

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 1

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 1 1/2 Tomatoes 1 cup Mushrooms 1 cup Cucumber 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink 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 1/2 cups Watermelon 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>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 1 1/2 cups Salsa 2 cups Mushrooms 3 cups Cabbage 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 2

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357</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! Throw a little tofu into the yogurt or swap for some cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 12 spears Asparagus 1 Peach 2/3 cup Mandarin orange, canned 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 4 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables. Shrimp on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 oz Tofu 3/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 3.00 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 3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

*** 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 - 2639 Calories

Day: 3

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>5 Eggs, whole 1 1/4 cups Hummus 5 tsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 3/4 cup Beans, black 1/4 cup Onions 3/4 cup Zucchini 1/4 cup Tomato, puree 1/3 cup Salsa 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Mexican Black Bean Stew Sauté vegetables and cubed chicken in oil until tender. Add tomato, salsa, 1/3 cup of water, 1 tbsp parsley, and salt and pepper to taste. Simmer 5 minutes and serve hot.</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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>1 1/2 cups Yogurt, plain, low fat 7 1/2 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Scallops with vegetables and yogurt for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 4

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Turkey breast, skinless 1/4 head Lettuce, iceberg 1/2 cup Onions 2 cups Mushrooms 1 Pepper (bell or cubanelle) 3/4 cup Celery 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Turkey Breast with Salad and Dressing Make a salad using lettuce and vegetables. Toss with olive oil, balsamic vinegar, salt, pepper and herbs of your choice for a tasty home-made dressing, or use a low-fat dressing of your choice. Enjoy the 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 1/4 Cantaloupe 2/3 cup Honeydew melon 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Salmon steak 24 spears Asparagus 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1/2 Cantaloupe 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 5

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 4 cups Spinach, cooked 3 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsps Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy with some extra beef.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</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>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:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 6

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 3/4 cup Beans, black 1/2 Tomato 6 spears Asparagus 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Spinach 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 cups Cauliflower 14 spears Asparagus 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 Orange 3 tbsp Almonds, slivered 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>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Beans, green or yellow 1 Pepper (bell or cubanelle) 3/4 cup Tomatoes 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 3.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Turkey with Bean Salad Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 7

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 cups Mushrooms 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Shrimp 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 1/2 cups Celery 1 cup Tomato, puree 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .75 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Creole Shrimp Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 Beef, lean cuts 14 spears Asparagus 2 1/2 cups Beans, green or yellow 3 cups Broccoli 2 Peppers (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C .13 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 8

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 3/4 cups Cottage cheese, light/low fat 1 1/2 cups Cereal, cold 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Blueberries 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Halibut 5 cups Lettuce, romaine 1/2 cup Tomatoes 1/2 cup Broccoli 1/2 cup Beans, black 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .33 C .17 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 Plums 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>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 Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 9

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>4 oz Crab 4 oz Scallops 4 oz Shrimp 2 3/4 Peppers (bell or cubanelle) 2 1/2 cups Tomatoes 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.</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 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 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 Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Save money, look great! www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 10

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 4 1/2 oz Shrimp</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 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 Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.13 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 Apple 1 cup Grapes 30 Peanuts 2 oz Turkey breast, skinless 1/2 whole Pita</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices). Enjoy a turkey pita on its own to fill you up. Add a few lettuce leaves in 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 2/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 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 Zucchini 3/4 Pepper (bell or cubanelle) 1/2 cup Onions 1 cup Snow peas 1 cup Water chestnuts 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 12

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3/4 cup Kidney beans 1/3 cup Onions 1/3 cup Tomato, puree 3/4 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .67 C .67 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329</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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

Strong Like www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 13

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 5 cups Cherry tomatoes 1 cup Zucchini 3 tbsp Almonds, slivered 1 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy! Add shrimp into this meal or enjoy on their own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 C 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 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:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

** 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 - 2639 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>6 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 4 oz Beef, lean cuts</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Mushrooms 1/4 cup Onions 4 cups Lettuce, romaine 1/2 Tomato 3 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Olives</p>	<p>Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken and Greek Salad Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Toss vegetables in balsamic vinegar and olive oil. Top with olives.</p> <p>Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 Beef, lean cuts 12 spears Asparagus 3 Peppers (bell or cubanella) 2 Tomatoes 1 2/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetables Prepare beef in any style you prefer, sauté or boil vegetables and season to taste. Steamed asparagus is especially tasty!</p> <p>Enjoy the melon for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 2.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 15

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 3/4 cups Cottage cheese, light/low fat 1 1/2 cups Cereal, cold 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 3/4 cup Beans, black 1/4 cup Onions 3/4 cup Zucchini 1/4 cup Tomato, puree 1/3 cup Salsa 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Mexican Black Bean Stew Sauté vegetables and cubed chicken in oil until tender. Add tomato, salsa, 1/3 cup of water, 1 tbsp parsley, and salt and pepper to taste. Simmer 5 minutes and serve hot.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 2.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 16

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Spinach 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 cups Cauliflower 14 spears Asparagus 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 Plums 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>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 24 spears Asparagus 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1/2 Cantaloupe 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 17

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 cups Mushrooms 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Turkey breast, skinless 1/4 head Lettuce, iceberg 1/2 cup Onions 2 cups Mushrooms 1 Pepper (bell or cubanelle) 3/4 cup Celery 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Turkey Breast with Salad and Dressing Make a salad using lettuce and vegetables. Toss with olive oil, balsamic vinegar, salt, pepper and herbs of your choice for a tasty home-made dressing, or use a low-fat dressing of your choice. Enjoy the 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 1/4 Cantaloupe 2/3 cup Honeydew melon 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 14 spears Asparagus 2 1/2 cups Beans, green or yellow 3 cups Broccoli 2 Peppers (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C .13 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329</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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 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:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
*** 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 - 2639 Calories

Day: 19

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Shrimp 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 1/2 cups Celery 1 cup Tomato, puree 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .75 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Creole Shrimp Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 C 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 Beans, green or yellow 1 Pepper (bell or cubanelle) 3/4 cup Tomatoes 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 3.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Turkey with Bean Salad Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 20

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Mushrooms 1/4 cup Onions 4 cups Lettuce, romaine 1/2 Tomato 3 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Olives</p>	<p>Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken and Greek Salad Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Toss vegetables in balsamic vinegar and olive oil. Top with olives.</p> <p>Enjoy 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 1/2 cups Watermelon 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 3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes</p> <p>A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

*** 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 - 2639 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>6 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 4 oz Beef, lean cuts</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 4 1/2 oz Shrimp</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 12 spears Asparagus 1 Peach 2/3 cup Mandarin orange, canned 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 4 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables. Shrimp 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 tsp Olive or monounsaturated oil 2/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 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 Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Your best body ever in 12 weeks! <http://empowerednutrition.net>

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 22

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 cups Mushrooms 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 Apple 1 cup Grapes 30 Peanuts 2 oz Turkey breast, skinless 1/2 whole Pita</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices). Enjoy a turkey pita on its own to fill you up. Add a few lettuce leaves in for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 Beans, green or yellow 1 Pepper (bell or cubanelle) 3/4 cup Tomatoes 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 3.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Turkey with Bean Salad Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.13 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 23

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Blueberries 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 Apple 1 cup Grapes 30 Peanuts 2 oz Turkey breast, skinless 1/2 whole Pita</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices). Enjoy a turkey pita on its own to fill you up. Add a few lettuce leaves in for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 Peppers (bell or cubanella) 2 Tomatoes 1 2/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetables Prepare beef in any style you prefer, sauté or boil vegetables and season to taste. Steamed asparagus is especially tasty! Enjoy the melon for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 24

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 3/4 cup Beans, black 1/2 Tomato 6 spears Asparagus 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy with some extra beef.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>1 1/2 cups Yogurt, plain, low fat 7 1/2 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Scallops with vegetables and yogurt for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** 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 - 2639 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy with some extra beef.</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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 14 spears Asparagus 2 1/2 cups Beans, green or yellow 3 cups Broccoli 2 Peppers (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C .13 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 26

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Shrimp 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 1/2 cups Celery 1 cup Tomato, puree 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .75 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Creole Shrimp Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 27

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 4 1/2 oz Shrimp</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 C 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>1 1/2 cups Yogurt, plain, low fat 7 1/2 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Scallops with vegetables and yogurt for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 1 1/2 Tomatoes 1 cup Mushrooms 1 cup Cucumber 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 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 Beef, lean cuts 12 spears Asparagus 3 Peppers (bell or cubanella) 2 Tomatoes 1 2/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetables Prepare beef in any style you prefer, sauté or boil vegetables and season to taste. Steamed asparagus is especially tasty! Enjoy the melon for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 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>Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 29

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 5 cups Cherry tomatoes 1 cup Zucchini 3 tbsp Almonds, slivered 1 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy! Add shrimp into this meal or enjoy on their own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Halibut 5 cups Lettuce, romaine 1/2 cup Tomatoes 1/2 cup Broccoli 1/2 cup Beans, black 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .33 C .17 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 C 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>1 1/2 cups Yogurt, plain, low fat 7 1/2 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Scallops with vegetables and yogurt for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329</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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Check your Vitals + GROW www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 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 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:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

** 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 - 2639 Calories

Day: 31

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy with some extra beef.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 oz Tofu 3/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 3.00 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 Beef, lean cuts 3/4 cup Kidney beans 1/3 cup Onions 1/3 cup Tomato, puree 3/4 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .67 C .67 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 3/4 cup Beans, black 1/2 Tomato 6 spears Asparagus 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Spinach 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 cups Cauliflower 14 spears Asparagus 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. 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>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 14 spears Asparagus 2 1/2 cups Beans, green or yellow 3 cups Broccoli 2 Peppers (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C .13 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F</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.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Blueberries 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 3/4 cup Beans, black 1/4 cup Onions 3/4 cup Zucchini 1/4 cup Tomato, puree 1/3 cup Salsa 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Mexican Black Bean Stew Sauté vegetables and cubed chicken in oil until tender. Add tomato, salsa, 1/3 cup of water, 1 tbsp parsley, and salt and pepper to taste. Simmer 5 minutes and serve hot.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 3/4 cups Cottage cheese, light/low fat 1 1/2 cups Cereal, cold 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 oz Tofu 3/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 3.00 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 Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** 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 - 2639 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 3/4 cup Beans, black 1/2 Tomato 6 spears Asparagus 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Blueberries 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 3/4 cup Beans, black 1/4 cup Onions 3/4 cup Zucchini 1/4 cup Tomato, puree 1/3 cup Salsa 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Mexican Black Bean Stew Sauté vegetables and cubed chicken in oil until tender. Add tomato, salsa, 1/3 cup of water, 1 tbsp parsley, and salt and pepper to taste. Simmer 5 minutes and serve hot.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 Plums 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>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 Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Mushrooms 1/4 cup Onions 4 cups Lettuce, romaine 1/2 Tomato 3 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Olives</p>	<p>Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken and Greek Salad Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Toss vegetables in balsamic vinegar and olive oil. Top with olives.</p> <p>Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 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 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:5 C:3 F:3</p> <p>35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 37

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 Plums 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>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 14 spears Asparagus 2 1/2 cups Beans, green or yellow 3 cups Broccoli 2 Peppers (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Strawberries 18 Almonds, whole</p>	<p>Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C .13 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 38

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 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 Beef, lean cuts 12 spears Asparagus 3 Peppers (bell or cubanella) 2 Tomatoes 1 2/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetables Prepare beef in any style you prefer, sauté or boil vegetables and season to taste. Steamed asparagus is especially tasty!</p> <p>Enjoy the melon for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.13 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 align="center">Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 8 Egg whites 3/4 cup Beans, black 1/2 Tomato 6 spears Asparagus 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 12 spears Asparagus 1 Peach 2/3 cup Mandarin orange, canned 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 4 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables. Shrimp on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 2 cups Zucchini 3/4 Pepper (bell or cubanella) 1/2 cup Onions 1 cup Snow peas 1 cup Water chestnuts 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories:</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</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 3/4 cups Cottage cheese, light/low fat 1 1/2 cups Cereal, cold 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 1 1/2 Tomatoes 1 cup Mushrooms 1 cup Cucumber 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink 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 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 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 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

*** 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 - 2639 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 12 spears Asparagus 1 Peach 2/3 cup Mandarin orange, canned 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 4 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables. Shrimp on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 Orange 3 tbsp Almonds, slivered 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>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3/4 cup Kidney beans 1/3 cup Onions 1/3 cup Tomato, puree 3/4 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .67 C .67 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329</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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

*** 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 - 2639 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 1 1/2 Tomatoes 1 cup Mushrooms 1 cup Cucumber 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 24 spears Asparagus 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1/2 Cantaloupe 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357</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! Throw a little tofu into the yogurt or swap for some cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>4 oz Crab 4 oz Scallops 4 oz Shrimp 2 3/4 Peppers (bell or cubanelle) 2 1/2 cups Tomatoes 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.</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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Fight Fat www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 44

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 Apple 1 cup Grapes 30 Peanuts 2 oz Turkey breast, skinless 1/2 whole Pita</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices). Enjoy a turkey pita on its own to fill you up. Add a few lettuce leaves in for crunch.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 Orange 3 tbsp Almonds, slivered 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>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 1 1/2 cups Salsa 2 cups Mushrooms 3 cups Cabbage 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Your best body ever in 12 weeks! <http://empowerednutrition.net>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 45

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 1 1/2 cups Salsa 2 cups Mushrooms 3 cups Cabbage 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 3/4 cups Cottage cheese, light/low fat 1 1/2 cups Cereal, cold 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 5 cups Cherry tomatoes 1 cup Zucchini 3 tbsp Almonds, slivered 1 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy! Add shrimp into this meal or enjoy on their own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Turkey breast, skinless 1/4 head Lettuce, iceberg 1/2 cup Onions 2 cups Mushrooms 1 Pepper (bell or cubanelle) 3/4 cup Celery 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Turkey Breast with Salad and Dressing Make a salad using lettuce and vegetables. Toss with olive oil, balsamic vinegar, salt, pepper and herbs of your choice for a tasty home-made dressing, or use a low-fat dressing of your choice. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 oz Tofu 3/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 3.00 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>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 1 1/2 cups Salsa 2 cups Mushrooms 3 cups Cabbage 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

WIN Cash and Prizes <http://empowerednutrition.net>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 4 1/2 oz Shrimp</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 1 1/2 Tomatoes 1 cup Mushrooms 1 cup Cucumber 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</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>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:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.13 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>6 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 4 oz Beef, lean cuts</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 12 spears Asparagus 1 Peach 2/3 cup Mandarin orange, canned 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 4 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables. Shrimp on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 oz Tofu 3/4 Cantaloupe 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 3.00 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:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** 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 - 2639 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Mushrooms 1/4 cup Onions 4 cups Lettuce, romaine 1/2 Tomato 3 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Olives</p>	<p>Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken and Greek Salad Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Toss vegetables in balsamic vinegar and olive oil. Top with olives.</p> <p>Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357</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! THrow a little todu into the yogurt or swap for some cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Halibut 5 cups Lettuce, romaine 1/2 cup Tomatoes 1/2 cup Broccoli 1/2 cup Beans, black 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .33 C .17 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 Orange 3 tbsp Almonds, slivered 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>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 2.00 C 3.00 F 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 2 slice Whole grain bread 1 cup Strawberries 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Spinach 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 cups Cauliflower 14 spears Asparagus 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 3.00 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 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
*** Remember to drink between 10 and 12 glasses of water per day. ***

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 52

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>5 Eggs, whole 1 1/4 cups Hummus 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 5 cups Cherry tomatoes 1 cup Zucchini 3 tbsp Almonds, slivered 1 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy! Add shrimp into this meal or enjoy on their own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>4 oz Crab 4 oz Scallops 4 oz Shrimp 2 3/4 Peppers (bell or cubanelle) 2 1/2 cups Tomatoes 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.</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 2/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 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:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Check your Vitals + GROW www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 4 cups Spinach, cooked 3 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Spinach 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 cups Cauliflower 14 spears Asparagus 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 2 Plums 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>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Zucchini 3/4 Pepper (bell or cubanelle) 1/2 cup Onions 1 cup Snow peas 1 cup Water chestnuts 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 2.00 C 1.13 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.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.</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 1/2 cups Watermelon 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 2 cups Zucchini 3/4 Pepper (bell or cubanelle) 1/2 cup Onions 1 cup Snow peas 1 cup Water chestnuts 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357</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! Throw a little tofu into the yogurt or swap for some cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder 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 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 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 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:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Save money, look great! www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 cups Mushrooms 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C: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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 2.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 57

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>6 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 4 oz Beef, lean cuts</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1 cup Blueberries 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 Apple 1 cup Grapes 30 Peanuts 2 oz Turkey breast, skinless 1/2 whole Pita</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices). Enjoy a turkey pita on its own to fill you up. Add a few lettuce leaves in 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 1/2 cups Watermelon 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 Beef, lean cuts 3/4 cup Kidney beans 1/3 cup Onions 1/3 cup Tomato, puree 3/4 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .67 C .67 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

**** 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 - 2639 Calories

Day: 58

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>5 Eggs, whole 1 1/4 cups Hummus 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>4 oz Crab 4 oz Scallops 4 oz Shrimp 2 3/4 Peppers (bell or cubanelle) 2 1/2 cups Tomatoes 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 Orange 3 tbsp Almonds, slivered 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>Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3/4 cup Kidney beans 1/3 cup Onions 1/3 cup Tomato, puree 3/4 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .67 C .67 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Strong Like... www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 59

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>5 Eggs, whole 1 1/4 cups Hummus 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Shrimp 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 1/2 cups Celery 1 cup Tomato, puree 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .75 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Creole Shrimp Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a 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 2/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 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>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 1 1/2 cups Salsa 2 cups Mushrooms 3 cups Cabbage 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 2.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

** 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 - 2639 Calories

Day: 60

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Halibut 5 cups Lettuce, romaine 1/2 cup Tomatoes 1/2 cup Broccoli 1/2 cup Beans, black 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .33 C .17 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as 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 1/4 Cantaloupe 2/3 cup Honeydew melon 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes</p> <p>A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Powerful Proven Results @ www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 61

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>5 Eggs, whole 1 1/4 cups Hummus 5 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</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:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Shrimp 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 1/2 cups Celery 1 cup Tomato, puree 1 Peach 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .75 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Creole Shrimp Sauté vegetables until tender. Add shrimp, tomato, 1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach on the side as a dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>1 1/2 cups Yogurt, plain, low fat 7 1/2 oz Scallops 3 cups Beans, green or yellow 1 Lemon 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Scallops with vegetables and yogurt for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

** 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 - 2639 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 cups Mushrooms 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357</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! THrow a little todu into the yogurt or swap for some cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Mushrooms 1/4 cup Onions 4 cups Lettuce, romaine 1/2 Tomato 3 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Olives</p>	<p>Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken and Greek Salad Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Toss vegetables in balsamic vinegar and olive oil. Top with olives.</p> <p>Enjoy 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 Orange</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 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 Salmon steak 24 spears Asparagus 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1/2 Cantaloupe 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes.</p> <p>Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Burn Fat Build MUSCLE www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 64

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 4 cups Spinach, cooked 3 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 4 1/2 oz Shrimp</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>4 oz Crab 4 oz Scallops 4 oz Shrimp 2 3/4 Peppers (bell or cubanelle) 2 1/2 cups Tomatoes 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Seafood Jambalaya Sauté all vegetables, add water and seafood. Season with salt, pepper, garlic, and spices (basil is a good one), then bring to a boil. Simmer for 5 minutes or until done. This meal is easy to carry around in a container so you can eat on the run.</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 2/3 Banana</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 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 24 spears Asparagus 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1/2 Cantaloupe 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 Banana</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329</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>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 65

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 5 cups Cherry tomatoes 1 cup Zucchini 3 tbsp Almonds, slivered 1 1/2 oz Shrimp</p>	<p>Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy! Add shrimp into this meal or enjoy on their own.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 3/4 cup Beans, black 1/4 cup Onions 3/4 cup Zucchini 1/4 cup Tomato, puree 1/3 cup Salsa 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Mexican Black Bean Stew Sauté vegetables and cubed chicken in oil until tender. Add tomato, salsa, 1/3 cup of water, 1 tbsp parsley, and salt and pepper to taste. Simmer 5 minutes and serve hot.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 1.00 C 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 Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</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 align="center">Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 66

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 4 cups Spinach, cooked 3 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts</p>	<p>Item Portions 5.00 A 3.00 P Calories: 539</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy with some extra beef.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Turkey breast, skinless 3 cups Beans, green or yellow 1 Pepper (bell or cubanelle) 3/4 cup Tomatoes 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 3.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Turkey with Bean Salad Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

*** 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 - 2639 Calories

Day: 67

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Halibut 5 cups Lettuce, romaine 1/2 cup Tomatoes 1/2 cup Broccoli 1/2 cup Beans, black 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .33 C .17 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC 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 Beans, green or yellow 1 Pepper (bell or cubanelle) 3/4 cup Tomatoes 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 3.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Turkey with Bean Salad Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 68

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 4 cups Spinach, cooked 3 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsps Almonds, slivered</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Turkey breast, skinless 1/4 head Lettuce, iceberg 1/2 cup Onions 2 cups Mushrooms 1 Pepper (bell or cubanelle) 3/4 cup Celery 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Turkey Breast with Salad and Dressing Make a salad using lettuce and vegetables. Toss with olive oil, balsamic vinegar, salt, pepper and herbs of your choice for a tasty home-made dressing, or use a low-fat dressing of your choice. Enjoy the 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 1/4 Cantaloupe 2/3 cup Honeydew melon 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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple</p>	<p>Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329</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.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 69

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1/2 cup Yogurt, plain, low fat 7 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</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>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 Peppers (bell or cubanelle) 2 Tomatoes 1 2/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil 9 Olives</p>	<p>Item Portions 8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetables Prepare beef in any style you prefer, sauté or boil vegetables and season to taste. Steamed asparagus is especially tasty!</p> <p>Enjoy the melon for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear</p>	<p>Item Portions 5.00 P 3.00 F 1.00 C 2.00 C Calories: 329</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: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

WIN Cash and Prizes <http://empowerednutrition.net>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Day: 70

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>6 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 4 oz Beef, lean cuts</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak and Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Turkey breast, skinless 1/4 head Lettuce, iceberg 1/2 cup Onions 2 cups Mushrooms 1 Pepper (bell or cubanelle) 3/4 cup Celery 2 Peaches 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Grilled Turkey Breast with Salad and Dressing</p> <p>Make a salad using lettuce and vegetables. Toss with olive oil, balsamic vinegar, salt, pepper and herbs of your choice for a tasty home-made dressing, or use a low-fat dressing of your choice.</p> <p>Enjoy the 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 1/2 cups Watermelon 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</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Zucchini 3/4 Pepper (bell or cubanelle) 1/2 cup Onions 1 cup Snow peas 1 cup Water chestnuts 1 1/3 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Thai Chicken and Vegetable Stirfry</p> <p>Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639

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

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
42 Egg whites	4 1/4 cups Grapes	41 2/3 tsp Olive or monounsaturated oil	11 1/2 cups Yogurt, plain, low fat
12 oz Cheddar cheese, light/low fat	2/3 cup Oatmeal	22 tbsp Almonds, slivered	3 1/3 cups Beef and vegetable soup
6 3/4 cups Cottage cheese, light/low fat	2 cups Fruit cocktail	30 Almonds, whole	
539 grams Protein powder	2 Tomatoes	78 Peanuts	
39 oz Chicken breast, skinless	16 cups Mushrooms		
12 oz Tofu	1 cup Cucumber		
16 1/2 oz Shrimp	4 cups Lettuce, romaine		
5 Eggs, whole	1 1/2 cups Watermelon		
7 1/2 oz Scallops	1 5/6 cups Salsa		
16 oz Turkey breast, skinless	3 cups Cabbage		
12 oz Salmon steak	1 1/3 Bananas		
11 oz Beef, lean cuts	3 slice Whole grain bread		
	70 spears Asparagus		
	8 Peaches		
	2/3 cup Mandarin orange, canned		
	7 cups Strawberries		
	1 3/4 Cantaloupes		
	1/3 cup Applesauce		
	4 Oranges		
	7 cups Raspberries		
	1 1/4 cups Hummus		
	1 1/2 cups Beans, black		
	1 1/4 cups Onions		
	3/4 cup Zucchini		
	1 1/4 cups Tomato, puree		
	11 1/2 cups Beans, green or yellow		
	1 Lemon		
	1 cup Blueberries		
	16 Cherries		
	1/2 head Lettuce, iceberg		
	9 1/2 Peppers (bell or cubanella)		
	2 1/4 cups Celery		
	1 1/3 cups Honeydew melon		
	6 cups Spinach, cooked		
	1 1/12 cups Kidney beans		
	2 cups Carrots		
	1 cup Corn, canned		
	6 cups Broccoli		
	2 cups Cauliflower		
	1/4 cup Pasta		
	3 3/4 cups Tomatoes		
	1 cup Pineapple		
	1/2 Nectarine		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
10 cups Cottage cheese, light/low fat	1 1/2 cups Cereal, cold	47 1/3 tsp Olive or monounsaturated oil	12 cups Yogurt, plain, low fat
5 oz Cheddar cheese, light/low fat	4 cups Raspberries	27 Cashews	
12 oz Halibut	1 1/2 cups Blueberries	6 tbsp Almonds, slivered	
546 grams Protein powder	16 cups Lettuce, romaine	9 Pecans	
47 oz Chicken breast, skinless	3 cups Tomatoes	60 Peanuts	
12 Egg whites	3 1/4 cups Broccoli	15 Olives	
4 oz Crab	1/2 cup Beans, black		
4 oz Scallops	1 2/3 cups Fruit cocktail		
22 oz Shrimp	2 Plums		
8 oz Lamb, lean	10 3/4 Peppers (bell or cubanelle)		
2 oz Turkey breast, skinless	5 3/4 Tomatoes		
20 oz Beef, lean cuts	14 cups Strawberries		
12 oz Salmon steak	3 1/2 cups Pineapple		
	2 2/3 cups Oatmeal		
	3 1/12 cups Onions		
	1 Orange		
	1 1/4 cups Kidney beans		
	2 Apples		
	2/3 cup Mandarin orange, canned		
	6 1/2 cups Mushrooms		
	2 2/3 cups Rice		
	2 1/2 Nectarines		
	1 cup Pasta		
	1 cup Tomato sauce		
	1 1/4 Cantaloupes		
	2 5/12 cups Honeydew melon		
	1 1/2 cups Grapes		
	1/2 whole Pita		
	2 Bananas		
	5 cups Zucchini		
	3 cups Snow peas		
	1 cup Water chestnuts		
	2 Pears		
	2 cups Bran cereal, all varieties		
	5 Peaches		
	1/3 cup Tomato, puree		
	3/4 cup Salsa		
	5 cups Cherry tomatoes		
	2 cups Bean sprouts		
	2 cups Cucumber		
	1/3 cup Applesauce		
	3 1/2 cups Spinach		
	12 spears Asparagus		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
10 cups Cottage cheese, light/low fat	1 1/2 cups Cereal, cold	47 tsp Olive or monounsaturated oil	9 1/2 cups Yogurt, plain, low fat
40 oz Chicken breast, skinless	10 cups Raspberries	11 tbsp Almonds, slivered	
469 grams Protein powder	2 3/4 cups Grapes	18 Cashews	
45 oz Shrimp	2 cups Oatmeal	54 Peanuts	
32 Egg whites	3/4 cup Beans, black	18 Almonds, whole	
6 oz Cheddar cheese, light/low fat	1 1/4 cups Onions	6 Olives	
24 oz Salmon steak	3/4 cup Zucchini		
8 oz Tofu	1 1/4 cups Tomato, puree		
16 oz Turkey breast, skinless	1/3 cup Salsa		
12 oz Beef, lean cuts	2 1/2 Cantaloupes		
	1 1/3 cups Honeydew melon		
	2 1/4 cups Pasta		
	2 cups Tomato sauce		
	7 Peaches		
	2 Pears		
	2 slice Whole grain bread		
	13 cups Strawberries		
	1 cup Spinach		
	9 1/2 Peppers (bell or cubanelle)		
	6 cups Broccoli		
	2 cups Cauliflower		
	64 spears Asparagus		
	2 Plums		
	14 1/2 cups Mushrooms		
	2 1/2 cups Pineapple		
	3 3/4 cups Tomatoes		
	1/2 head Lettuce, iceberg		
	2 1/4 cups Celery		
	5 1/2 cups Beans, green or yellow		
	2 Bananas		
	1 cup Fruit cocktail		
	8 cups Lettuce, romaine		
	2 cups Bean sprouts		
	2 cups Cucumber		
	2 Tomatoes		
	2 cups Carrots		
	1 cup Corn, canned		
	1 1/3 cups Mandarin orange, canned		
	1 1/2 Nectarines		
	2/3 cup Applesauce		
	3/4 cup Kidney beans		
	1 1/2 cups Watermelon		
	1 Orange		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
22 Egg whites	13 cups Mushrooms	39 1/3 tsp Olive or monounsaturated oil	11 1/2 cups Yogurt, plain, low fat
10 oz Cheddar cheese, light/low fat	3 3/4 cups Tomatoes	12 tbsp Almonds, slivered	6 2/3 cups Beef and vegetable soup
11 3/4 cups Cottage cheese, light/low fat	6 1/4 cups Grapes	102 Peanuts	
12 oz Turkey breast, skinless	2/3 cup Oatmeal	18 Cashews	
609 grams Protein powder	2 Apples	18 Olives	
30 oz Beef, lean cuts	1 whole Pita	18 Almonds, whole	
15 oz Scallops	15 cups Strawberries		
16 1/2 oz Shrimp	1 cup Pineapple		
15 oz Chicken breast, skinless	11 1/2 cups Beans, green or yellow		
	12 3/4 Peppers (bell or cubanelle)		
	3/4 cup Kidney beans		
	1 1/2 Cantaloupes		
	4 3/4 cups Honeydew melon		
	4 cups Bran cereal, all varieties		
	1 1/2 cups Blueberries		
	9 Peaches		
	1 2/3 Bananas		
	44 spears Asparagus		
	6 Tomatoes		
	8 cups Raspberries		
	3/4 cup Beans, black		
	1 cup Spinach		
	2 Lemons		
	3 cups Broccoli		
	1/4 head Lettuce, iceberg		
	1 Orange		
	16 Cherries		
	1/4 cup Onions		
	1 1/2 cups Celery		
	1 cup Tomato, puree		
	2/3 cup Applesauce		
	2 cups Snow peas		
	2 1/2 Nectarines		
	1 cup Fruit cocktail		
	1 cup Cucumber		
	4 cups Lettuce, romaine		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
518 grams Protein powder	2 slice Whole grain bread	47 tsp Olive or monounsaturated oil	11 cups Yogurt, plain, low fat
9 3/4 cups Cottage cheese, light/low fat	5 cups Cherry tomatoes	9 tbsp Almonds, slivered	3 1/3 cups Beef and vegetable soup
13 1/2 oz Shrimp	6 1/2 cups Zucchini	27 Cashews	
12 oz Halibut	9 cups Lettuce, romaine	30 Peanuts	
7 1/2 oz Scallops	1/2 cup Tomatoes	18 Almonds, whole	
9 oz Cheddar cheese, light/low fat	6 1/2 cups Broccoli		
48 oz Chicken breast, skinless	3 1/2 cups Beans, black		
19 oz Beef, lean cuts	2/3 cup Fruit cocktail		
8 oz Tofu	1 Nectarine		
16 Egg whites	1/3 cup Applesauce		
12 oz Salmon steak	5 1/2 cups Beans, green or yellow		
8 oz Lamb, lean	1 Lemon		
	10 cups Strawberries		
	1 Banana		
	2 cups Bran cereal, all varieties		
	1 2/3 cups Oatmeal		
	2 cups Mushrooms		
	4 cups Rice		
	3 Oranges		
	10 cups Spinach		
	4 Peaches		
	2 cups Pineapple		
	1 cup Grapes		
	1 1/2 Cantaloupes		
	1 1/4 cups Kidney beans		
	1 5/6 cups Onions		
	5/6 cup Tomato, puree		
	1 5/12 cups Salsa		
	10 cups Raspberries		
	2 1/2 Tomatoes		
	40 spears Asparagus		
	4 Peppers (bell or cubanelle)		
	2 cups Cauliflower		
	1 1/4 cups Pasta		
	1/4 head Lettuce, iceberg		
	2 1/2 cups Blueberries		
	1 1/2 cups Cereal, cold		
	2 cups Bean sprouts		
	2 cups Cucumber		
	1 Apple		
	2 Plums		
	1 cup Tomato sauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
28 Egg whites	2 cups Grapes	44 tsp Olive or monounsaturated oil	14 cups Yogurt, plain, low fat
8 oz Cheddar cheese, light/low fat	32 Cherries	90 Peanuts	
9 1/2 cups Cottage cheese, light/low fat	8 1/2 cups Mushrooms	15 Olives	
651 grams Protein powder	1 1/12 cups Onions	11 tbsp Almonds, slivered	
39 oz Chicken breast, skinless	19 cups Lettuce, romaine	18 Almonds, whole	
24 oz Beef, lean cuts	9 1/4 Tomatoes	9 Cashews	
24 oz Salmon steak	10 cups Strawberries	9 Pecans	
9 oz Shrimp	3 1/2 Nectarines		
	2 cups Carrots		
	1 cup Corn, canned		
	4 Oranges		
	3 cups Raspberries		
	2 slice Whole grain bread		
	12 Peppers (bell or cubanelle)		
	3 cups Snow peas		
	2 Plums		
	80 spears Asparagus		
	2 1/2 cups Beans, green or yellow		
	5 3/4 cups Broccoli		
	1/4 head Lettuce, iceberg		
	1 Pear		
	2 cups Mandarin orange, canned		
	2 cups Bean sprouts		
	4 cups Cucumber		
	1 1/3 Bananas		
	3 1/12 cups Honeydew melon		
	1 1/4 Cantaloupes		
	3/4 cup Beans, black		
	1 cup Spinach		
	4 Peaches		
	4 cups Pineapple		
	2 cups Zucchini		
	1 cup Water chestnuts		
	1 1/2 cups Cereal, cold		
	4 cups Fruit cocktail		
	1 cup Oatmeal		
	3/4 cup Kidney beans		
	1/3 cup Tomato, puree		
	3/4 cup Salsa		
	1/2 cup Blueberries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
581 grams Protein powder	4 slice Whole grain bread	45 tsp Olive or monounsaturated oil	13 cups Yogurt, plain, low fat
10 oz Tofu	5 3/4 Peppers (bell or cubanelle)	12 Almonds, whole	
4 oz Crab	2 1/2 cups Tomatoes	102 Peanuts	
4 oz Scallops	2 3/4 cups Onions	14 tbsp Almonds, slivered	
14 1/2 oz Shrimp	5 cups Raspberries	9 Pecans	
61 oz Chicken breast, skinless	14 cups Strawberries	6 Olives	
26 Egg whites	4 cups Fruit cocktail		
6 oz Cheddar cheese, light/low fat	11 cups Lettuce, romaine		
8 3/4 cups Cottage cheese, light/low fat	3 3/4 Tomatoes		
10 oz Turkey breast, skinless	2 3/4 cups Broccoli		
4 oz Beef, lean cuts	1 1/2 cups Blueberries		
8 oz Lamb, lean	2 1/2 cups Pineapple		
	2 1/2 cups Grapes		
	2 Apples		
	1/2 whole Pita		
	2 Oranges		
	4 1/2 cups Salsa		
	12 1/2 cups Mushrooms		
	9 cups Cabbage		
	2 cups Oatmeal		
	2 2/3 cups Rice		
	1 1/2 cups Cereal, cold		
	5 cups Cherry tomatoes		
	3 cups Zucchini		
	1/4 head Lettuce, iceberg		
	3/4 cup Celery		
	7 Peaches		
	2 Cantaloupes		
	1 Pear		
	1 cup Cucumber		
	1 1/3 Bananas		
	3 1/2 cups Spinach		
	3/4 cup Honeydew melon		
	12 spears Asparagus		
	2/3 cup Mandarin orange, canned		
	2 cups Carrots		
	1 cup Corn, canned		
	1/2 cup Kidney beans		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
40 Egg whites	2 3/4 cups Grapes	45 1/3 tsp Olive or monounsaturated oil	15 cups Yogurt, plain, low fat
12 oz Cheddar cheese, light/low fat	9 cups Lettuce, romaine	21 Almonds, whole	
16 oz Tofu	6 cups Tomatoes	16 tbsp Almonds, slivered	
12 oz Halibut	6 1/2 cups Broccoli	9 Cashews	
462 grams Protein powder	1/2 cup Beans, black	42 Peanuts	
16 oz Lamb, lean	2/3 cup Fruit cocktail	18 Pecans	
3 1/4 cups Cottage cheese, light/low fat	3 Oranges		
71 oz Chicken breast, skinless	4 1/4 cups Onions		
5 Eggs, whole	1 1/3 cups Kidney beans		
5 1/2 oz Shrimp	2 Apples		
4 oz Crab	2 Bananas		
4 oz Scallops	2 slice Whole grain bread		
12 oz Salmon steak	3 cups Strawberries		
	1 1/4 Cantaloupes		
	9 1/2 cups Spinach		
	10 1/2 Peppers (bell or cubanelle)		
	4 cups Cauliflower		
	28 spears Asparagus		
	1/2 cup Pasta		
	1 1/2 Nectarines		
	14 cups Mushrooms		
	1/3 cup Applesauce		
	5 cups Raspberries		
	1/3 cup Oatmeal		
	1 1/4 cups Hummus		
	5 cups Cherry tomatoes		
	7 cups Zucchini		
	2 cups Carrots		
	1 cup Corn, canned		
	1 1/2 cups Blueberries		
	3 cups Beans, green or yellow		
	2 Plums		
	4 cups Snow peas		
	2 cups Water chestnuts		
	3/4 cup Honeydew melon		
	2/3 cup Mandarin orange, canned		
	2 cups Bean sprouts		
	2 cups Cucumber		
	1 1/2 Tomatoes		
	1 1/2 cups Watermelon		
	2 Pears		
	1 1/2 cups Pineapple		
	2 2/3 cups Rice		
	1 Peach		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
16 Egg whites	2 2/3 cups Oatmeal	41 2/3 tsp Olive or monounsaturated oil	12 cups Yogurt, plain, low fat
20 oz Beef, lean cuts	2 cups Blueberries	18 Cashews	
5 1/2 cups Cottage cheese, light/low fat	1 Apple	66 Peanuts	
10 oz Cheddar cheese, light/low fat	3 3/4 cups Grapes	27 tbsp Almonds, slivered	
2 oz Turkey breast, skinless	1 1/2 cups Watermelon	12 Almonds, whole	
546 grams Protein powder	1 1/2 cups Kidney beans	6 Olives	
15 Eggs, whole	2 5/12 cups Onions		
4 oz Crab	2 2/3 cups Tomato, puree		
11 1/2 oz Scallops	3 cups Salsa		
40 oz Shrimp	14 cups Strawberries		
31 oz Chicken breast, skinless	3 3/4 cups Hummus		
12 oz Halibut	7 3/4 Peppers (bell or cubanelle)		
6 oz Tofu	6 cups Tomatoes		
12 oz Salmon steak	3 Oranges		
	9 Peaches		
	3 cups Celery		
	1 2/3 Bananas		
	16 1/2 cups Mushrooms		
	3 cups Cabbage		
	1 Pear		
	3 cups Raspberries		
	9 cups Lettuce, romaine		
	1/2 cup Broccoli		
	1/2 cup Beans, black		
	2/3 cup Fruit cocktail		
	1 Cantaloupe		
	1 1/3 cups Honeydew melon		
	1/3 cup Applesauce		
	3 cups Beans, green or yellow		
	1 Lemon		
	2 cups Pineapple		
	1 1/3 cups Rice		
	1 cup Pasta		
	1 cup Tomato sauce		
	1/2 Tomato		
	24 spears Asparagus		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2639 Calories

Protein	Carbohydrates	Fats	Other
36 Egg whites	12 cups Spinach, cooked	46 2/3 tsp Olive or monounsaturated oil	8 cups Yogurt, plain, low fat
7 oz Cheddar cheese, light/low fat	15 cups Beans, green or yellow	12 tbs Almonds, slivered	3 1/3 cups Beef and vegetable soup
8 1/2 cups Cottage cheese, light/low fat	2 1/2 cups Kidney beans	66 Peanuts	
10 oz Shrimp	3 1/2 cups Onions	3 Almonds, whole	
4 oz Crab	5 cups Strawberries	9 Olives	
4 oz Scallops	18 3/4 Peppers (bell or cubanelle)	9 Cashews	
504 grams Protein powder	4 1/2 cups Tomatoes		
12 oz Salmon steak	2 1/3 Bananas		
39 oz Chicken breast, skinless	36 spears Asparagus		
15 oz Beef, lean cuts	9 cups Mushrooms		
32 oz Turkey breast, skinless	1 Cantaloupe		
12 oz Halibut	2 1/2 cups Pineapple		
	5 cups Cherry tomatoes		
	3 3/4 cups Zucchini		
	1 1/4 cups Beans, black		
	1/4 cup Tomato, puree		
	1/3 cup Salsa		
	2 Nectarines		
	1/3 cup Applesauce		
	2 2/3 cups Fruit cocktail		
	11 cups Lettuce, romaine		
	5 1/2 Tomatoes		
	6 cups Broccoli		
	3 Oranges		
	2 cups Grapes		
	3 cups Oatmeal		
	11 Peaches		
	2 cups Bran cereal, all varieties		
	1/2 cup Blueberries		
	3 cups Honeydew melon		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Celery		
	2/3 cup Mandarin orange, canned		
	16 Cherries		
	3 cups Snow peas		
	1 Pear		
	1 1/2 cups Watermelon		
	1 cup Water chestnuts		