

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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?

Notes:

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Day: 2

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Have a Protein Smoothie, be Empowered

Notes:

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Day: 3

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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+ energized + transformed + empowered +

Notes:

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1/2 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken breast with baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

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Notes:

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Day: 5

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

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Notes:

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Day: 6

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>

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Notes:

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Day: 7

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

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3 steps for success today: Nutrition + Training + Supplements

Notes:

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Day: 8

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>5 Eggs, whole 1 cup Hummus 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 4.50 C .75 C .50 C .25 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 9

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

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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Notes:

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Day: 10

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

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Day: 11

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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Notes:

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Day: 12

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

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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Notes:

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Day: 13

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

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

Notes:

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Day: 14

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 F 4.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach</p>	<p>Item Portions 4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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Notes:

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Day: 15

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling! Add in some extra meat.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach</p>	<p>Item Portions 4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Take your vitamins. Be empowered

Notes:

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Day: 16

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

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

Notes:

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Day: 17

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy Cheese on its own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 2 tsp Mayonnaise 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 5.00 C 2.00 F 3.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 18

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 19

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 20

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 cups Beef and barley soup 4 oz Cheddar cheese, light/low fat 1/2 slice Whole grain bread 1/3 tsp Butter</p>	<p>Item Portions 4.00 A 4.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a sandwich.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 22

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 2 tsp Mayonnaise 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 5.00 C 2.00 F 3.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 23

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 24

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

Total Daily Portions: Protein: 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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 25

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 26

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

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 +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 27

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>5 Eggs, whole 1 cup Hummus 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

Be BIG. Be HUGE. Be Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 29

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

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 30

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 31

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 32

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>5 Eggs, whole 1 cup Hummus 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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 active & eat well. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Bran cereal, all varieties 4 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 1.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 35

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 1/2 cups Blueberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach</p>	<p>Item Portions 4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 37

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 38

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling! Add in some extra meat.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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!

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>5 Eggs, whole 1 cup Hummus 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 F 4.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 41

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/3 cups Oatmeal 1 1/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 2 tsp Mayonnaise 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 5.00 C 2.00 F 3.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 3 Almonds, whole 4 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 1.00 F 1.33 F .67 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 F 4.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 44

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 45

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 47

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

Total Daily Portions: Protein: 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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 48

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 49

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

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 +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 1/2 cups Chili, canned 4 1/2 oz Ground beef (< 10% fat)</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A hot bowl of chili - easy, tasty and filling! Add in some extra meat.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach</p>	<p>Item Portions 4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Enter the challenge and WIN! + www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 51

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 52

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Mozzarella cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>3 steps for success today: Nutrition + Training + Supplements</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>5 Eggs, whole 1 cup Hummus 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 F 4.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 56

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

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 active & eat well. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 57

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 F 4.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Haddock 6 cups Beans, green or yellow, Steamed 4 cups Mushrooms 18 Almonds, whole</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetable Dinner Cook haddock any style: one easy way is in the oven, wrapped in aluminum foil with seasoning of your choice. Enjoy vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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 That Work Are Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 58

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 59

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

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 60

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 61

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach</p>	<p>Item Portions 4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins. Be empowered</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:5 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>

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!

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 3 Pickles 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Peaches, canned 1 cup Strawberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 64

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 2/3 cups Potato 1 1/2 cups Broccoli 1 cup Zucchini 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 5.00 C .50 C .50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 65

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 cups Chicken noodle soup 4 Egg whites 4 Crackers 1/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 A 2.00 P 1.00 C 1.00 F 2.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 66

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 1 1/2 oz Pretzels 9 Walnuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 67

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 68

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 69

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 5 cups Broccoli 1 cup Onions 3/4 cup Applesauce 6 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 1.67 C 2.00 C 2.25 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 70

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1/2 cup Blueberries 1/3 cup Applesauce 1 Peach</p>	<p>Item Portions 4.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 71

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 72

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>5 Eggs, whole 1 cup Hummus 4 tbsp Almonds, slivered 3 oz Ham, deli style</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Tuna, canned in water 12 spears Asparagus 3 cups Zucchini 7/8 cup Hummus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 3.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Tuna with Hummus & Vegetables Cook the vegetables any way you like and serve with a side of hummus. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

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 +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 73

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 74

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Haddock 12 spears Asparagus 3 cups Beans, green or yellow 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Haddock and Vegetables Cook haddock any style, enjoy vegetables on the side. Steamed asparagus is a favourite, especially with a light seasoning!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Broccoli 1 2/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 75

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 76

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>2 2/3 cups Beef and vegetable soup 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 PC 1.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk: it doesn't get much easier to prepare than that!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Beans, green or yellow 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 77

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 78

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

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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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 79

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1/2 cup Blueberries 2 slice Whole grain bread 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, yogurt, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Chicken breast, deli style 4 cups Beans, green or yellow 4 cups Mushrooms 3 cups Zucchini 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.67 C 2.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Spicy Chicken Salad Grill chicken until done. Sauté vegetables, add some Cajun seasoning and some chopped garlic to taste. Cut chicken into cubes and mix with vegetables. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

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 active & eat well. www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 80

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

Total Daily Portions: Protein: 36 Carbohydrates: 24 Fat: 24 Calories: 2520

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 81

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 82

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 2 Kiwis 1 1/2 whole Pita 5 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Beans, green or yellow 1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .67 C 5.00 C .38 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 83

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Day: 84

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

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

Notes:

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
28 Egg whites	1 1/3 cups Oatmeal	28 2/3 tsp Olive or monounsaturated oil	4 cups Chicken noodle soup
24 oz Cheddar cheese, light/low fat	1 1/2 oz Pretzels	9 Walnuts	19 1/2 cups Milk, low fat (1%)
10 oz Tuna, canned in water	6 1/2 slice Whole grain bread	5 tsp Mayonnaise	8 1/4 cups Yogurt, plain, low fat
490 grams Protein powder	3 1/2 cups Blueberries	42 Almonds, whole	2 1/2 cups Chili, canned
32 oz Chicken breast, skinless	1 1/12 cups Applesauce	20 tbsp Almonds, slivered	2 2/3 cups Beef and vegetable soup
6 oz Mozzarella cheese, light/low fat	3 1/2 cups Spinach	12 Pistachio nuts	
16 oz Turkey breast, skinless	5 cups Zucchini	40 Peanuts	
9 oz Chicken breast, deli style	3 cups Rice	3 tbsp Sour cream	
16 1/2 oz Ground beef (< 10% fat)	5 cups Raspberries	13 Cashews	
12 oz Haddock	8 cups Strawberries	1 tsp Butter	
3 oz Ham, deli style	2 cups Cereal, cold		
	1 cup Grapes		
	4 Crackers		
	2 cups Pineapple		
	8 cups Broccoli		
	1 cup Bran cereal, all varieties		
	2 Oranges		
	1 cup Onions		
	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		
	1 cup Peaches, canned		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
5 Eggs, whole	1 cup Hummus	11 tbsp Almonds, slivered	21 cups Milk, low fat (1%)
6 oz Ham, deli style	24 spears Asparagus	84 Peanuts	2 cups Beef and barley soup
19 oz Cheddar cheese, light/low fat	8 cups Beans, green or yellow	33 2/3 tsp Olive or monounsaturated oil	8 1/2 cups Yogurt, plain, low fat
12 oz Haddock	6 Peaches	21 Almonds, whole	
525 grams Protein powder	2 cups Grapes	1 1/3 tsp Butter	
12 oz Ground beef (< 10% fat)	1 5/6 cups Applesauce	9 Walnuts	
9 oz Mozzarella cheese, light/low fat	5 1/2 cups Mushrooms	16 tsp Mayonnaise	
48 oz Chicken breast, skinless	6 cups Broccoli	12 Pistachio nuts	
12 oz Chicken breast, deli style	5 cups Cauliflower	9 Cashews	
5 oz Tuna, canned in water	2/3 cup Oatmeal	2 tsp Peanut butter, natural	
24 oz Salmon steak	6 cups Popcorn		
10 Egg whites	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

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

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

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

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
567 grams Protein powder	1 cup Cereal, cold	30 1/3 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
32 oz Chicken breast, skinless	1 1/2 cups Grapes	12 Pistachio nuts	12 1/2 cups Yogurt, plain, low fat
23 oz Cheddar cheese, light/low fat	5 slice Whole grain bread	11 tsp Mayonnaise	2 cups Beef and barley soup
24 oz Haddock	8 cups Strawberries	63 Almonds, whole	2 cups Chicken noodle soup
8 oz Turkey breast, skinless	1 1/2 cups Pineapple	1/3 tsp Butter	
2 oz Tuna, canned in water	3 cups Rice	22 tbs Almonds, slivered	
12 oz Ground beef (< 10% fat)	7 1/2 cups Broccoli	9 Walnuts	
5 Eggs, whole	5 cups Cauliflower	48 Peanuts	
3 oz Ham, deli style	6 Peaches		
24 oz Salmon steak	2/3 cup Mandarin orange, canned		
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		
	3 cups Zucchini		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
34 Egg whites	2 cups Grapes	27 2/3 tsp Olive or monounsaturated oil	7 1/2 cups Yogurt, plain, low fat
6 oz Ham, deli style	8 1/2 slice Whole grain bread	2 tsp Peanut butter, natural	16 cups Milk, low fat (1%)
476 grams Protein powder	6 1/2 cups Blueberries	12 Pistachio nuts	2 cups Beef and barley soup
9 oz Chicken breast, deli style	3 1/2 cups Spinach	62 Peanuts	2 1/2 cups Chili, canned
56 oz Chicken breast, skinless	2 cups Zucchini	63 Almonds, whole	2 2/3 cups Beef and vegetable soup
25 oz Cheddar cheese, light/low fat	4 cups Rice	8 Cashews	
16 1/2 oz Ground beef (< 10% fat)	1 5/6 cups Applesauce	1/3 tsp Butter	
12 oz Haddock	5 Peaches	18 tbsps Almonds, slivered	
5 Eggs, whole	2 2/3 cups Oatmeal	18 Walnuts	
8 oz Turkey breast, skinless	5 cups Strawberries	8 tsp Mayonnaise	
	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

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

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

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

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
19 oz Cheddar cheese, light/low fat	6 cups Cereal, cold	35 1/3 tsp Olive or monounsaturated oil	27 1/2 cups Milk, low fat (1%)
504 grams Protein powder	1/3 Banana	13 Cashews	6 1/4 cups Yogurt, plain, low fat
12 Egg whites	12 Crackers	36 Pistachio nuts	6 cups Chicken noodle soup
27 oz Mozzarella cheese, light/low fat	1 cup Grapes	12 Almonds, whole	2 2/3 cups Beef and vegetable soup
24 oz Chicken breast, skinless	3 2/3 cups Potato	9 Walnuts	
26 oz Tuna, canned in water	6 1/2 cups Broccoli	8 tsp Mayonnaise	
12 oz Ground beef (< 10% fat)	11 cups Zucchini	1 tsp Butter	
9 oz Chicken breast, deli style	2 Plums	52 Peanuts	
8 oz Turkey breast, skinless	4 Peaches	6 tbsp Almonds, slivered	
	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		
	1 cup Onions		
	1 5/12 cups Applesauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
13 oz Cheddar cheese, light/low fat 532 grams Protein powder	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	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
40 oz Chicken breast, skinless	2 1/2 cups Peaches, canned 3 Kiwis 1 1/2 whole Pita		
16 oz Tuna, canned in water	3 1/2 cups Pineapple 3 cups Strawberries 4 cups Blueberries 4 cups Cereal, cold 3 1/2 cups Spinach 4 cups Rice 1 Orange		
5 Eggs, whole	4 cups Raspberries 2 cups Grapes		
3 oz Ham, deli style	7 cups Beans, green or yellow 6 Peaches 6 cups Broccoli 1 Apple		
12 oz Salmon steak	4 cups Cauliflower 1 Banana		
9 oz Chicken breast, deli style	1 1/4 cups Kidney beans 1 1/2 cups Cucumber 2 cups Potato		
24 oz Haddock			
8 oz Turkey breast, skinless			
4 Egg whites			
4 oz Mozzarella cheese, light/low fat			
12 oz Ground beef (< 10% fat)			

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2520 Calories

Protein	Carbohydrates	Fats	Other
20 oz Cheddar cheese, light/low fat	3 cups Cereal, cold	31 2/3 tsp Olive or monounsaturated oil	23 cups Milk, low fat (1%)
567 grams Protein powder	2/3 Banana	22 Cashews	8 1/2 cups Yogurt, plain, low fat
5 oz Tuna, canned in water	6 1/2 slice Whole grain bread	16 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
24 oz Salmon steak	2 1/2 Oranges	45 Almonds, whole	
8 oz Mozzarella cheese, light/low fat	2 Pears	12 tbsp Almonds, slivered	
48 oz Chicken breast, skinless	24 spears Asparagus	2 tsp Butter	
21 oz Chicken breast, deli style	1 1/2 cups Onions	40 Peanuts	
12 oz Haddock	1/3 cup Rice	3 tbsp Sour cream	
12 oz Ground beef (< 10% fat)	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		
	1 1/2 cups Applesauce		
	1 cup Cauliflower		