1 1/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 1.00 C 4.00 F Calories: 448	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 2 cups Chicken noodle soup 2 oz Tuna, canned in water 1/2 slice Whole grain bread 1 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Preparation Suggestions: Soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 1 1/2 cups Applesauce 1 1/2 cups Mushrooms 1 1/2 cups Broccoli 1 cup Cauliflower 18 Almonds, whole	Item Portions 8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602	Preparation Suggestions: Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 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!

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Notes:

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

Item Portions	Preparation Suggestions:
5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.
Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item Portions	Preparation Suggestions:
8.00 P 2.00 C 3.00 C 5.00 F Calories: 539	Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Preparation Suggestions: Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448 Item Portions 3.00 PC 3.00 P Calories: 329 Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539 Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C Calories: 301 Item Portions 8.00 P 1.00 C Calories: 301 Item Portions 8.00 P 1.00 C 3.00 F 1.00 C Calories: 602 Item Portions 1.00 C Calories: 602 Item Portions 1.00 PC 3.00 F 1.00 C Calories: 602 Item Portions 1.00 PC 3.00 F Calories:

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	34	
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)4 oz Cheddar cheese, light/low fat1 cup Bran cereal, all varieties4 tbsp Almonds, slivered7 grams Protein powder	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 Banana 18 Peanuts	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Beans, green or yellow 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602	Preparation Suggestions: Tangy Chicken and Bean Salad Chop cucumber into chunks, then marinate with the beans in olive oil, a little vinegar, salt, pepper and some chili flakes. An hour should be long enough, but the longer, the better. When you're almost ready to eat, coat the chicken with a little pepper and salt, and some lemon zest (or use lemon-pepper seasoning), then grill it until done and serve!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories:	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.

Notes:

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Prockfoot Mool Portions, D.7 Cr4 Er4	Item	Preparation Suggestions:
Breakfast - Meal Portions: P:7 C:4 F:4 2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder	Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 2 Peaches 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions: Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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	Item	
Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat12 Pistachio nuts14 grams Protein powder	Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Blueberries3 Almonds, whole4 Cashews4 Peanuts	1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach	4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
	Portions	
10 Egg whites 1 1/3 cups Oatmeal	5.00 P 4.00 C	Eggs with oatmeal on the side. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 C 4.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
2 02 Officadar officese, fight/fow fat	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	
21 grams Protein powder	3.00 PC	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
1 cup Strawberries	1.00 C	with protein powder and truit into yogurt. Enjoy:
9 Almonds, whole	3.00 F	
• • • • • • • • • • • • • • • • • • • •	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and barley soup	4.00 A	A simple but tasty meal: soup and a sandwich.
4 oz Cheddar cheese, light/low fat	4.00 P	A simple but tasty mean coup and a sandwish.
1/2 slice Whole grain bread	1.00 C	
1/3 tsp Butter	1.00 F	
·	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
1 Tangerine	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	301	
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Ultra-Fast Beef Dinner with Vegetables
1 1/2 cups Applesauce	4.50 C	Brown ground beef and mix with chopped vegetables
1 1/2 cups Mushrooms	.75 C	and nuts. Enjoy the applesauce on the side.
1 1/2 cups Broccoli	.50 C	and nation Enjoy and appropagate on the state
1 cup Cauliflower	.25 C	
18 Almonds, whole	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients, except nuts together and add
1 Kiwi	1.00 C	ice cubes until desired consistency is reached.
1 cup Strawberries	1.00 C	Blender not available? Mix protein powder with cold
3 tbsp Almonds, slivered	3.00 F	water and have remaining ingredients on the side.
	Calories:	Eat nuts separately.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts	5.00 P 3.00 C 3.00 F Calories: 329	A quick and tasty snack.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless1/2 cup Grapes2 slice Whole grain bread1 tsp Olive or monounsaturated oil2 tsp Mayonnaise	8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder2 Peaches1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts	Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Mid Meal - Meal Portions: P:8 C:5 F:5 2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)	Item Portions 5.00 A 3.00 P Calories: 539	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling! Add in some extra meat.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Beans, green or yellow 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602	Preparation Suggestions: Tangy Chicken and Bean Salad Chop cucumber into chunks, then marinate with the beans in olive oil, a little vinegar, salt, pepper and some chili flakes. An hour should be long enough, but the longer, the better. When you're almost ready to eat, coat the chicken with a little pepper and salt, and some lemon zest (or use lemon-pepper seasoning), then grill it until done and serve!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Notes:

** 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!

Item Portions	Preparation Suggestions:
5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.
Item Portions	Preparation Suggestions:
3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item Portions	Preparation Suggestions:
8.00 P 5.00 C 1.00 F 4.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.
Item Portions	Preparation Suggestions:
4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448 Item Portions 3.00 PC 3.00 P Calories: 329 Item Portions 8.00 P 5.00 C 1.00 F 4.00 F Calories: 539 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 539 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 602 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 4.00 P 2.00 C 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 4.00 P 2.00 C 1.00 C 5.00 C 6.00 F Calories: 602

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Burn Fat Build MUSCLE www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539	A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)28 grams Protein powder2 Kiwis1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Blueberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Chicken breast, skinless2 cups Carrots1 cup Corn, canned2 tsp Olive or monounsaturated oil	Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat	1.00 PC 2.00 PC 3.00 F 1.00 P Calories:	Simple, quick and balanced.
Total Daily Bartianas, Bust	301	Aratan, 24. Fat. 24. Calarian, 2520

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories:	Eggs with oatmeal on the side. Enjoy!
	448	
Snack - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 1/2 slice Whole grain bread2 tsp Mayonnaise1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 2.00 F 3.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Blueberries3 Almonds, whole4 Cashews4 Peanuts	1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 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!

Explosive, Strong & Powerful www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions 5.00 P	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat3 Pickles9 Walnuts	3.00 P 3.00 C 3.00 F Calories: 329	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 5.00 C 1.00 F 4.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F	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
	Calories: 301	have remaining ingredients on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Fight Fat www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/2 slice Whole grain bread1 cup Strawberries4 tbsp Almonds, slivered3 oz Ham, deli style	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts	5.00 P 3.00 C 3.00 F Calories: 329	A quick and tasty snack.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup 2 oz Tuna, canned in water 1/2 slice Whole grain bread 1 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1 1/2 cups Applesauce 1 1/2 cups Mushrooms 1 1/2 cups Broccoli 1 cup Cauliflower 18 Almonds, whole	8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602	Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and barley soup 4 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter	4.00 A 4.00 P 1.00 C 1.00 F Calories: 539	A simple but tasty meal: soup and a sandwich.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
21 grams Protein powder2 cups Strawberries1 tsp Olive or monounsaturated oil1/2 cup Yogurt, plain, low fat	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 Tangerine1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	46
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:8 C:5 F:5 5 oz Tuna, canned in water 2 slice Whole grain bread 4 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat 1/2 Orange 3 Almonds, whole	Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Strawberries	Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions: Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	5.00 P 3.00 C 3.00 F Calories: 329	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil	8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602	Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 24 Fat: 24 Calories: 2520 2 glasses of water per day. **

Notes:

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
40 Families	Portions	
10 Egg whites	5.00 P	French Toast Sticks
1 1/2 slice Whole grain bread 1 cup Strawberries	3.00 C	Cut bread into sticks and soak in beaten eggs. In a
	1.00 C 4.00 F	non-stick pan over medium heat cook breadsticks,
4 tbsp Almonds, slivered	2.00 P	turning often until done. Top with sliced strawberries and slivered almonds.
3 oz Ham, deli style	Calories:	and silvered aimonds.
	448	
	Item	
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt, Pears & Nuts
35 grams Protein powder	5.00 P	Mix all ingredients and enjoy!
1 Pear	2.00 C	with all ingrodionic and onjoy.
30 Peanuts	5.00 F	
oo i oanato	Calories:	
	539	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
OF average Dreatain in accordan	Portions	
35 grams Protein powder	5.00 P	Protein Shake with Bananas
1 Banana	3.00 C	If you have access to a blender, blend fruit, protein
18 Peanuts	3.00 F	powder and ice cubes. If a blender is not available,
	Calories:	mix protein powder with cold water and have
	329	remaining ingredients on the side. If desired add sweetener to taste.
	Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
	2.00 C	
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
1 Orange3 Almonds, whole		ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold
1 Orange	2.00 C 1.00 F	ice cubes until desired consistency is reached. If a
1 Orange3 Almonds, whole	2.00 C 1.00 F 2.00 F	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.
1 Orange3 Almonds, whole2/3 tsp Olive or monounsaturated oil	2.00 C 1.00 F 2.00 F Calories:	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.
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions	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. Preparation Suggestions:
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P	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. Preparation Suggestions: Quick Turkey Dinner
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C	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. Preparation Suggestions: Quick Turkey Dinner
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories:	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories:	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602 Item	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them. Preparation Suggestions:
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered Snack - Meal Portions: P:4 C:3 F:3	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602 Item Portions	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602 Item Portions 1.00 PC	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them. Preparation Suggestions: Sweet and Spicy Peaches
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them. Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with
1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches	2.00 C 1.00 F 2.00 F Calories: 301 Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P	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. Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them. Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style 	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539	Preparation Suggestions: Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Cashews14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Cashews Enjoy this quick snack!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)	5.00 A 3.00 P Calories: 539	A hot bowl of chili - easy, tasty and filling! Add in some extra meat.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach	4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style 	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise	Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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	Item	
Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
10 Egg whites	5.00 P	French Toast Sticks
1 1/2 slice Whole grain bread	3.00 C	Cut bread into sticks and soak in beaten eggs. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
4 tbsp Almonds, slivered	4.00 F	turning often until done. Top with sliced strawberries
3 oz Ham, deli style	2.00 P	and slivered almonds.
5 02 Ham, deli style	Calories:	and silvered aimonds.
	448	
	Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Pistachios
12 Pistachio nuts	3.00 F	Mix them together or eat them separately. Either
14 grams Protein powder	2.00 P	way, you're on your way to a healthy lifestyle!
1 1 grame 1 retem pervaer	Calories:	may, you're on your may to a noathly mootyle.
	329	
Mid Mad Mad Dartiona, D.O C.E E.E	Item	Proposation Commentions
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
1/2 cup Grapes	1.00 C	Make a basic chicken salad adding a little celery and
2 slice Whole grain bread	4.00 C	onion if desired, and salt and pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories:	
<u> </u>	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
14 grams Protein powder	2.00 P	I Bland all ingradients together and addice cubes until
		Blend all ingredients together and add ice cubes until
1/2 cup Grapes	1.00 C	desired consistency is reached. If a blender is not
1/2 cup Grapes 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and
	1.00 C 3.00 F Calories:	desired consistency is reached. If a blender is not
	1.00 C 3.00 F Calories: 301	desired consistency is reached. If a blender is not available mix protein powder with cold water and
	1.00 C 3.00 F Calories: 301	desired consistency is reached. If a blender is not available mix protein powder with cold water and
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6	1.00 C 3.00 F Calories: 301 Item Portions	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions:
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories:	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions:
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%)	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions: Protein Shake with Fruit
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries	1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 3.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Preparation Suggestions: Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy! Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Chop the fruit and mix with the remaining
35 grams Protein powder	5.00 P	ingredients. Enjoy!
2 cups Raspberries	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
·	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat	5.00 P	Another tasty snack!
6 cups Popcorn	3.00 C	Another tasty shack:
1 tsp Butter	3.00 F	
	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
12 oz Salmon steak	Portions 8.00 P	Salmon Stuffed Pita & Fruit
2 Kiwis	2.00 C	Mix salmon & mayonnaise. Stuff in pita and enjoy.
1 1/2 whole Pita	3.00 C	For extra crunch add in a handful of chopped lettuce
5 tsp Mayonnaise	5.00 F	or bean sprouts. Have fruit for dessert.
,	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
1 our Mills low fot (10/)	Portions 1.00 PC	Protein Shake with Fruit
1 cup Milk, low fat (1%) 21 grams Protein powder	3.00 PC	Put all ingredients in a blender over ice and blend,
2 cups Strawberries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
	_	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 cup Corn, canned	4.00 C	degrees for about 20 minutes, or until there's no pink
2 tsp Olive or monounsaturated oil	6.00 F	left inside the chicken breast). To boost the flavour,
	Calories:	add a dash of low-fat, low-sugar barbecue sauce, or
	602	coat with some crushed fresh herbs, salt and pepper.
	Item	Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories: 301	mix it all together, then eat the fruit on the side.
Total Ballia Bastian an Bastali		Enjoy! drates: 24 Fat: 24 Calories: 2520

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

3 steps for success today: Nutrition + Training + Supplements

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
5 Eggs, whole1 cup Hummus4 tbsp Almonds, slivered3 oz Ham, deli style	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Almonds, whole14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 5.00 C 1.00 F 4.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered	8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories:	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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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. Preparation Suggestions:
A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Preparation Suggestions:
Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Preparation Suggestions:
Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Preparation Suggestions:
Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Quick Turkey Dinner Saute and season the vegetables, then sprinkle the

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5 2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)	Item Portions 5.00 A 3.00 P Calories: 539	Preparation Suggestions: A hot bowl of chili - easy, tasty and filling! Add in some extra meat.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat35 grams Protein powder2 cups Raspberries1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions:
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 5.00 C 1.00 F 4.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	58
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts	5.00 P 3.00 C 3.00 F Calories: 329	A quick and tasty snack.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup2 oz Tuna, canned in water1/2 slice Whole grain bread1 tsp Mayonnaise2 oz Cheddar cheese, light/low fat	4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil	Portions 8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602	Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder16 Cherries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	French Toast Sticks
1 1/2 slice Whole grain bread	3.00 C	Cut bread into sticks and soak in beaten eggs. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
4 tbsp Almonds, slivered	4.00 F	turning often until done. Top with sliced strawberries
3 oz Ham, deli style	2.00 P	and slivered almonds.
,	Calories:	
	448	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
Shack - Wedi Fortions. P.S C.S F.S	Portions	Preparation Suggestions.
5 oz Mozzarella cheese, light/low fat	5.00 P	Another tasty snack!
6 cups Popcorn	3.00 C	
1 tsp Butter	3.00 F	
	Calories:	
	329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
1/2 cup Blueberries	1.00 C	Make a basic chicken salad adding a little celery,
2 slice Whole grain bread	4.00 C	onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
2/3 tsp Olive or monounsaturated oil	2.00 F	pepper to taste.
2/3 tsp Olive of Monourisaturated of	Calories:	
	539	
	ltem	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake with Fruit
1 cup Milk, low fat (1%) 21 grams Protein powder	Portions 1.00 PC 3.00 P	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries	Portions 1.00 PC	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 cup Milk, low fat (1%) 21 grams Protein powder	Portions 1.00 PC 3.00 P 2.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F	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
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 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!
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken breast with baked potato and vegetables. Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken breast with baked potato and vegetables. Preparation Suggestions: Protein Shake with Fruit
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 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! Preparation Suggestions: Chicken breast with baked potato and vegetables. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken breast with baked potato and vegetables. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 1.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken breast with baked potato and vegetables. 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
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 1.00 C 3.00 F	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken breast with baked potato and vegetables. 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
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 1.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Chicken breast with baked potato and vegetables. 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

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites1 1/3 cups Oatmeal1 1/3 tsp Olive or monounsaturated oil2 oz Cheddar cheese, light/low fat	5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	5.00 P 3.00 C 3.00 F Calories: 329	Another tasty snack!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Beef and barley soup 4 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter	4.00 A 4.00 P 1.00 C 1.00 F Calories: 539	A simple but tasty meal: soup and a sandwich.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
21 grams Protein powder2 cups Strawberries1 tsp Olive or monounsaturated oil1/2 cup Yogurt, plain, low fat	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder 2 Plums	3.00 P 2.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item	Preparation Suggestions:
4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Soup with a tuna sandwich on the side. Enjoy!
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.
Item Portions	Preparation Suggestions:
4.00 P 3.00 F 1.00 C 1.00 C	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.
	5.00 P 2.00 C 4.00 F Calories: 448 Item Portions 3.00 PC 3.00 P Calories: 329 Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539 Item Portions 1.00 PC 3.00 P Calories: 539 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602 Item Portions 4.00 P 3.00 F Calories: 602 Item Portions 4.00 P 3.00 F Calories: 602 Item Portions 4.00 P 3.00 F 1.00 C 1.00 C

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 Banana 18 Peanuts	5.00 P 3.00 C 3.00 F Calories: 329	Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Day:	63
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts	5.00 P 3.00 C 3.00 F Calories: 329	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Tuna, canned in water 2 slice Whole grain bread 4 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat 1/2 Orange 3 Almonds, whole	5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 tsp Olive or monounsaturated oil1/2 cup Peaches, canned1 cup Strawberries	1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder1 Orange1 cup Raspberries2/3 tsp Olive or monounsaturated oil6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	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.

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

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat9 Cashews14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Cashews Enjoy this quick snack!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup4 Egg whites4 Crackers1/3 tsp Olive or monounsaturated oil2 oz Mozzarella cheese, light/low fat	4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil	8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602	Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder2 Plums1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 24 Fat: 24 Calories: 2520
** Remember to drink b	etween 10 and 1	2 glasses of water per day. **

Notes:

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup4 Egg whites4 Crackers1/3 tsp Olive or monounsaturated oil2 oz Mozzarella cheese, light/low fat	4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder1/2 cup Blueberries1 Orange3 Almonds, whole2/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602	Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder16 Cherries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder1/3 cup Mandarin orange, canned1 1/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 1.00 C 4.00 F Calories: 448	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3 5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts	Item Portions 5.00 P 3.00 C 3.00 F	Preparation Suggestions: A quick and tasty snack.
	Calories: 329 Item	
Mid Meal - Meal Portions: P:8 C:5 F:5 5 oz Tuna, canned in water 2 slice Whole grain bread 4 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat 1/2 Orange 3 Almonds, whole	Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 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!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	67
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder 	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter	5.00 P 3.00 C 3.00 F Calories: 329	Another tasty snack!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Blueberries3 Almonds, whole4 Cashews4 Peanuts	1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602	Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Peaches, canned1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:	
1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.	
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions:	
Mid Meal - Meal Portions: P:8 C:5 F:5 2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539	Preparation Suggestions: Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!	
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.	
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day. US

y your preferred, non-sugary cereal with milk
fruit. Have a slice of cheese on the side, or on way to work.
paration Suggestions:
owl of soup and a glass of milk: it doesn't get h easier to prepare than that!
paration Suggestions:
ein Shake with Fruit all ingredients in a blender over ice and blend, ng water to create desired consistency. If a der is not available, set aside the fruit and shake ne remaining ingredients in a closed container to it all together, then eat the fruit on the side. y!
paration Suggestions:
ein Smoothie all ingredients in a blender over ice and blend, ng water to create desired consistency. If a der is not available, set aside the fruit and shake ne remaining ingredients in a closed container to it all together, then eat the fruit on the side. y!
paration Suggestions:
ck Turkey Dinner te and season the vegetables, then sprinkle the onds over them.
paration Suggestions:
ole, quick and balanced.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

WIN Cash and Prizes http://empowerednutrition.net

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Item Portions	Preparation Suggestions:
1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions:
Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti- desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Item Portions 4.00 P	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend,
	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448 Item Portions 3.00 PC 3.00 P Calories: 329 Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539 Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F Calories: 600 P 1.00 C

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)4 oz Cheddar cheese, light/low fat1 cup Bran cereal, all varieties4 tbsp Almonds, slivered7 grams Protein powder	2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448	A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 1/2 slice Whole grain bread2 tsp Mayonnaise1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 2.00 F 3.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 Tangerine1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602	Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Item Portions	Preparation Suggestions:
5.00 P 4.00 C 4.00 F 2.00 P Calories: 448	Hummus Deviled Eggs Hard boil the eggs and cool slightly. Cut each egg in half and discard the egg yolks. Fill each half of the egg with hummus. Sprinkle almonds on top and enjoy.
Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	Preparation Suggestions:
8.00 P 2.00 C 3.00 C 5.00 F Calories: 539	Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602	Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!
Item	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 1.00 C	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold
	Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448 Item Portions 3.00 PC 3.00 P Calories: 329 Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 539 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions 2.00 PC	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	6.00 P 3.00 C 5.00 F Calories: 539	Chicker with yogurt, muit and huts on the side.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	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.
TALIBATE BACK TO A		Victory 24 Faty 24 Calariany 2520

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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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. Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack! Preparation Suggestions: Haddock and Vegetables
Yogurt & Cashews Enjoy this quick snack! Preparation Suggestions: Haddock and Vegetables
Enjoy this quick snack! Preparation Suggestions: Haddock and Vegetables
Haddock and Vegetables
Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Preparation Suggestions:
Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Preparation Suggestions:
Turkey Breast with Rice Coat turkey breast with olive oil and sprinkle with paprika and garlic powder, then bake. Serve rice and vegetables on the side.
Preparation Suggestions:

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
 2 cups Milk, low fat (1%) 4 Egg whites 1 Apple 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:5 C:3 F:3 3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder	Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 1	6
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)42 grams Protein powder1 cup Cereal, cold1/2 cup Grapes1 1/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Mid Meal - Meal Portions: P:8 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%)	Portions 4.00 A 1.00 PC	Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	1.00 F 3.00 P Calories: 539	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 Banana 18 Peanuts	5.00 P 3.00 C 3.00 F Calories: 329	Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Blueberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti- desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless1 cup Beans, green or yellow1 1/4 cups Kidney beans1 1/2 cups Cucumber2 tsp Olive or monounsaturated oil	8.00 P .67 C 5.00 C .38 C 6.00 F Calories:	Tangy Chicken and Bean Salad Chop cucumber into chunks, then marinate with the beans in olive oil, a little vinegar, salt, pepper and some chili flakes. An hour should be long enough, but the longer, the better.
	602	When you're almost ready to eat, coat the chicken with a little pepper and salt, and some lemon zest (o use lemon-pepper seasoning), then grill it until done and serve!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat	1.00 PC 2.00 PC 3.00 F 1.00 P Calories:	Simple, quick and balanced.

Notes:

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

3 steps for success today: Nutrition + Training + Supplements

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Cashews 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 2 Peaches 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	78
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Portions 1.00 PC 4.00 P	Your favorite cereal mixed with fruit. Enjoy the
2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	cheese on the side.
	Preparation Suggestions:
3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Cashews Enjoy this quick snack!
Item	Preparation Suggestions:
5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories:	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
	4.00 F 2.00 P Calories: 448 Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329 Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 1.00 C 3.00 F Calories: 602 Item Portions 1.00 C

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Portions 1.00 PC 4.00 P	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk
1.00 PC	
2.00 C 1.00 C 4.00 F 2.00 P Calories: 448	and fruit. Have a slice of cheese on the side.
Item	Preparation Suggestions:
5.00 P 3.00 C 3.00 F Calories: 329	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Item	Preparation Suggestions:
8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Item	Preparation Suggestions:
3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
	Preparation Suggestions:
8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602	Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.
	4.00 F 2.00 P Calories: 448 Item Portions 5.00 P 3.00 C 3.00 F Calories: 329 Item Portions 8.00 P 1.00 C 4.00 C 3.00 F Calories: 539 Item Portions 3.00 P 2.00 C 3.00 F Calories: 539 Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301 Item Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	5.00 P 3.00 C 3.00 F Calories: 329	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 5.00 C 1.00 F 4.00 F Calories: 539	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil	8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602	Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts	2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	8.00 P 1.00 C 5.00 C 6.00 F Calories: 602	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day:	82
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eparation Suggestions:
joy your preferred, non-sugary cereal with milk d fruit. Have a slice of cheese on the side.
eparation Suggestions: gurt, Protein, Strawberries & Almonds c protein powder and fruit into yogurt. Enjoy!
eparation Suggestions: Imon Stuffed Pita & Fruit s salmon & mayonnaise.Stuff in pita and enjoy. r extra crunch add in a handful of chopped lettuce bean sprouts. Have fruit for dessert.
eparation Suggestions: Internal Stake with Fruit Internal all ingredients together, except nuts, and add Cubes until desired consistency is reached. If a Inder is not available mix protein powder with cold Iter and have remaining ingredients on the side. Its on the side.
eparation Suggestions:
op cucumber into chunks, then marinate with the ans in olive oil, a little vinegar, salt, pepper and me chili flakes. An hour should be long enough, the longer, the better. Then you're almost ready to eat, coat the chicken ha little pepper and salt, and some lemon zest (or elemon-pepper seasoning), then grill it until done diserve!
eparation Suggestions: otein Shake t all ingredients in a blender over ice and blend, ding water to create desired consistency. If a nder is not available, set aside the fruit and shake the remaining ingredients in a closed container to t it all together, then eat the fruit on the side.
t d r

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1/3 cup Mandarin orange, canned 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 1.00 C 4.00 F Calories: 448	A refreshing breakfast.
Mid Meal - Meal Portions: P:8 C:5 F:5 2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	Item Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539	Preparation Suggestions: A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 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!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 2 Peaches 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts	Item Portions 1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 1 1/2 cups Applesauce 1 1/2 cups Mushrooms 1 1/2 cups Broccoli 1 cup Cauliflower 18 Almonds, whole	Item Portions 8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602	Preparation Suggestions: Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **

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Grocery List

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

Other

4 cups Chicken noodle soup 19 1/2 cups Milk, low fat (1%) 8 1/4 cups Yogurt, plain, low fat 2 1/2 cups Chili, canned 2 2/3 cups Beef and vegetable soup

Protein	Carbohydrates	Fats
28 Egg whites	1 1/3 cups Oatmeal	28 2/3 tsp Olive or
24 oz Cheddar	1 1/2 oz Pretzels	monounsaturated oil
cheese, light/low fat	6 1/2 slice Whole grain bread	9 Walnuts
10 oz Tuna, canned in	3 1/2 cups Blueberries	5 tsp Mayonnaise
water	1 1/12 cups Applesauce	42 Almonds, whole
490 grams Protein	3 1/2 cups Spinach	20 tbsp Almonds,
powder	5 cups Zucchini	slivered
32 oz Chicken breast,	3 cups Rice	12 Pistachio nuts
skinless	5 cups Raspberries	40 Peanuts
6 oz Mozzarella	8 cups Strawberries	3 tbsp Sour cream
cheese, light/low fat	2 cups Cereal, cold	13 Cashews
16 oz Turkey breast,	1 cup Grapes	1 tsp Butter
skinless	4 Crackers	
9 oz Chicken breast,	2 cups Pineapple	
deli style	_8 cups Broccoli	
16 1/2 oz Ground beef	1 cup Bran cereal, all varieties	
(< 10% fat)	2 Oranges	
12 oz Haddock	1 cup Onions	
3 oz Ham, deli style	1/3 Banana	
	1 Pear	
	7 1/2 cups Beans, green or yellow	
	3 2/3 cups Potato	
	3 Kiwis	
	1 Apple	
	4 cups Mushrooms 2 Peaches	
	6 cups Popcorn	
	12 spears Asparagus 7/8 cup Hummus	
	110 cup i lullillus	

1 cup Peaches, canned

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 Eggs, whole 6 oz Ham, deli style 19 oz Cheddar cheese, light/low fat 12 oz Haddock 525 grams Protein powder 12 oz Ground beef (< 10% fat) 9 oz Mozzarella cheese, light/low fat 48 oz Chicken breast, skinless 12 oz Chicken breast, deli style 5 oz Tuna, canned in water 24 oz Salmon steak 10 Egg whites	1 cup Hummus 24 spears Asparagus 8 cups Beans, green or yellow 6 Peaches 2 cups Grapes 1 5/6 cups Applesauce 5 1/2 cups Mushrooms 6 cups Broccoli 5 cups Cauliflower 2/3 cup Oatmeal 6 cups Popcorn 8 slice Whole grain bread 5 cups Strawberries 1 1/2 cups Peaches, canned 1 1/3 cups Rice 2 Tangerines 3 cups Blueberries 3 cups Cereal, cold 3 Pickles 4 cups Zucchini 3 cups Raspberries 1/3 cup Mandarin orange, canned 1/2 Orange 1 1/2 cups Onions 16 Cherries 1 1/3 Bananas 2 Kiwis 1 1/2 whole Pita 1 2/3 cups Potato 2 Plums 1 Pear 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 cups Carrots 1 cup Corn, canned	11 tbsp Almonds, slivered 84 Peanuts 33 2/3 tsp Olive or monounsaturated oil 21 Almonds, whole 1 1/3 tsp Butter 9 Walnuts 16 tsp Mayonnaise 12 Pistachio nuts 9 Cashews 2 tsp Peanut butter, natural	21 cups Milk, low fat (1%) 2 cups Beef and barley soup 8 1/2 cups Yogurt, plain, low fat

Grocery List

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

Protein	Carbohydrates	Fats	Other
483 grams Protein powder 16 1/2 oz Ground beef (< 10% fat) 40 oz Chicken breast, skinless 31 oz Cheddar cheese, light/low fat 12 oz Haddock 24 Egg whites 9 oz Chicken breast, deli style 36 oz Salmon steak 3 oz Ham, deli style	6 1/2 cups Blueberries 1 cup Cereal, cold 1 cup Applesauce 2 cups Carrots 1 cup Corn, canned 5 Peaches 1 cup Bran cereal, all varieties 6 cups Popcorn 48 spears Asparagus 4 1/2 cups Beans, green or yellow 5 1/3 cups Potato 2 1/2 cups Peaches, canned 1 Apple 6 1/2 slice Whole grain bread 2 cups Raspberries 2 cups Strawberries 2 cups Oatmeal 2 Pears 4 1/2 cups Onions 1 cup Rice 1 cup Grapes 1 1/2 oz Pretzels 2 Kiwis 1/3 cup Mandarin orange, canned 3 Pickles 1 Tangerine 1 1/2 cups Broccoli 1 cup Zucchini 2 Plums	11 tbsp Almonds, slivered 12 Almonds, whole 34 2/3 tsp Olive or monounsaturated oil 1 1/3 tsp Butter 4 Cashews 100 Peanuts 3 tbsp Sour cream 4 tsp Mayonnaise 2 tsp Peanut butter, natural 18 Walnuts	23 cups Milk, low fat (1%) 8 1/2 cups Yogurt, plain, low fat 2 1/2 cups Chili, canned 2 cups Beef and barley soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
32 Egg whites 6 oz Ham, deli style 504 grams Protein powder 40 oz Chicken breast, skinless 14 oz Cheddar cheese, light/low fat 12 oz Chicken breast, deli style 16 1/2 oz Ground beef (< 10% fat) 13 oz Mozzarella cheese, light/low fat 8 oz Turkey breast, skinless 2 oz Tuna, canned in water 12 oz Haddock 5 Eggs, whole	6 1/2 slice Whole grain bread 12 cups Strawberries 2 Pears 3 1/2 cups Spinach 5 cups Zucchini 2 1/3 cups Rice 1 Tangerine 1 Apple 3 cups Blueberries 1/2 cup Peaches, canned 11 cups Beans, green or yellow 9 1/2 cups Mushrooms 6 cups Raspberries 2 1/4 cups Applesauce 9 1/2 cups Broccoli 5 cups Cauliflower 1/3 Banana 2 cups Cereal, cold 3 Peaches 8 Crackers 1 cup Pineapple 1 cup Onions 12 cups Popcorn 1 1/3 cups Oatmeal 2 Kiwis 1 cup Grapes 1 cup Hummus	24 tbsp Almonds, slivered 12 Pistachio nuts 6 tsp Mayonnaise 29 2/3 tsp Olive or monounsaturated oil 45 Almonds, whole 48 Peanuts 2 tsp Butter	10 cups Yogurt, plain, low fat 14 cups Milk, low fat (1%) 2 1/2 cups Chili, canned 6 cups Chicken noodle soup
12 oz Haddock	3 Peaches 8 Crackers 1 cup Pineapple 1 cup Onions 12 cups Popcorn 1 1/3 cups Oatmeal 2 Kiwis 1 cup Grapes		

1 1/2 cups Cucumber

Grocery List

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

Other

18 cups Milk, low fat (1%) 12 1/2 cups Yogurt, plain, low fat 2 cups Beef and barley soup 2 cups Chicken noodle soup

Protein	Carbohydrates	Fats
567 grams Protein powder 32 oz Chicken breast, skinless 23 oz Cheddar cheese, light/low fat 24 oz Haddock 8 oz Turkey breast, skinless 2 oz Tuna, canned in	1 cup Cereal, cold 1 1/2 cups Grapes 5 slice Whole grain bread 8 cups Strawberries 1 1/2 cups Pineapple 3 cups Rice 7 1/2 cups Broccoli 5 cups Cauliflower 6 Peaches 2/3 cup Mandarin orange, canned	Fats 30 1/3 tsp Olive or monounsaturated oil 12 Pistachio nuts 11 tsp Mayonnaise 63 Almonds, whole 1/3 tsp Butter 22 tbsp Almonds, slivered 9 Walnuts 48 Peanuts
water 12 oz Ground beef (< 10% fat) 5 Eggs, whole 3 oz Ham, deli style 24 oz Salmon steak 12 oz Chicken breast, deli style	6 cups Raspberries 14 cups Beans, green or yellow, Steamed 9 1/2 cups Mushrooms 3 cups Bran cereal, all varieties 3 Pickles 1/2 cup Blueberries 2 cups Peaches, canned 2 Plums 1 1/2 cups Applesauce 1 Tangerine 1 cup Hummus 2 Kiwis 1 1/2 whole Pita 24 spears Asparagus 1 1/2 cups Onions 16 Cherries 1 Pear 1 Banana 1 1/4 cups Kidney beans 1 1/2 cups Cucumber	

Grocery List

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

Protein	Carbohydrates	Fats	Other
34 Egg whites 6 oz Ham, deli style 476 grams Protein powder 9 oz Chicken breast, deli style 56 oz Chicken breast, skinless 25 oz Cheddar cheese, light/low fat 16 1/2 oz Ground beef (< 10% fat) 12 oz Haddock 5 Eggs, whole 8 oz Turkey breast, skinless	2 cups Grapes 8 1/2 slice Whole grain bread 6 1/2 cups Blueberries 3 1/2 cups Spinach 2 cups Zucchini 4 cups Rice 1 5/6 cups Applesauce 5 Peaches 2 2/3 cups Oatmeal 5 cups Strawberries 2 Tangerines 5 1/2 cups Mushrooms 7 1/2 cups Broccoli 5 cups Cauliflower 3 Kiwis 1 Apple 1 1/2 oz Pretzels 2 Oranges 7 cups Beans, green or yellow, Steamed 2 cups Cereal, cold 3 Pickles 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 1 cup Hummus 3 cups Raspberries 2 cups Carrots 1 cup Corn, canned	27 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 12 Pistachio nuts 62 Peanuts 63 Almonds, whole 8 Cashews 1/3 tsp Butter 18 tbsp Almonds, slivered 18 Walnuts 8 tsp Mayonnaise	7 1/2 cups Yogurt, plain, low fat 16 cups Milk, low fat (1%) 2 cups Beef and barley soup 2 1/2 cups Chili, canned 2 2/3 cups Beef and vegetable soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
34 Egg whites 35 oz Cheddar cheese, light/low fat 32 oz Chicken breast, skinless 448 grams Protein powder 24 oz Ground beef (< 10% fat) 9 oz Ham, deli style 7 oz Tuna, canned in water 4 oz Mozzarella cheese, light/low fat 24 oz Chicken breast, deli style 8 oz Turkey breast, skinless 12 oz Salmon steak	1 Apple 3 Pickles 11 1/2 slice Whole grain bread 1 1/2 cups Pineapple 3 2/3 cups Potato 2 Bananas 8 cups Strawberries 1 1/2 oz Pretzels 1 1/2 cups Blueberries 3 1/2 Oranges 2 7/12 cups Applesauce 9 1/2 cups Mushrooms 6 1/2 cups Broccoli 1 cup Cauliflower 5 cups Raspberries 9 1/2 cups Beans, green or yellow 1 Tangerine 2 cups Cereal, cold 3 Peaches 1/2 cup Peaches, canned 6 cups Zucchini 6 cups Popcorn	27 1/3 tsp Olive or monounsaturated oil 18 Walnuts 16 tsp Mayonnaise 17 tbsp Almonds, slivered 27 Almonds, whole 90 Peanuts 1 1/3 tsp Butter 3 tbsp Sour cream 9 Cashews 2 tsp Peanut butter, natural	16 1/2 cups Milk, low fat (1%) 7 1/4 cups Yogurt, plain, low fat 2 cups Chicken noodle soup 2 cups Beef and barley soup

1 1/2 cups Grapes
1 Pear
1 cup Onions
2 Kiwis
1 1/2 whole Pita
2 cups Carrots
1 cup Corn, canned

Grocery List

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

Protein	Carbohydrates	Fats	Other
30 Egg whites 12 oz Ham, deli style 462 grams Protein powder 21 oz Ground beef (< 10% fat) 12 oz Haddock 40 oz Chicken breast, skinless 8 oz Tuna, canned in water 9 oz Mozzarella cheese, light/low fat 12 oz Salmon steak 5 Eggs, whole 16 oz Turkey breast, skinless 4 oz Cheddar cheese, light/low fat	4 1/2 cups Grapes 10 slice Whole grain bread 10 cups Strawberries 1 cup Pineapple 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 1 cup Blueberries 2 1/6 cups Applesauce 1 Peach 2 cups Potato 16 Cherries 12 spears Asparagus 3 cups Zucchini 1 7/8 cups Hummus 7 cups Raspberries 6 cups Popcorn 2 Kiwis 1 1/2 whole Pita 2 cups Carrots 1 cup Corn, canned 13 cups Broccoli 2 cups Onions 1 1/3 Bananas 2 cups Cereal, cold 1/2 cup Peaches, canned 1 cup Rice 4 cups Cauliflower	29 tsp Olive or monounsaturated oil 4 tsp Peanut butter, natural 18 Cashews 27 Almonds, whole 13 tsp Mayonnaise 20 tbsp Almonds, slivered 24 Pistachio nuts 1 tsp Butter 36 Peanuts	9 3/4 cups Yogurt, plain, low fat 5 cups Chili, canned 17 1/2 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
532 grams Protein powder 48 oz Chicken breast, skinless 12 oz Haddock 31 oz Cheddar cheese, light/low fat 9 oz Tuna, canned in water 20 Egg whites 3 oz Ham, deli style 10 oz Mozzarella cheese, light/low fat 16 oz Turkey breast, skinless	6 cups Raspberries 9 1/2 slice Whole grain bread 2 cups Blueberries 9 cups Beans, green or yellow, Steamed 4 cups Mushrooms 2 cups Peaches, canned 2 cups Cereal, cold 1 2/3 Bananas 1 1/2 oz Pretzels 10 cups Strawberries 5 cups Potato 7 1/2 cups Broccoli 1 cup Zucchini 16 Cherries 12 cups Popcorn 2 cups Oatmeal 2 Plums 3 1/3 cups Rice 1/3 cup Applesauce 3 Peaches 1 Pear 1/2 cup Grapes 3 Pickles 1 1/2 Oranges 2 cups Carrots 1 cup Corn, canned	29 2/3 tsp Olive or monounsaturated oil 24 Pistachio nuts 13 tsp Mayonnaise 21 Almonds, whole 18 Walnuts 7 tbsp Almonds, slivered 2 1/3 tsp Butter 6 tbsp Sour cream 54 Peanuts	7 cups Yogurt, plain, low fat 16 cups Milk, low fat (1%) 4 cups Chicken noodle soup 2 cups Beef and barley soup

Grocery List

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

Carbohydrates	Fats	Other
6 cups Cereal, cold 1/3 Banana 12 Crackers 1 cup Grapes 3 2/3 cups Potato 6 1/2 cups Broccoli 11 cups Zucchini 2 Plums 4 Peaches 4 cups Blueberries 2 Oranges 24 spears Asparagus 1 3/4 cups Hummus 32 Cherries 1/3 cup Mandarin orange, canned 1 1/2 oz Pretzels 4 slice Whole grain bread 1 Pear 1 Tangerine 1 1/2 cups Pineapple 6 cups Popcorn 1 1/2 cups Peaches, canned 7 cups Spinach 2 2/3 cups Rice 2 Kiwis 1 cup Strawberries	35 1/3 tsp Olive or monounsaturated oil 13 Cashews 36 Pistachio nuts 12 Almonds, whole 9 Walnuts 8 tsp Mayonnaise 1 tsp Butter 52 Peanuts 6 tbsp Almonds, slivered	27 1/2 cups Milk, low fat (1%) 6 1/4 cups Yogurt, plain, low fat 6 cups Chicken noodle soup 2 2/3 cups Beef and vegetable soup
	6 cups Cereal, cold 1/3 Banana 12 Crackers 1 cup Grapes 3 2/3 cups Potato 6 1/2 cups Broccoli 11 cups Zucchini 2 Plums 4 Peaches 4 cups Blueberries 2 Oranges 24 spears Asparagus 1 3/4 cups Hummus 32 Cherries 1/3 cup Mandarin orange, canned 1 1/2 oz Pretzels 4 slice Whole grain bread 1 Pear 1 Tangerine 1 1/2 cups Pineapple 6 cups Popcorn 1 1/2 cups Peaches, canned 7 cups Spinach 2 2/3 cups Rice	6 cups Cereal, cold 1/3 Banana 12 Crackers 1 cup Grapes 3 2/3 cups Potato 6 1/2 cups Broccoli 11 cups Zucchini 2 Plums 4 Peaches 4 cups Blueberries 2 Oranges 24 spears Asparagus 1 3/4 cups Hummus 32 Cherries 1/3 cup Mandarin orange, canned 1 1/2 oz Pretzels 4 slice Whole grain bread 1 Pear 1 Tangerine 1 1/2 cups Pineapple 6 cups Popcorn 1 1/2 cups Peaches, canned 7 cups Spinach 2 2/3 cups Rice 2 Kiwis

1 cup Onions 1 5/12 cups Applesauce

Grocery List

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

Protein	Carbohydrates	Fats	Other
13 oz Cheddar cheese, light/low fat 532 grams Protein powder 40 oz Chicken breast, skinless 16 oz Tuna, canned in water 5 Eggs, whole 3 oz Ham, deli style 12 oz Salmon steak 9 oz Chicken breast, deli style 24 oz Haddock 8 oz Turkey breast, skinless 4 Egg whites 4 oz Mozzarella cheese, light/low fat 12 oz Ground beef (< 10% fat)	1 cup Bran cereal, all varieties 4 1/2 slice Whole grain bread 1 Tangerine 48 spears Asparagus 8 cups Zucchini 2 3/4 cups Hummus 2 1/2 cups Peaches, canned 3 Kiwis 1 1/2 whole Pita 2 1/2 cups Pineapple 3 cups Strawberries 4 cups Blueberries 4 cups Blueberries 4 cups Cereal, cold 3 1/2 cups Spinach 4 cups Rice 1 Orange 4 cups Raspberries 2 cups Grapes 7 cups Beans, green or yellow 6 Peaches 6 cups Broccoli 1 Apple 4 cups Cauliflower 1 Banana 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 cups Potato	18 tbsp Almonds, slivered 90 Peanuts 10 tsp Mayonnaise 36 1/3 tsp Olive or monounsaturated oil 36 Cashews	31 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

Grocery List

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

Protein	Carbohydrates	Fats
20 oz Cheddar cheese, light/low fat 567 grams Protein powder 5 oz Tuna, canned in water 24 oz Salmon steak 8 oz Mozzarella cheese, light/low fat 48 oz Chicken breast, skinless 21 oz Chicken breast, deli style 12 oz Haddock 12 oz Ground beef (< 10% fat)	3 cups Cereal, cold 2/3 Banana 6 1/2 slice Whole grain bread 2 1/2 Oranges 2 Pears 24 spears Asparagus 1 1/2 cups Onions 1/3 cup Rice 1/2 cup Peaches, canned 7 Kiwis 6 cups Strawberries 1 cup Pineapple 12 cups Popcorn 3 1/2 cups Blueberries 9 1/2 cups Beans, green or yellow 5 1/2 cups Mushrooms 5 cups Zucchini 2 cups Oatmeal 5 cups Potato 4 1/2 cups Broccoli 2 Tangerines 1 cup Raspberries 1 1/2 whole Pita 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 Plums 1/3 cup Mandarin orange, canned 4 Peaches	31 2/3 tsp Olive or monounsaturated oil 22 Cashews 16 tsp Mayonnaise 45 Almonds, whole 12 tbsp Almonds, slivered 2 tsp Butter 40 Peanuts 3 tbsp Sour cream

1 1/2 cups Applesauce 1 cup Cauliflower Other