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 <u>www.empowerednutrition.net/critical-bench-nutrition</u>.

Sincerely,

Mike Westerdal & Patrick McGuire

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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ol>	Portions 3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 cup Grapes</li> <li>1/3 cup Oatmeal</li> <li>3 tbsp Almonds, slivered</li> </ol>	6.00 P 2.00 C 1.00 C 3.00 F Calories: 357	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>56 grams Protein powder</li> <li>1 cup Fruit cocktail</li> <li>1 1/2 Tomatoes</li> <li>1 cup Mushrooms</li> <li>1 cup Cucumber</li> <li>4 cups Lettuce, romaine</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539	Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>7 oz Chicken breast, skinless</li> <li>1 1/2 cups Salsa</li> <li>2 cups Mushrooms</li> <li>3 cups Cabbage</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	in: 38 Carbohyd	drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

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have you had you'r rotein omootine today:

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu	Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357	Preparation Suggestions: 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.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>12 spears Asparagus</li> <li>1 Peach</li> <li>2/3 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 1/2 oz Shrimp</li> </ol>	5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539	Cottage cheese and fruit with vegetables. Shrimp on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul> <li>21 grams Protein powder</li> <li>2 oz Tofu</li> <li>3/4 Cantaloupe</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	3.00 P 1.00 P 3.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil	Portions 8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329	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.
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
Have a Pi	rotein Smoothie,	be Empowered

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
5 Eggs, whole	5.00 P	Hummus Deviled Eggs
1 1/4 cups Hummus	5.00 C	Hard boil the eggs and cool slightly. Cut each egg in
5 tbsp Almonds, slivered	5.00 C	half and discard the egg yolks. Fill each half of the
2 oz Cheddar cheese, light/low fat	2.00 P	egg with hummus. Sprinkle almonds on top and
	Calories:	enjoy.
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 cup Fruit cocktail	3.00 C	Another great, on the go shack.
18 Peanuts	3.00 F	
14 grams Protein powder	2.00 P	
	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Mexican Black Bean Stew
3/4 cup Beans, black	3.00 C	Sauté vegetables and cubed chicken in oil until
1/4 cup Onions	.50 C	tender. Add tomato, salsa, 1/3 cup of water, 1 tbsp
3/4 cup Zucchini	.38 C	parsley, and salt and pepper to taste. Simmer 5
1/4 cup Tomato, puree	.50 C	minutes and serve hot.
1/3 cup Salsa	.67 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
·	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
•	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Scallops with vegetables and yogurt for dessert.
7 1/2 oz Scallops	5.00 P	Country's with vegetables and yogurt for dessert.
3 cups Beans, green or yellow	2.00 C	
1 Lemon	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
35 grams Protein powder	Portions 5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
	in: 38 Carbohyc	Irates: 25 Fat: 25 Calories: 2639
** Remember to drink be	etween 10 and 12	2 glasses of water per day. **

Day:	4
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	Item	
Breakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
10 Egg whites	5.00 P	French Toast Sticks
2 slice Whole grain bread	4.00 C	Cut bread into sticks and soak in beaten eggs. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
5 tbsp Almonds, slivered	5.00 F	turning often until done. Top with sliced strawberries
2 oz Cheddar cheese, light/low fat	2.00 P	and slivered almonds.
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1/2 our Vogurt plain low fat	Portions 1.00 PC	Mix all the ingredients together and enjoy cold.
1/2 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat	2.00 PC	Mix all the ingredients together and enjoy cold.
16 Cherries	2.00 F	
18 Peanuts	2.00 C	
21 grams Protein powder	3.00 P	
21 grano i lotoin powdol	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Turkey breast, skinless	8.00 P	Grilled Turkey Breast with Salad and Dressing
1/4 head Lettuce, iceberg	.13 C	
1/2 cup Onions	1.00 C	Make a salad using lettuce and vegetables. Toss
2 cups Mushrooms	1.00 C .50 C	with olive oil, balsamic vinegar, salt, pepper and herbs of your choice for a tasty home-made
1 Pepper (bell or cubanelle) 3/4 cup Celery	.30 C	dressing, or use a low-fat dressing of your choice.
2 Peaches	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	Enjoy the fruit for dessert.
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	Portions 1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 PC	Put all ingredients in a blender over ice and blend,
1/4 Cantaloupe	1.00 C	adding water to create desired consistency. If a
2/3 cup Honeydew melon	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Salmon steak	8.00 P	Teriyaki Salmon with Vegetables
24 spears Asparagus	2.00 C	Grill salmon, brushing with teriyaki sauce every few
2 cups Mushrooms	1.00 C	minutes.
2 Peppers (bell or cubanelle) 1/2 Cantaloupe	1.00 C 2.00 C	Enjoy fruit for dessert.
2 tsp Olive or monounsaturated oil	2.00 C 6.00 F	
2 top Onve or monourisaturated on	Calories:	
	602	
	Item	Propagation Suggestions:
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
	5.00 P	Protein Shake with Fruit
35 grams Protein powder		Blend all ingredients together, except nuts, and add
1/2 cup Blueberries	1.00 C	
1/2 cup Blueberries 1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
<ul><li>1/2 cup Blueberries</li><li>1 Orange</li><li>3 Almonds, whole</li></ul>	2.00 C 1.00 F	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold
1/2 cup Blueberries 1 Orange	2.00 C 1.00 F 2.00 F	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
<ul><li>1/2 cup Blueberries</li><li>1 Orange</li><li>3 Almonds, whole</li></ul>	2.00 C 1.00 F	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold

Dav:	5
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lid Meal - Meal Portions: P:8 C:5 F:5 3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts	Portions	Description Occurrentianes
	5.00 A 3.00 P	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy with some extra beef.
	Calories: 539 Item	
nack - Meal Portions: P:4 C:3 F: 3	Portions 4.00 P	Preparation Suggestions: Protein Shake with Bananas
28 grams Protein powder 1 Banana 18 Peanuts	4.00 F 3.00 C 3.00 F Calories: 301	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.
inner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables
2 cups Carrots 1 cup Corn, canned	2.00 C 4.00 C	Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink
2 tsp Olive or monounsaturated oil	4.00 C 6.00 F	left inside the chicken breast). To boost the flavour,
	Calories: 602	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.
nack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
		Protein Shake
		blender is not available, set aside the fruit and shake
1 cup Raspberries	1 00 0	Added the strain and an and a second the truth and chake
1 cup Strawberries	1.00 C	
	1.00 C 1.00 C Calories:	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
<ul><li>35 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li></ul>	5.00 P 3.00 F 1.00 C	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blen adding water to create desired consistency. If a

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>8 Egg whites</li> <li>3/4 cup Beans, black</li> <li>1/2 Tomato</li> <li>6 spears Asparagus</li> <li>1 cup Spinach</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511	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.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Cottage cheese, light/low fat</li> <li>3 cups Raspberries</li> <li>18 Peanuts</li> <li>4 oz Tofu</li> </ol>	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>1 cup Spinach</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Broccoli</li> <li>2 cups Cauliflower</li> <li>14 spears Asparagus</li> <li>1/4 cup Pasta</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539	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!
Snack - Meal Portions: P:4 C:3 F: 3 21 grams Protein powder 1 Orange 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	<b>Preparation Suggestions:</b> Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 8.00 P 2.00 C .50 C 3.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>35 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>2 Peaches</li><li>1/2 cup Pineapple</li></ul>	5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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

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Breakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Scrambled eggs with stewed vegetables. Try
6 cups Mushrooms	3.00 C	seasoning the vegetables with salt, pepper, garlic
3 cups Tomatoes	2.00 C	and basil. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1/2 our Versut plain low fot	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Sweet and Spicy Peaches
35 grams Protein powder	5.00 P	Gently heat peeled, pitted and sliced peaches with
2 Peaches 3 then Almonde, clivered	2.00 C 3.00 F	some vanilla extract, allspice, brown sugar and wate
3 tbsp Almonds, slivered	Calories:	until hot. In a bowl combine yogurt and protein
	357	powder and top with heated fruit.
	Item	
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
12 oz Shrimp	8.00 P	Creole Shrimp
1/4 cup Onions	.50 C	Sauté vegetables until tender. Add shrimp, tomato,
1 1/2 Peppers (bell or cubanelle)	.75 C	1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried
1 1/2 cups Celery	.75 C	crushed thyme and 1/8 tsp pepper. Bring mixture to a
1 cup Tomato, puree	2.00 C	boil and simmer for 5-10 minutes. Serve the peach
1 Peach	1.00 C	on the side as a dessert.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend,
1/2 cup Pineapple	1.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
1/2 cup Yogurt, plain, low fat	1.00 PC	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Grilled Beef with Vegetables and a Side Salad
14 spears Asparagus	1.17 C	Grilled beef, steamed asparagus and broccoli and a
2 1/2 cups Beans, green or yellow	1.67 C	quick salad!
3 cups Broccoli 2 Peppers (bell or cubanelle)	1.00 C 1.00 C	Enjoy fruit and nuts for dessert.
1/4 head Lettuce, iceberg	.13 C	
1 cup Strawberries	1.00 C	
18 Almonds, whole	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Propagation Suggestions:
Shack - Meal Fortions: P:3 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake
1/2 Nectarine	1.00 C	Put all ingredients in a blender over ice and blend,
1 Orange	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
		Enjoy!
		drates: 25 Fat: 25 Calories: 2639

Day:	8
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 3/4 cups Cottage cheese, light/low fat</li> <li>1 1/2 cups Cereal, cold</li> <li>2 cups Raspberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>3/4 cup Cottage cheese, light/low fat</li> <li>1 cup Blueberries</li> <li>9 Cashews</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .50 C .33 C .17 C 2.00 C 2.00 C 5.00 F Calories:	<ul><li>Halibut with a Salad</li><li>Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor.</li><li>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as dessert.</li></ul>
Snack - Meal Portions: P:4 C:3 F: 3	539 Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>2 Plums</li><li>1 tsp Olive or monounsaturated oil</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>1 cup Fruit cocktail</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Lettuce, romaine</li> <li>1 3/4 Tomatoes</li> <li>2 3/4 cups Broccoli</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>35 grams Protein powder</li><li>3 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	5.00 P 3.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Yogurt, plain, low fat</li> <li>Egg whites</li> <li>1 1/2 cups Pineapple</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>oz Cheddar cheese, light/low fat</li> </ol>	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder	Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357	<b>Preparation Suggestions:</b> Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 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	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	<b>Preparation Suggestions:</b> 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.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 Orange</li> </ul>	Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Braised Lamb with Beans
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
	in: 38 Carbohyd	rates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
Save money, loo	k great! <u>www.en</u>	npowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	<b>Preparation Suggestions:</b> Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 C 1.13 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Portions: Prote ** Remember to drink be	in: 38 Carbohyc etween 10 and 12	trates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
		2 glasses of water per day. ** www.empowerednutrition.net

Notes:

Item	Preparation Suggestions:
3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.
Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539	<b>Preparation Suggestions:</b> 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.
Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602	<b>Preparation Suggestions:</b> Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.
Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories:	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	4.00 P 2.00 C 5.00 F Calories: 511 Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357 Item Portions 6.00 P 2.00 C 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539 Item Portions 1.00 PC 3.00 F 2.00 C Calories: 301 Item Portions 1.00 PC 3.00 F 2.00 C Calories: 301 Item Portions 1.00 C Calories: 301 Item Portions 1.00 C Calories: 301 Item Portions 1.00 C Calories: 300 F 2.00 C 3.00 F 3.00 F 2.00 C 3.00 F 3.00 F 3.00 F 3.00 C 3.00 F 3.00 C 3.00 F 3.00 C 3.00 C 3

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 oz Cheddar cheese, light/low fat</li> </ol>	6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder	2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>7 oz Chicken breast, skinless</li> <li>2 1/4 Peppers (bell or cubanelle)</li> <li>2 cups Snow peas</li> <li>3 cups Mushrooms</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539	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.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1/3 Banana</li> </ul>	Item Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz 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	8.00 P 3.00 C .67 C 1.50 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>1 cup Strawberries</li><li>1/3 Banana</li></ul>	1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!
Total Daily Portions: Protei	n: 38 Carbohvo	drates: 25 Fat: 25 Calories: 2639

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Day:	1	3
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357	Preparation Suggestions: 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.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce	Item Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple	Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Day:	14
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 oz Beef, lean cuts</li> </ul>	3.00 P 5.00 C 5.00 F 4.00 P Calories: 511	Steak and Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	<b>Preparation Suggestions:</b> Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539	Preparation Suggestions: 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. Enjoy fruit for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 12 spears Asparagus 3 Peppers (bell or cubanelle) 2 Tomatoes 1 2/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil 9 Olives	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear	Item Portions 5.00 P 3.00 F 1.00 C 2.00 C Calories: 329	<b>Preparation Suggestions:</b> 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!

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 <b>Snack - Meal Portions: P:6 C:3 F:3</b> 1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered <b>Mid Meal - Meal Portions: P:8 C:5 F:5</b> 8 oz Chicken breast, skinless	Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511 Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P 3.00 C	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds! Preparation Suggestions: Maximum Black Beam Stary
1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless	Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds! Preparation Suggestions:
8 oz Chicken breast, skinless	Portions 8.00 P	
	8.00 P	Mayiaan Plack Poon Stour
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	.50 C .38 C .50 C .67 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1/4 Cantaloupe</li> <li>2/3 cup Honeydew melon</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear	5.00 P 3.00 F 1.00 C 2.00 C Calories: 329	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!
		rates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
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Notes:	mariins. De	ะการงพยายน 

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
10 Egg whitee	Portions 5.00 P	
10 Egg whites		French Toast Sticks
2 slice Whole grain bread	4.00 C	Cut bread into sticks and soak in beaten eggs. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
5 tbsp Almonds, slivered	5.00 F	turning often until done. Top with sliced strawberries
2 oz Cheddar cheese, light/low fat	2.00 P	and slivered almonds.
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 our Cottage change light/low fot	Portions	Cottage Chasses Contolours & Coohours
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Cantaloupe & Cashews
3/4 Cantaloupe	3.00 C	Mix cubed cantaloupe and the cashews into the
9 Cashews	3.00 F	cottage cheese for a unique snack.
14 grams Protein powder	2.00 P	
	Calories:	
	357 Item	
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken and vegetable pasta in an oil sauce. Sauté
1 cup Spinach	.29 C	vegetables and cubed chicken, season to taste (try
2 Peppers (bell or cubanelle)	1.00 C	salt, pepper, garlic, thyme and basil) and add pasta.
3 cups Broccoli	1.00 C	Cook until hot, being careful to not let the pasta stick
2 cups Cauliflower	.50 C	to the bottom of the pan. Enjoy!
14 spears Asparagus	1.17 C	
1/4 cup Pasta	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
21 grams Protein powder	3.00 P	Protein Shake
2 Plums	2.00 C	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
1/2 cup Yogurt, plain, low fat	1.00 PC	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
	Item	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
12 oz Salmon steak	8.00 P	Teriyaki Salmon with Vegetables
24 spears Asparagus	2.00 C	Grill salmon, brushing with teriyaki sauce every few
2 cups Mushrooms	1.00 C	minutes.
2 Peppers (bell or cubanelle)	1.00 C	
1/2 Cantaloupe	2.00 C	Enjoy fruit for dessert.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P	Protein Shake
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend,
2 Peaches	2.00 C	adding water to create desired consistency. If a
	1.00 C	blender is not available, set aside the fruit and shake
1/2 cup Pineapple	Calories:	up the remaining ingredients in a closed container to
1/2 cup Pineappie		
1/2 cup Pineapple	329	mix it all together, then eat the fruit on the side.
	329	

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
10 Egg whites 6 cups Mushrooms 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/4 Cantaloupe</li><li>2/3 cup Honeydew melon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Beef, lean cuts</li> <li>14 spears Asparagus</li> <li>2 1/2 cups Beans, green or yellow</li> <li>3 cups Broccoli</li> <li>2 Peppers (bell or cubanelle)</li> <li>1/4 head Lettuce, iceberg</li> <li>1 cup Strawberries</li> <li>18 Almonds, whole</li> </ul>	8.00 P 1.17 C 1.67 C 1.00 C .13 C 1.00 C 6.00 F Calories: 602	Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 cup Strawberries</li> <li>1/3 Banana</li> </ul>	1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!

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Duy. 10	Day:	18
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Breakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Eggs with yogurt and fruit. Enjoy!
6 Egg whites	3.00 P	
1 1/2 cups Pineapple	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 cup Fruit cocktail	3.00 C	Another great, on the go shack.
18 Peanuts	3.00 F	
14 grams Protein powder	2.00 P	
ra grans r toten powder	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
12 oz Colmon otook	Portions	
12 oz Salmon steak	8.00 P	Salmon Garden Salad
4 cups Lettuce, romaine	.40 C	Mix all ingredients with a little salt, pepper, dash of
2 cups Bean sprouts	1.33 C .50 C	vinegar and or pure lemon juice, and a couple of
2 cups Cucumber 1 1/2 Tomatoes	.50 C .75 C	tablespoons of chopped onion and celery.
2/3 Banana	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	2.00 C 5.00 F	
1 2/3 isp Olive of monourisaturated of	Calories:	
	539	
	Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend,
1/2 cup Pineapple	1.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
1/2 cup Yogurt, plain, low fat	1.00 PC	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 cup Corn, canned	4.00 C	degrees for about 20 minutes, or until there's no pink
2 tsp Olive or monounsaturated oil	6.00 F	left inside the chicken breast). To boost the flavour,
	Calories:	add a dash of low-fat, low-sugar barbecue sauce, or
	602	coat with some crushed fresh herbs, salt and pepper
	-	Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
35 grams Protein powder	Portions 5.00 P	Strawberry Surprise
35 grams Protein powder 3 cups Strawberries	3.00 P	Blend powder, tofu, strawberries and olive oil
1 tsp Olive or monounsaturated oil	3.00 C 3.00 F	together. Throw into the fridge overnight for a nice,
	Calories:	cool meal!
	329	
	38 Carbohyd	rates: 25 Fat: 25 Calories: 2639
	en io ano 1	2 glasses of water per day. **
All The Essentials, No Hy	be, NO BS <u>w</u>	ww.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	ltem Portions 8.00 P .50 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce	Item Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz 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	Item Portions 8.00 P 2.00 C .50 C 3.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539	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. Enjoy fruit for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless	Item Portions 8.00 P	Preparation Suggestions: Chicken with Grapes
3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil	1.50 C 3.50 C 1.00 C 6.00 F Calories: 602	A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil	Item           Portions           5.00 P           1.00 C           2.00 C           3.00 F           Calories:           329	<b>Preparation Suggestions:</b> 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! Irates: 25 Fat: 25 Calories: 2639
Remember to drink be	etween 10 and 12	2 glasses of water per day. **
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Day: 2
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Notes

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 oz Beef, lean cuts</li> </ul>	3.00 P 5.00 C 5.00 F 4.00 P Calories: 511	Steak and Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.00 PC 2.00 C 3.00 F 3.00 P Calories: 357	<b>Preparation Suggestions:</b> Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 5.00 P 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539	<b>Preparation Suggestions:</b> Cottage cheese and fruit with vegetables. Shrimp on the side.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 Banana	Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Snack - Meal Portions: P:5 C:3 F:3 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Day:	22
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 Egg whites 6 cups Mushrooms	5.00 P 3.00 C	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic
3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	2.00 C 5.00 F 2.00 P Calories:	and basil. Enjoy!
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 cup Grapes</li> <li>1/3 cup Oatmeal</li> <li>3 tbsp Almonds, slivered</li> </ol>	6.00 P 2.00 C 1.00 C 3.00 F Calories: 357	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>Apple</li> <li>1 cup Grapes</li> <li>30 Peanuts</li> <li>2 oz Turkey breast, skinless</li> <li>1/2 whole Pita</li> </ol>	6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1/2 cup Pineapple</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1/2 cup Yogurt, plain, low fat</li> </ul>	3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz 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	8.00 P 2.00 C .50 C 3.00 C 6.00 F Calories: 602	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!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon	5.00 P 2.00 C 1.13 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories: 329	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

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Day: 2	23
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 oz Cheddar cheese, light/low fat</li> </ol>	6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>3/4 cup Cottage cheese, light/low fat</li><li>1 cup Blueberries</li><li>9 Cashews</li><li>2 oz Cheddar cheese, light/low fat</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>Apple</li> <li>1 cup Grapes</li> <li>30 Peanuts</li> <li>2 oz Turkey breast, skinless</li> <li>1/2 whole Pita</li> </ol>	6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana	4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Beef, lean cuts</li> <li>12 spears Asparagus</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Tomatoes</li> <li>1 2/3 cups Honeydew melon</li> <li>1 tsp Olive or monounsaturated oil</li> <li>9 Olives</li> </ul>	8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal	5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories:	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.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>8 Egg whites</li> <li>3/4 cup Beans, black</li> <li>1/2 Tomato</li> <li>6 spears Asparagus</li> <li>1 cup Spinach</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511	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.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3/4 Cantaloupe 9 Cashews 14 grams Protein powder	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Cantaloupe & Cashews Mix cubed cantaloupe and the cashews into the cottage cheese for a unique snack.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts	5.00 A 3.00 P Calories: 539	A tasty and simple meal of soup. Enjoy with some extra beef.
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana	Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>7 1/2 oz Scallops</li> <li>3 cups Beans, green or yellow</li> <li>1 Lemon</li> <li>2 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602	Scallops with vegetables and yogurt for dessert.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple	5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	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!
		trates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
		z giasses Ur Waler per uay.

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1.1/2 august plain low fat	Portions	
1 1/2 cups Yogurt, plain, low fat	3.00 PC 4.00 P	Chop the fruit and mix with the remaining
28 grams Protein powder		ingredients. Enjoy!
2 cups Raspberries	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 511	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Sweet and Spicy Peaches
35 grams Protein powder	5.00 P	Gently heat peeled, pitted and sliced peaches with
2 Peaches	2.00 C	some vanilla extract, allspice, brown sugar and water
3 tbsp Almonds, slivered	3.00 F	until hot. In a bowl combine yogurt and protein
	Calories:	powder and top with heated fruit.
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
3.1/3 cups Beef and vegetable sour	Portions 5.00 A	
3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts	5.00 A 3.00 P	A tasty and simple meal of soup. Enjoy with some extra beef.
5 02 Deel, leall cuis	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Propagation Suggestions:
Shauk - Meal Fultions: F:4 U:3 F: 3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
-	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Roof Joon cuto	Portions 8.00 P	Grilled Boof with Vegetables and a Side Salad
8 oz Beef, lean cuts	0.00 P	Grilled Beef with Vegetables and a Side Salad
14 spears Asparagus	1.17 C	Grilled beef, steamed asparagus and broccoli and a
2 1/2 cups Beans, green or yellow		quick salad!
3 cups Broccoli	1.00 C	Enjoy fruit and nuts for dessert.
2 Peppers (bell or cubanelle)	1.00 C	
1/4 head Lettuce, iceberg	.13 C	
1 cup Strawberries	1.00 C	
18 Almonds, whole	6.00 F	
	Calories:	
	602 Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1 Orange	2.00 C	Blend all ingredients together, except nuts, and add
1 cup Raspberries	1.00 C	ice cubes until desired consistency is reached. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available mix protein powder with cold
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	329	
	in: 38 Carbohyc	trates: 25 Fat: 25 Calories: 2639
** Remember to drink be	etween 10 and 1	2 glasses of water per day. **
Have a Pro	otein Smoothie,	be Empowered

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ol>	3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>1/2 cup Cottage cheese, light/low fat</li><li>16 Cherries</li><li>18 Peanuts</li><li>21 grams Protein powder</li></ul>	1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	Mix all the ingredients together and enjoy cold.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Shrimp</li> <li>1/4 cup Onions</li> <li>1 1/2 Peppers (bell or cubanelle)</li> <li>1 1/2 cups Celery</li> <li>1 cup Tomato, puree</li> <li>1 Peach</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C .75 C 2.00 C 1.00 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Banana 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	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.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Mushrooms 1 3/4 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil	8.00 P 1.50 C 3.50 C 1.00 C 6.00 F Calories: 602	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>35 grams Protein powder</li><li>3 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	5.00 P 3.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 oz Cheddar cheese, light/low fat</li> </ol>	6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	<b>Preparation Suggestions:</b> Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce	Item Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 1 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	Item Portions 3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Scallops with vegetables and yogurt for dessert.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
		rates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1/4 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>2/3 cup Honeydew melon</li> <li>3 tbsp Almonds, slivered</li> </ol>	6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>56 grams Protein powder</li> <li>1 cup Fruit cocktail</li> <li>1 1/2 Tomatoes</li> <li>1 cup Mushrooms</li> <li>1 cup Cucumber</li> <li>4 cups Lettuce, romaine</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539	Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>1 1/2 Nectarines</li><li>1 tsp Olive or monounsaturated oil</li></ul>	4.00 P 3.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Beef, lean cuts</li> <li>12 spears Asparagus</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Tomatoes</li> <li>1 2/3 cups Honeydew melon</li> <li>1 tsp Olive or monounsaturated oil</li> <li>9 Olives</li> </ul>	8.00 P 1.00 C 1.50 C 1.00 C 2.50 C 3.00 F 3.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>5 cups Cherry tomatoes</li> <li>1 cup Zucchini</li> <li>3 tbsp Almonds, slivered</li> <li>1 1/2 oz Shrimp</li> </ol>	5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357	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.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
12 oz Halibut 5 cups Lettuce, romaine 1/2 cup Tomatoes 1/2 cup Broccoli 1/2 cup Beans, black	8.00 P .50 C .33 C .17 C 2.00 C	Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor. You can make a salad dressing out of olive oil,
2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	2.00 C 5.00 F Calories: 539	vinegar, and spices if you like. Enjoy the fruit as dessert.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce	4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>7 1/2 oz Scallops</li> <li>3 cups Beans, green or yellow</li> <li>1 Lemon</li> <li>2 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 5.00 P 2.00 C 1.00 C 6.00 F Calories: 602	Scallops with vegetables and yogurt for dessert.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>1 cup Strawberries</li><li>1/3 Banana</li></ul>	1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!
		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 oz Cheddar cheese, light/low fat</li> </ol>	6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder	5.00 P 3.00 C 3.00 F 1.00 P Calories: 357	Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 4.00 C 5.00 F Calories: 539	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Orange	1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple	5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	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!
		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
3 steps for success	today: Nutrition -	- Training + Supplements

Day:	31
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories:	Chop the fruit and mix with the remaining ingredients. Enjoy!
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 cup Grapes</li> <li>1/3 cup Oatmeal</li> <li>3 tbsp Almonds, slivered</li> </ol>	6.00 P 2.00 C 1.00 C 3.00 F Calories: 357	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts	5.00 A 3.00 P Calories: 539	A tasty and simple meal of soup. Enjoy with some extra beef.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
21 grams Protein powder 2 oz Tofu 3/4 Cantaloupe 1 tsp Olive or monounsaturated oil	3.00 P 1.00 P 3.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz 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	8.00 P 3.00 C .67 C 1.50 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>1 Orange</li> <li>1 cup Raspberries</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>6 Peanuts</li> </ul>	5.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 329	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.
		drates: 25 Fat: 25 Calories: 2639
** Remember to drink i	between 10 and 1	2 glasses of water per day. **
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Dave	22
Day.	JZ

		<u> </u>
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>8 Egg whites</li> <li>3/4 cup Beans, black</li> <li>1/2 Tomato</li> <li>6 spears Asparagus</li> <li>1 cup Spinach</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Portions 1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511	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.
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	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	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 2.00 F 1.00 F	<b>Preparation Suggestions:</b> 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.

Item Portions	Preparation Suggestions:
3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Item Portions	Preparation Suggestions:
8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539	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.
Item Portions	Preparation Suggestions:
3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Item Portions	Preparation Suggestions:
5.00 P	Protein Shake with Fruit
3.00 C 3.00 F Calories: 329	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357 Item Portions 8.00 P 3.00 C .50 C .50 C .50 C .50 C .50 C .50 C .50 F Calories: 539 Item Portions 3.00 P 1.00 C 1.00 C 1

1 3/4 cups Cottage cheese, light/low fat       7.00 P       A healthy breakfast of cereal and fuit. This meal is 1/2 cups Raspberries         2 cups Raspberries       3.00 C         1 2/3 tsp Olive or monounsaturated oil       3.00 C         5 cups Raspberries       2.00 F         5 cups Raspberries       1         5 cups Raspberries       1         6 cups Raspberries       1         7 cup Cottage cheese, light/low fat       4.00 P         3 cups Raspberries       3.00 C         1 8 Peanuts       3.00 C         4 oz Tofu       2.00 P         2 cups Raspberries       3.00 C         1 8 Peanuts       3.00 C         4 oz Tofu       2.00 P         2 cups Curumber       3.00 P         1 2 az Salmon steak       8.00 P         4 cups Lettuce, romaine       4.00 P         2 cups Curumber       5.00 F         1 1/2 Tomates       2.00 C         2 1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 1 grams Protein powder       3.00 C         3 2 toriu       3.00 F         3 2 toriu       3.00 F         3 2 toriu       3.00 F         2 torye Curumber       3.00 F         3 2 toriu       3.00 F <th>Breakfast - Meal Portions: P:7 C:5 F:5</th> <th>Item Portions</th> <th>Preparation Suggestions:</th>	Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
Snack - Meal Portions: P:8 C:3 P:3       Profile         1 cup Cottage cheese, light/low fat       4.00 P         3 cups Raspberries       3.00 C         4 oz Tofu       3.00 C         4 oz Tofu       3.00 F         1 cup Cottage cheese, light/low fat       3.00 C         3 cups Raspberries       3.00 C         4 oz Tofu       3.00 F         1 dot Meal - Meal Portions: P:8 C:5 F:5       Item         1 dot Meal - Meal Portions: P:8 C:5 F:5       Item         1 dot Meal - Meal Portions: P:8 C:5 F:5       Item         1 dot Dot Lows       7.5 C         2 cups Eam sprouts       1.32 C         1 1/2 Tomatees       .75 C         2/3 Banana       2.00 P         2 dot Statuage       1.00 P         Snack - Meal Portions: P:4 C:3 F:3       Item         2 or Totu       1.00 P         300 F       Protein Shake with Fruit         2 oup Cup Network       3.00 P         2 o	1 1/2 cups Cereal, cold 2 cups Raspberries	7.00 P 3.00 C 2.00 C 5.00 F Calories:	
1 cup Cottage cheese, Rapberries & Peanuts         3 cups Raspberries       3.00 P         3 cups Raspberries       3.00 C         4 oz Tofu       2.00 P         2 cups Reanuts       3.00 F         4 oz Tofu       2.00 P         2 cups Reanuts       3.00 F         4 oz Tofu       2.00 P         2 cups Cumber       5.00 F         12 oz Salmon steak       8.00 P         4 cups Lettuce, romaine       4.0 C         2 cups Cumber       5.00 C         1 /2 Tomatoes       7.5 C         2/3 Banana       2.00 C         2 largens Protein powder       5.00 F         2 largens Protein powder       5.00 F         2 largens Protein powder       3.00 P         9 nack - Meal Portions: P:4 C:3 F:3       Portions         2 largens Protein powder       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P         1 cup Onions       2.00 C         1 cup Onions       2.00 C         1 cup Cottines       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       600 F         2 tsp Olive or monounsaturated oil       5.0	Snack - Meal Portions: P:6 C:3 F:3		Preparation Suggestions:
Mid Meal - Meal Portions: P:8 C:5 F:5       Portions         12 oz Salmon steak       8.00 P         4 cups Lettuce, romaine       4.00 C         2 cups Cacumber       1.33 C         11/2 Tomatees       7.5 C         2/3 Banana       2.00 C         12/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:4 C:3 F: 3       Preparation Suggestions:         2 or Tofu       3.00 P         2 or Tofu       1.00 P         3/4 Cantaloupe       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 oz Tofu       1.00 P         3/4 Cantaloupe       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         3/4 Cantaloupe       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Kidney beans       2.00 C         1/2 cup Kidney beans       2.00 C         1 /2 cup Olive or monounsaturated oil       2.00 C         2 tsp Olive or monounsaturated oil       602         Preparation Suggestions:       Braised Lamb with Beans         1 cup Chions       2.00 C         1 /2 cup Blueberries       2.00 C         2 tsp Olive or monounsaturated oil       600 C	3 cups Raspberries 18 Peanuts	4.00 P 3.00 C 3.00 F 2.00 P Calories:	A great, quick snack! Toss soem tofu in there too to
12 oz Salmon steak       8.00 P       Salmon Garden Salad         4 cups Lettuce, romaine       4.0 C         2 cups Bean sprouts       5.0 C         2 cups Bean sprouts       5.0 C         2/3 Banana       7.5 C         1/2 Tomatoes       7.5 C         2/3 Banana       2.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       539         Samack - Meal Portions: P:4 C:3 F: 3       Item         Portions       9.00 P         2 oz Tofu       3.00 P         3/4 Cantaloupe       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 oz Tofu       3.00 F         3/4 Cantaloupe       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 oz Lamb, lean       8.00 P         1 cup Onions       2.00 C         1/2 cup Kidney beans       2.00 C         2 tsp Olive or monounsaturated oil       Calories:         602       600 F         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         9 or poinons       2.00 C         1 cup Dix Kidney beans       1.00 C         1 cup Strawberries <t< td=""><td>Mid Meal - Meal Portions: P:8 C:5 F:5</td><td></td><td>Preparation Suggestions:</td></t<>	Mid Meal - Meal Portions: P:8 C:5 F:5		Preparation Suggestions:
Shack - Meal Portions: P:4 C:3 F: 3       Portions         21 grams Protein powder       3.00 P         2 oz Tofu       3.00 P         3/4 Cantaloupe       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         Dinner - Meal Portions: P:8 C:6 F:6       Item         8 oz Lamb, lean       8.00 P         1 cup Onions       2.00 C         1 Apple       2.00 C         2 tsp Olive or monounsaturated oil       2.00 C         5 oz Lamb, lean       8.00 P         1 cup Onions       2.00 C         1 Apple       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         9 oztamb, lean       8.00 P         1 Apple       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         9 oztamb, lean       1.00 C         1 cup Raspberries       1.00 C         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturat	4 cups Lettuce, romaine 2 cups Bean sprouts 2 cups Cucumber 1 1/2 Tomatoes 2/3 Banana	8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539	Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of
21 grams Protein powder       3.00 P       Protein Shake with Fruit         3/4 Cantaloupe       3.00 C       Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         1 tsp Olive or monounsaturated oil       3.00 F       Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         01nner - Meal Portions: P:8 C:6 F:6       Item       Preparation Suggestions:         8 oz Lamb, lean       8.00 P       2.00 C         1 cup Onions       2.00 C       2.00 C         1/2 cup Kidney beans       2.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F       Calories:         602       1 tem       Preparation Suggestions:         9 type Intervention       5.00 P       Protein Shake with Fruit         1/2 cup Blueberries       1.00 C       1.00 C         1 cup Strawberries       1.00 C       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shal up the remaining ingredients in a closed container mix it all together, then eat the fruit on the side.         1 tsp Oliv	Snack - Meal Portions: P:4 C:3 F: 3		Preparation Suggestions:
Dinner - Meal Portions: P:8 C:6 F:6       Portions       Preparation Suggestions:         8 oz Lamb, lean       8.00 P       Braised Lamb with Beans         1 cup Onions       2.00 C       2.00 C         1/2 cup Kidney beans       2.00 C       2.00 C         1 Apple       2.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F       6.00 F         Snack - Meal Portions: P:5 C:3 F:3         35 grams Protein powder       5.00 P       Preparation Suggestions:         1/2 cup Blueberries       1.00 C       Protein Shake with Fruit         1/2 cup Blueberries       1.00 C       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       blender is not available, set aside the fruit and shal         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container         Calories:       329       Enjoy!       Total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639	2 oz Tofu 3/4 Cantaloupe	3.00 P 1.00 P 3.00 C 3.00 F Calories:	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
8 oz Lamb, lean       8.00 P       Braised Lamb with Beans         1 cup Onions       2.00 C         1/2 cup Kidney beans       2.00 C         1 Apple       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 top Strawberries       1.00 C         3 tsp Olive or monounsaturated oil       3.00 F         2 top Strawberries       1.00 C         3 top Olive or monounsaturated oil       3.00 F         3 tsp Olive or monounsaturated oil       3.00 F         2 total Daily Portions: Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639         ** Remember to drink between 10 and 12 glasses of water per day. **	Dinner - Meal Portions: P:8 C:6 F:6		Preparation Suggestions:
Shack - Meal Portions: P:5 C:3 F:3       Portions         35 grams Protein powder       5.00 P         1/2 cup Blueberries       5.00 P         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Up the remaining ingredients in a closed container         Calories:       mix it all together, then eat the fruit on the side.         329       Enjoy!	1 cup Onions 1/2 cup Kidney beans 1 Apple	8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories:	Braised Lamb with Beans
35 grams Protein powder       5.00 P       Protein Shake with Fruit         1/2 cup Blueberries       1.00 C       Put all ingredients in a blender over ice and blend,         1 cup Raspberries       1.00 C       adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       blender is not available, set aside the fruit and shal         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container         Calories:       mix it all together, then eat the fruit on the side.       329         Enjoy!       Enjoy!       Enjoy!	Snack - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
<b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 25 Fat: 25 Calories: 2639 ** Remember to drink between 10 and 12 glasses of water per day. **	1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories:	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
		: 38 Carbohyd	Irates: 25 Fat: 25 Calories: 2639
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	Meal Plans That Work Are	e Empowered	www.empowerednutrition.net

Day: 35		
Breakfast - Meal Portions: P:7 C:5 F:5 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	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	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357	<b>Preparation Suggestions:</b> Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:3 F: 3 21 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal	Item Portions 5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories:	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

 329
 Enjoy!

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

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

Day:	36
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ol>	3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>1/2 cup Cottage cheese, light/low fat</li><li>16 Cherries</li><li>18 Peanuts</li><li>21 grams Protein powder</li></ul>	1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	Mix all the ingredients together and enjoy cold.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>1 1/2 cups Mushrooms</li> <li>1/4 cup Onions</li> <li>4 cups Lettuce, romaine</li> <li>1/2 Tomato</li> <li>3 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>6 Olives</li> </ul>	8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539	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. Enjoy fruit for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder	Item Portions 5.00 P	Preparation Suggestions: Protein Shake with Fruit
1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	2.00 C 1.00 C 2.00 F 1.00 F Calories: 329	Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

Item	Properties Sugar discus
Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	<b>Preparation Suggestions:</b> Mix all the ingredients together and enjoy cold.
Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539	Preparation Suggestions: 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.
Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Grilled Beef with Vegetables and a Side Salad Grilled beef, steamed asparagus and broccoli and a quick salad! Enjoy fruit and nuts for dessert.
Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	<b>Preparation Suggestions:</b> 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.
	Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357 Item Portions 1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539 Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC 7.00 P 1.13 C 1.50 C 5.00 F Calories: 301 Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301 Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301 Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.17 C 1.67 C 1.00 C 1.00 C 3.00 F 1.00 C 3.00 F 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F 1.00 PC 2.00 C 3.00 F 1.00 C 1.00 C

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> 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.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>28 grams Protein powder</li> <li>1 1/2 Nectarines</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 C 1.13 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>8 Egg whites</li> <li>3/4 cup Beans, black</li> <li>1/2 Tomato</li> <li>6 spears Asparagus</li> <li>1 cup Spinach</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	1.00 PC 4.00 P 3.00 C .25 C .50 C .29 C 5.00 F 2.00 P Calories: 511	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.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1/4 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>2/3 cup Honeydew melon</li> <li>3 tbsp Almonds, slivered</li> </ol>	6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>12 spears Asparagus</li> <li>1 Peach</li> <li>2/3 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 1/2 oz Shrimp</li> </ol>	5.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539	Cottage cheese and fruit with vegetables. Shrimp on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1/2 cup Pineapple</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1/2 cup Yogurt, plain, low fat</li> </ul>	3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 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	8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602	Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple	5.00 P 3.00 F 2.00 C 1.00 C Calories:	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

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 3/4 cups Cottage cheese, light/low fat</li> <li>1 1/2 cups Cereal, cold</li> <li>2 cups Raspberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 Orange</li> </ul>	Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup 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	Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Day:	41

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories:	Chop the fruit and mix with the remaining ingredients. Enjoy!
	511	
Snack - Meal Portions: P:6 C:3 F:3 1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder	Item Portions 5.00 P 3.00 C 3.00 F 1.00 P Calories: 357	<b>Preparation Suggestions:</b> Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/4 cups Cottage cheese, light/low fat	Item Portions 5.00 P	<b>Preparation Suggestions:</b> Cottage cheese and fruit with vegetables. Shrimp on
<ul> <li>12 spears Asparagus</li> <li>1 Peach</li> <li>2/3 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 1/2 oz Shrimp</li> </ul>	1.00 C 1.00 C 2.00 C 1.00 C 5.00 F 3.00 P Calories: 539	the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 Orange</li><li>3 tbsp Almonds, slivered</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 3.00 C .67 C 1.50 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 cup Strawberries</li> <li>1/3 Banana</li> </ul>	1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!
	n: 38 Carbohyd	drates: 25 Fat: 25 Calories: 2639
Remember to drink bet	ween 10 and 1	2 glasses of water per day. **

Day: 4	42
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Portions	Preparation Suggestions:
2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P	Eggs with yogurt and fruit. Enjoy!
511	
Portions	Preparation Suggestions:
2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.
Item Portions	Preparation Suggestions:
8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539	Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.
Item Portions	Preparation Suggestions:
3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories:	Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.
602	
Portions 5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	3.00 P 3.00 C 5.00 F 2.00 P Calories: 511 Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539 Item Portions 3.00 P 1.00 C .50 C .50 C .25 C .40 C 5.00 F Calories: 539 Item Portions 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 1.00 C 1.00 C 2.00 C 2.00 C 2.00 C 2.00 C 2.00 C 2.00 C 2.00

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu	3.00 PC 3.00 F 3.00 P Calories: 357	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.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Raspberries</li><li>1 cup Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>1 cup Fruit cocktail</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Lettuce, romaine</li> <li>1 3/4 Tomatoes</li> <li>2 3/4 cups Broccoli</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	in: 38 Carbohyd	Irates: 25 Fat: 25 Calories: 2639
** Remember to drink be	in: 38 Carbohyd	rates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Day: 4	44
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Yogurt, plain, low fat</li> <li>6 Egg whites</li> <li>1 1/2 cups Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ol>	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder	2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>Apple</li> <li>cup Grapes</li> <li>Peanuts</li> <li>oz Turkey breast, skinless</li> <li>1/2 whole Pita</li> </ol>	6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 Orange</li><li>3 tbsp Almonds, slivered</li><li>1/2 cup Yogurt, plain, low fat</li></ul>	3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Orange Surprise Blend powder, yogurt and peeled and sectioned orange. Top with almonds and enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>7 oz Chicken breast, skinless</li> <li>1 1/2 cups Salsa</li> <li>2 cups Mushrooms</li> <li>3 cups Cabbage</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries 1 cup Strawberries 1/3 cup Oatmeal	5.00 P 3.00 F 1.00 C 1.00 C 1.00 C Calories: 329	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 1 cup Fruit cocktail 18 Peanuts 14 grams Protein powder	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
	n: 38 Carbohyd	drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
		Results. http://empowerednutrition.com/critical-bench

Portions 7.00 P	A healthy breakfast of cereal and fruit. This meal is
3.00 C 2.00 C 5.00 F Calories: 511	perfectly balanced! Just mix all the ingredients together and enjoy.
Item Portions	Preparation Suggestions:
5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357	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.
Item Portions	Preparation Suggestions:
8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539	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.
Item Portions 3.00 P 1.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	2.00 C 5.00 F Calories: 511 Item Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357 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 Item Portions 3.00 P 1.00 P Calories: 539 Item Portions 3.00 P 1.00 P 3.00 C 3.00 F Calories: 539 Item Portions 3.00 P 1.00 P 3.00 C 3.00 F Calories: 602 Item Portions 1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C 1.00 C 1.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 7.00 P 3.00 C 1.00 C

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ol>	3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P Calories: 511	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>1/2 cup Cottage cheese, light/low fat</li><li>2 cups Strawberries</li><li>3 tbsp Almonds, slivered</li><li>4 1/2 oz Shrimp</li></ul>	1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>56 grams Protein powder</li> <li>1 cup Fruit cocktail</li> <li>1 1/2 Tomatoes</li> <li>1 cup Mushrooms</li> <li>1 cup Cucumber</li> <li>4 cups Lettuce, romaine</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 3.00 C .75 C .50 C .25 C .40 C 5.00 F Calories: 539	Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Banana 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	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.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>1/2 Cantaloupe</li> <li>3/4 cup Honeydew melon</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	5.00 P 2.00 C 1.13 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions 3.00 P	Steak and Eggs with oatmeal on the side. Enjoy!
6 Egg whites 1 2/3 cups Oatmeal	5.00 P	Steak and Eggs with batmear on the side. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 C	
4 oz Beef, lean cuts	4.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt, Protein, Blueberries & Pecans
28 grams Protein powder	4.00 P	Mix protein powder, fruit and yogurt together. Top
1/2 cup Blueberries	1.00 C	with nuts.
9 Pecans	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat	5.00 P	Cottage cheese and fruit with vegetables. Shrimp on
12 spears Asparagus	1.00 C	the side.
1 Peach	1.00 C	
2/3 cup Mandarin orange, canned	2.00 C	
1 cup Strawberries	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
4 1/2 oz Shrimp	3.00 P	
	Calories:	
	539 Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
2 oz Tofu	1.00 P	Blend all ingredients together and add ice cubes unti
3/4 Cantaloupe	3.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	301 Item	
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 cup Corn, canned	4.00 C	degrees for about 20 minutes, or until there's no pink
2 tsp Olive or monounsaturated oil	6.00 F	left inside the chicken breast). To boost the flavour,
	Calories:	add a dash of low-fat, low-sugar barbecue sauce, or
	602	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries 1 Orange	1.00 C 2.00 C	Blend all ingredients together, except nuts, and add
3 Almonds, whole	2.00 C 1.00 F	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold
2/3 tsp Olive or monounsaturated oil	2.00 F	water and have remaining ingredients on the side.
Lie top enve of monourbattinated on	Calories:	Nuts on the side.
	329	
		trates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
		be Empowered

Item	Preparation Suggestions:
Portions	
5.00 P	French Toast Sticks
4.00 C	Cut bread into sticks and soak in beaten eggs. In a
1.00 C	non-stick pan over medium heat cook breadsticks,
5.00 F	turning often until done. Top with sliced strawberries
	and slivered almonds.
-	
	Preparation Suggestions:
	Another great, on-the-go snack!
	Another great, on the go shack.
	Preparation Suggestions:
	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.
3.00 C	
3.00 F	Enjoy fruit for dessert.
2.00 F	
Calories:	
539	
Item	Preparation Suggestions:
Portions	r reparation ouggestions.
4.00 P	Protein Shake
2.00 C	Put all ingredients in a blender over ice and blend,
3.00 F	adding water to create desired consistency. If a
1.00 C	blender is not available, set aside the fruit and shake
Calories:	up the remaining ingredients in a closed container to
301	mix it all together, then eat the fruit on the side.
	Enjoy!
Item	
Portions	Preparation Suggestions:
8.00 P	Braised Lamb with Beans
2.00 C	
2.00 C 2.00 C	
2.00 C	
2.00 C 6.00 F	
2.00 C 6.00 F Calories:	
2.00 C 6.00 F Calories: 602	
2.00 C 6.00 F Calories: 602 Item	Preparation Suggestions:
2.00 C 6.00 F Calories: 602 Item Portions	
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P	Protein Shake
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F	Protein Shake Put all ingredients in a blender over ice and blend,
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F 2.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F 2.00 C 1.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories:	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
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F 2.00 C 1.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	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!
2.00 C 6.00 F Calories: 602 Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329 : 38 Carbohyd	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.
	Portions 5.00 P 4.00 C 1.00 C 5.00 F 2.00 P Calories: 511 Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357 Item Portions 8.00 P .75 C .50 C .40 C .25 C 3.00 F 2.00 F Calories: 539 Item Portions 4.00 P .75 C .50 C .40 C .25 C 3.00 F 2.00 F Calories: 539 Item Portions 4.00 P 2.00 F Calories: 539 Item Portions 4.00 P 2.00 F Calories: 301 Item Portions

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ol>	3.00 PC 2.00 P 2.00 C 5.00 F 2.00 P	A tasty, easy-to-prepare breakfast. Enjoy!
	Calories: 511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Almonds
9 Almonds, whole	3.00 F	Mix them together or eat them separately. Either
6 oz Tofu	3.00 P	way, you're on your way to a healthy lifestyle! THrow
	Calories:	a little todu into the yogurt or swap for some cheese
	357 Item	on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
12 oz Halibut	8.00 P	Halibut with a Salad
5 cups Lettuce, romaine	.50 C	Try pan-frying the halibut until done and then adding
1/2 cup Tomatoes	.33 C	lemon juice and seasonings for flavor.
1/2 cup Broccoli 1/2 cup Beans, black	.17 C 2.00 C	You can make a salad dressing out of olive oil,
2/3 cup Fruit cocktail	2.00 C	vinegar, and spices if you like. Enjoy the fruit as
1 2/3 tsp Olive or monounsaturated oil	5.00 F	dessert.
	Calories:	
	539 Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Orange Surprise
1 Orange	2.00 C	Blend powder, yogurt and peeled and sectioned
3 tbsp Almonds, slivered	3.00 F	orange. Top with almonds and enjoy!
1/2 cup Yogurt, plain, low fat	1.00 PC Calories:	
	301	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Lamb, lean	Portions 8.00 P	Braised Lamb with Beans
1 cup Onions	2.00 P	Diaiseu Laind with Deans
1/2 cup Kidney beans	2.00 C	
1 Apple	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat 21 grams Protein powder	2.00 PC 3.00 P	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti
1/3 Banana	1.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side. Enjoy!
Total Dailv Portions: Prot	ein: 38 Carbohyc	Irates: 25 Fat: 25 Calories: 2639
		2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
10 Egg whites	5.00 P	French Toast Sticks
2 slice Whole grain bread	4.00 C	Cut bread into sticks and soak in beaten eggs. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
5 tbsp Almonds, slivered	5.00 F	turning often until done. Top with sliced strawberries
2 oz Cheddar cheese, light/low fat	2.00 P	and slivered almonds.
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Cantaloupe & Cashews
3/4 Cantaloupe	3.00 C	Mix cubed cantaloupe and the cashews into the
9 Cashews	3.00 F	cottage cheese for a unique snack.
14 grams Protein powder	2.00 P	
	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken and vegetable pasta in an oil sauce. Sauté
1 cup Spinach	.29 C	vegetables and cubed chicken, season to taste (try
2 Peppers (bell or cubanelle)	1.00 C	salt, pepper, garlic, thyme and basil) and add pasta.
3 cups Broccoli	1.00 C	Cook until hot, being careful to not let the pasta stick
2 cups Cauliflower	.50 C	to the bottom of the pan. Enjoy!
14 spears Asparagus	1.17 C	
1/4 cup Pasta	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
00 menes Bratain a surdan	Portions	
28 grams Protein powder	4.00 P	Protein Shake
1 1/2 Nectarines	3.00 C 3.00 F	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	Calories:	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
	301	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
		Enjoy!
	Item	
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Grapes
3 cups Mushrooms	1.50 C	
1 3/4 cups Grapes	3.50 C	A simple grilled chicken breast with sauteed
1/3 cup Applesauce	1.00 C	mushrooms over top and some fruit on the side.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P	Protein Shake
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1/3 cup Oatmeal	1.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
	ein: 38 Carbohyd	drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
5 Eggs, whole	5.00 P	Hummus Deviled Eggs
1 1/4 cups Hummus	5.00 C	Hard boil the eggs and cool slightly. Cut each egg in
5 tbsp Almonds, slivered	5.00 F	half and discard the egg yolks. Fill each half of the
2 oz Cheddar cheese, light/low fat	2.00 P	egg with hummus. Sprinkle almonds on top and
	Calories: 511	enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 1/1 ourse Cottage chases light/low fat	Portions 5.00 P	
1 1/4 cups Cottage cheese, light/low fat 5 cups Cherry tomatoes	5.00 P 2.50 C	Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut
1 cup Zucchini	2.50 C	tomatoes in half and scoop out the seeds. In a
3 tbsp Almonds, slivered	3.00 F	blender,combine cottage cheese, cooked zucchini,
1 1/2 oz Shrimp	1.00 P	tomato pulp, nuts, garlic salt and chives. Fill
	Calories:	tomatoes with mixture and enjoy! Add shrimp into
	357	this meal or enjoy on their own.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
4 oz Crab	2.67 P	Seafood Jambalaya
4 oz Scallops	2.67 P	Sauté all vegetables, add water and seafood.
4 oz Shrimp	2.67 P	Season with salt, pepper, garlic, and spices (basil is
2 3/4 Peppers (bell or cubanelle)	1.38 C	a good one), then bring to a boil. Simmer for 5
2 1/2 cups Tomatoes	1.67 C	minutes or until done. This meal is easy to carry
1 cup Onions	2.00 C	around in a container so you can eat on the run.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539 Item	
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Smoothie
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
2/3 Banana	2.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
	Item	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 cup Corn, canned	4.00 C	degrees for about 20 minutes, or until there's no pink
2 tsp Olive or monounsaturated oil	6.00 F	left inside the chicken breast). To boost the flavour,
	Calories:	add a dash of low-fat, low-sugar barbecue sauce, or
	602	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
1 Orange 2 Almonds whole	2.00 C 1.00 F	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold
3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	1.00 F 2.00 F	water and have remaining ingredients on the side.
2/5 isp Onve of monourisaturated off	Z.00 F Calories:	Nuts on the side.
	329	
Total Daily Portions: Protein: 38		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>4 cups Spinach, cooked</li> <li>3 cups Beans, green or yellow</li> <li>1/3 cup Kidney beans</li> <li>1/4 cup Onions</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3 cups Raspberries 18 Peanuts 4 oz Tofu	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Raspberries & Peanuts A great, quick snack! Toss soem tofu in there too to increase the protein content.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	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	<b>Preparation Suggestions:</b> 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!
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>21 grams Protein powder</li> <li>2 Plums</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1/2 cup Yogurt, plain, low fat</li> </ul>	Item Portions 3.00 P 2.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 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	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	<b>Preparation Suggestions:</b> Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1/2 Cantaloupe 3/4 cup Honeydew melon 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 C 1.13 C 3.00 F Calories:	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
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	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans	Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 8.00 P .40 C 1.33 C .50 C .75 C 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> 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.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1 1/2 cups Watermelon</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>2 cups Zucchini</li> <li>3/4 Pepper (bell or cubanelle)</li> <li>1/2 cup Onions</li> <li>1 cup Snow peas</li> <li>1 cup Water chestnuts</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> <li>12 Peanuts</li> </ul>	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	Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.
Snack - Meal Portions: P:5 C:3 F:3 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 4.00 P 2.00 C 3.00 F 1.00 PC Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Portions: Protei	n: 38 Carbohyc	Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Yogurt, plain, low fat</li> <li>Egg whites</li> <li>1/2 cups Pineapple</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>oz Cheddar cheese, light/low fat</li> </ol>	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu	Item Portions 3.00 PC 3.00 F 3.00 P Calories: 357	Preparation Suggestions: 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.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>7 oz Chicken breast, skinless</li> <li>2 1/4 Peppers (bell or cubanelle)</li> <li>2 cups Snow peas</li> <li>3 cups Mushrooms</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	1.00 PC 7.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>1 Orange</li></ul>	1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 3 1/2 cups Spinach 2 cups Zucchini 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		rates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
	etween 10 and 1.	z glasses of water per day.
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>6 cups Mushrooms</li> <li>3 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 9 Pecans	2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	Yogurt, Protein, Blueberries & Pecans Mix protein powder, fruit and yogurt together. Top with nuts.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 4.00 C 5.00 F Calories: 539	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Raspberries</li><li>1 cup Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 602	Braised Lamb with Beans
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Peach 1 Pear	5.00 P 3.00 F 1.00 C 2.00 C Calories: 329	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!
		rates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
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Day:	57
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		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Strawberry Surprise Blend powder, tofu, strawberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz 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	Item Portions 8.00 P 3.00 C .67 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 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	Item Portions 6.00 P 2.00 C 2.00 C 5.00 F 2.00 P 1.00 C Calories: 539	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 2.00 P Calories: 357	<b>Preparation Suggestions:</b> Cottage Cheese, Yogurt, Blueberries & Cashews Enjoy this snack sitting down or on-the-go!
Breakfast - Meal Portions: P:7 C:5 F:5 6 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 4 oz Beef, lean cuts	Item Portions 3.00 P 5.00 C 5.00 F 4.00 P Calories: 511	<b>Preparation Suggestions:</b> Steak and Eggs with oatmeal on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
C Free whole	Portions	
5 Eggs, whole	5.00 P	Hummus Deviled Eggs
1 1/4 cups Hummus	5.00 C	Hard boil the eggs and cool slightly. Cut each egg in
5 tbsp Almonds, slivered	5.00 F	half and discard the egg yolks. Fill each half of the
2 oz Cheddar cheese, light/low fat	2.00 P	egg with hummus. Sprinkle almonds on top and
	Calories: 511	enjoy.
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat	5.00 P	Mix oatmeal with cottage cheese. Top with cashews
1 cup Oatmeal	3.00 C	and enjoy!
9 Cashews	3.00 F	
7 grams Protein powder	1.00 P	
	Calories:	
	357 Item	
Aid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
4 oz Crab	2.67 P	Seafood Jambalaya
4 oz Scallops	2.67 P	Sauté all vegetables, add water and seafood.
4 oz Shrimp	2.67 P	Season with salt, pepper, garlic, and spices (basil is
2 3/4 Peppers (bell or cubanelle)	1.38 C	a good one), then bring to a boil. Simmer for 5
2 1/2 cups Tomatoes	1.67 C	minutes or until done. This meal is easy to carry
1 cup Onions	2.00 C	around in a container so you can eat on the run.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
21 grams Protein powder	3.00 P	Orange Surprise
1 Orange	2.00 C	Blend powder, yogurt and peeled and sectioned
3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	3.00 F 1.00 PC	orange. Top with almonds and enjoy!
1/2 cup rogurt, plain, low lat	Calories:	
	301	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Herbed Beef and Bean Stew
3/4 cup Kidney beans	3.00 C	Cut the beef into cubes, then saute in oil until brown
1/3 cup Onions	.67 C	Add the vegetables and saute, then add the
1/3 cup Tomato, puree	.67 C	remaining ingredients. Season this with salt, pepper
3/4 cup Salsa	1.50 C	garlic, and rosemary if you have it.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole	1.00 F	blender is not available mix protein powder with cold
2/3 tsp Olive or monounsaturated oil	2.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	329	
I otal Daily Portions: Protein: 3 ** Remember to drink between	8 Carbohyc en 10 and 1	trates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
		- 3.00000 01 Mater per day.

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
5 Eggs, whole	5.00 P	Hummus Deviled Eggs
1 1/4 cups Hummus	5.00 C	Hard boil the eggs and cool slightly. Cut each egg in
5 tbsp Almonds, slivered	5.00 F	half and discard the egg yolks. Fill each half of the
2 oz Cheddar cheese, light/low fat	2.00 P	egg with hummus. Sprinkle almonds on top and
	Calories:	enjoy.
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Sweet and Spicy Peaches
35 grams Protein powder	5.00 P	Gently heat peeled, pitted and sliced peaches with
2 Peaches	2.00 C	some vanilla extract, allspice, brown sugar and water
3 tbsp Almonds, slivered	3.00 F	until hot. In a bowl combine yogurt and protein
	Calories:	powder and top with heated fruit.
	357	F
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
12 oz Shrimp	Portions	
12 oz Shrimp	8.00 P	Creole Shrimp
1/4 cup Onions	.50 C	Sauté vegetables until tender. Add shrimp, tomato,
1 1/2 Peppers (bell or cubanelle)	.75 C .75 C	1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried
1 1/2 cups Celery 1 cup Tomato, puree	2.00 C	crushed thyme and 1/8 tsp pepper. Bring mixture to a boil and simmer for 5-10 minutes. Serve the peach
1 Peach	2.00 C	on the side as a dessert.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	on the side as a dessen.
1 2/3 isp Olive of monourisaturated of	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
Shack - Medi Fortions. F.4 C.3 F. 3	Portions	Freparation Suggestions.
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Smoothie
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
2/3 Banana	2.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	
Dinner - Meal Portions: P:8 C:6 P:6	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Chicken Mexicali Salad
7 oz Chicken breast, skinless	7.00 P	In a medium pan add oil, diced chicken, mushrooms
1 1/2 cups Salsa	3.00 C	and salsa and cook 3 to 5 min. Add 1 tbsp vinegar,
2 cups Mushrooms	1.00 C	1/8 tsp hot pepper sauce to chicken mixture, heating
3 cups Cabbage	1.00 C	throughout. Remove from heat and stir in yogurt and
2 tsp Olive or monounsaturated oil	6.00 F	raw cabbage.
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
25 grome Brotein newdar	Portions	Protein Shake
35 grams Protein powder	5.00 P 3.00 F	
1 tsp Olive or monounsaturated oil 1 Peach	3.00 F 1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 Pear	2.00 C	blender is not available, set aside the fruit and shake
i i cal	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
	529	Enjoy!
		drates: 25 Fat: 25 Calories: 2639
** Remember to drink be	etween 10 and 1	2 glasses of water per day. **

Dav:	60

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Chop the fruit and mix with the remaining
28 grams Protein powder	4.00 P	ingredients. Enjoy!
2 cups Raspberries	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Sweet and Spicy Peaches
35 grams Protein powder	5.00 P	Gently heat peeled, pitted and sliced peaches with
2 Peaches	2.00 C	some vanilla extract, allspice, brown sugar and wate
3 tbsp Almonds, slivered	3.00 F	until hot. In a bowl combine yogurt and protein
	Calories:	powder and top with heated fruit.
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
12 oz Halibut	8.00 P	Halibut with a Salad
5 cups Lettuce, romaine	.50 C	Try pan-frying the halibut until done and then adding
1/2 cup Tomatoes	.33 C	lemon juice and seasonings for flavor.
1/2 cup Broccoli	.17 C	
1/2 cup Beans, black	2.00 C	You can make a salad dressing out of olive oil,
2/3 cup Fruit cocktail	2.00 C	vinegar, and spices if you like. Enjoy the fruit as
1 2/3 tsp Olive or monounsaturated oil	5.00 F	dessert.
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder 1/4 Cantaloupe	3.00 P 1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
2/3 cup Honeydew melon	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken with Grapes
3 cups Mushrooms	1.50 C	
1 3/4 cups Grapes	3.50 C	A simple grilled chicken breast with sauteed
1/3 cup Applesauce	1.00 C	mushrooms over top and some fruit on the side.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602 Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Strawberry Surprise
3 cups Strawberries	3.00 C	Blend powder, tofu, strawberries and olive oil
1 tsp Olive or monounsaturated oil	3.00 F	together. Throw into the fridge overnight for a nice,
	Calories:	cool meal!
	329	
		Irates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
Powerful Proven F	kesuits @ <u>www.e</u>	empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
5 Eggs, whole	5.00 P	Hummus Deviled Eggs
1 1/4 cups Hummus	5.00 C	Hard boil the eggs and cool slightly. Cut each egg in
5 tbsp Almonds, slivered	5.00 C	half and discard the egg yolks. Fill each half of the
2 oz Cheddar cheese, light/low fat	2.00 P	egg with hummus. Sprinkle almonds on top and
2 02 Cheddal cheese, light/low lat	Calories:	enjoy.
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Cottage Cheese, Grapes & Yogurt
1/2 cup Cottage cheese, light/low fat	2.00 P	Mix cottage cheese, yogurt, fruit and nuts. Add
1/2 cup Grapes	1.00 C	sweetener if desired and enjoy!
18 Peanuts	3.00 F	
14 grams Protein powder	2.00 P	
	Calories: 357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
12 oz Shrimp	8.00 P	Creole Shrimp
1/4 cup Onions	.50 C	Sauté vegetables until tender. Add shrimp, tomato,
1 1/2 Peppers (bell or cubanelle)	.75 C	1/4 cup water, 1/8 tsp celery salt, 1/4 tsp dried
1 1/2 cups Celery	.75 C	crushed thyme and 1/8 tsp pepper. Bring mixture to a
1 cup Tomato, puree	2.00 C	boil and simmer for 5-10 minutes. Serve the peach
1 Peach	1.00 C	on the side as a dessert.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Bananas
1 Banana	3.00 C	If you have access to a blender, blend fruit, protein
18 Peanuts	3.00 F	powder and ice cubes. If a blender is not available,
	Calories:	mix protein powder with cold water and have
	301	remaining ingredients on the side. If desired add
		sweetener to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
1.1/2 cups Vagurt, plain, low fat	3.00 PC	Scallops with vegetables and yogurt for dessert.
1 1/2 cups Yogurt, plain, low fat 7 1/2 oz Scallops	5.00 PC	ocanops with vegetables and yoguit for dessell.
3 cups Beans, green or yellow	2.00 P	
1 Lemon	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 isponing or monourisaturated on	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories: 329	mix it all together, then eat the fruit on the side. Enjoy!
	n: 38 Carbohyc	Irates: 25 Fat: 25 Calories: 2639
** Remember to drink be	tween 10 and 12	2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 4.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
<ul> <li>Snack - Meal Portions: P:5 C:3 F:3</li> <li>35 grams Protein powder</li> <li>3 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **
Today's checklist: 1.	Protein 2. Multi	3. Eat 4. Train 5. GROW!

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>6 cups Mushrooms</li> <li>3 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Portions 5.00 P 3.00 C 2.00 C 5.00 F 2.00 P Calories: 511	Scrambled eggs with stewed vegetables. Try seasoning the vegetables with salt, pepper, garlic and basil. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 6 oz Tofu	3.00 PC 3.00 F 3.00 P Calories: 357	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.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>1 1/2 cups Mushrooms</li> <li>1/4 cup Onions</li> <li>4 cups Lettuce, romaine</li> <li>1/2 Tomato</li> <li>3 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>6 Olives</li> </ul>	8.00 P .75 C .50 C .40 C .25 C 3.00 C 3.00 F 2.00 F Calories: 539	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. Enjoy fruit for dessert.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 Orange</li> </ul>	Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Salmon steak</li> <li>24 spears Asparagus</li> <li>2 cups Mushrooms</li> <li>2 Peppers (bell or cubanelle)</li> <li>1/2 Cantaloupe</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602	Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple	Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>4 cups Spinach, cooked</li> <li>3 cups Beans, green or yellow</li> <li>1/3 cup Kidney beans</li> <li>1/4 cup Onions</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>1/2 cup Cottage cheese, light/low fat</li><li>2 cups Strawberries</li><li>3 tbsp Almonds, slivered</li><li>4 1/2 oz Shrimp</li></ul>	1.00 PC 2.00 P 2.00 C 3.00 F 3.00 P Calories: 357	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance. Shrimp on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	2.67 P 2.67 P 2.67 P 1.38 C 1.67 C 2.00 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 Banana	Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Salmon steak</li> <li>24 spears Asparagus</li> <li>2 cups Mushrooms</li> <li>2 Peppers (bell or cubanelle)</li> <li>1/2 Cantaloupe</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 602	Teriyaki Salmon with Vegetables Grill salmon, brushing with teriyaki sauce every few minutes. Enjoy fruit for dessert.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 tsp Olive or monounsaturated oil</li><li>1 cup Strawberries</li><li>1/3 Banana</li></ul>	1.00 PC 4.00 P 3.00 F 1.00 C 1.00 C Calories: 329	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!

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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder	Portions 3.00 PC 4.00 P 2.00 C	Chop the fruit and mix with the remaining ingredients. Enjoy!
1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil	5.00 C 5.00 F Calories: 511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
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	Portions 5.00 P 2.50 C .50 C 3.00 F 1.00 P Calories: 357	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.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 3.00 C .50 C .38 C .50 C .67 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1 Nectarine 1 tsp Olive or monounsaturated oil 1/3 cup Applesauce	Item Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>1 cup Fruit cocktail</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Lettuce, romaine</li> <li>1 3/4 Tomatoes</li> <li>2 3/4 cups Broccoli</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Notes:		
** Remember to drink betwe	en 10 and 1	2 glasses of water per day. **
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple Total Daily Portions: Protein: 3	Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! drates: 25 Fat: 25 Calories: 2639
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 8.00 P 2.00 C .50 C 3.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil 1/3 Banana	Item Portions 4.00 P 2.00 C 3.00 F 1.00 C Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 3 1/3 cups Beef and vegetable soup 3 oz Beef, lean cuts	Item Portions 5.00 A 3.00 P Calories: 539	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy with some extra beef.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1 cup Grapes 1/3 cup Oatmeal 3 tbsp Almonds, slivered	Item Portions 6.00 P 2.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511	<b>Preparation Suggestions:</b> Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>1 cup Strawberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 oz Cheddar cheese, light/low fat</li> </ol>	6.00 P 4.00 C 1.00 C 5.00 F 1.00 P Calories: 511	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts 14 grams Protein powder	2.00 PC 2.00 P 1.00 C 3.00 F 2.00 P Calories: 357	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .50 C .33 C .17 C 2.00 C 2.00 C	Halibut with a Salad Try pan-frying the halibut until done and then adding lemon juice and seasonings for flavor. You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy the fruit as
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 539	dessert.
<ul> <li>Snack - Meal Portions: P:4 C:3 F: 3</li> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1/2 cup Pineapple</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1/2 cup Yogurt, plain, low fat</li> </ul>	Item Portions 3.00 P 1.00 C 1.00 C 3.00 F 1.00 PC Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz 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	8.00 P 2.00 C .50 C 3.00 C 6.00 F Calories: 602	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!
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 329	<b>Preparation Suggestions:</b> 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.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>4 cups Spinach, cooked</li> <li>3 cups Beans, green or yellow</li> <li>1/3 cup Kidney beans</li> <li>1/4 cup Onions</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 1.14 C 2.00 C 1.33 C .50 C 5.00 F 2.00 P Calories: 511	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1/4 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>2/3 cup Honeydew melon</li> <li>3 tbsp Almonds, slivered</li> </ol>	6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .13 C 1.00 C 1.00 C .50 C .38 C 2.00 C 5.00 F Calories: 539	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.
Snack - Meal Portions: P:4 C:3 F: 3 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	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 8.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1 tsp Olive or monounsaturated oil 2 Peaches 1/2 cup Pineapple	Item Portions 5.00 P 3.00 F 2.00 C 1.00 C Calories: 329	<b>Preparation Suggestions:</b> 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.

	Item	Descrite Organization
Breakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	A refreshing breakfast.
28 grams Protein powder	4.00 P	
2/3 cup Mandarin orange, canned	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Mix all the ingredients together and enjoy cold.
1/2 cup Cottage cheese, light/low fat	2.00 P	
16 Cherries	2.00 C	
18 Peanuts	3.00 F	
21 grams Protein powder	3.00 P	
	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
1/2 our Vogurt plain low fot	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Curried Chicken
7 oz Chicken breast, skinless	7.00 P	Cut the chicken into cubes and saute until cooked.
2 1/4 Peppers (bell or cubanelle)	1.13 C	Add chopped vegetables, saute lightly and then add
2 cups Snow peas	1.33 C	yogurt and some water. Season with curry powder
3 cups Mushrooms	1.50 C	and salt and pepper to taste.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Bananas
1 Banana	3.00 C	If you have access to a blender, blend fruit, protein
18 Peanuts	3.00 F	powder and ice cubes. If a blender is not available,
	Calories:	mix protein powder with cold water and have
	301	remaining ingredients on the side. If desired add
		sweetener to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Beef and Vegetables
12 spears Asparagus	1.00 C	Prepare beef in any style you prefer, sauté or boil
3 Peppers (bell or cubanelle)	1.50 C	vegetables and season to taste. Steamed
2 Tomatoes	1.00 C	asparagus is especially tasty!
1 2/3 cups Honeydew melon	2.50 C	
1 tsp Olive or monounsaturated oil	3.00 F	Enjoy the melon for dessert.
9 Olives	3.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
25 grome Brotein neudor	Portions	
35 grams Protein powder	5.00 P	Protein Shake
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend,
1 Peach	1.00 C	adding water to create desired consistency. If a
1 Pear	2.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
Total Daily Partianas Destains	29 Carbahur	Enjoy!
		drates: 25 Fat: 25 Calories: 2639 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 oz Beef, lean cuts</li> </ul>	3.00 P 5.00 C 5.00 F 4.00 P Calories: 511	Steak and Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat 1 cup Oatmeal 9 Cashews 7 grams Protein powder	5.00 P 3.00 C 3.00 F 1.00 P Calories: 357	Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless 1/4 head Lettuce, iceberg 1/2 cup Onions	8.00 P .13 C 1.00 C	Grilled Turkey Breast with Salad and Dressing Make a salad using lettuce and vegetables. Toss
2 cups Mushrooms 1 Pepper (bell or cubanelle) 3/4 cup Celery 2 Peaches	1.00 C .50 C .38 C 2.00 C	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.
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 539	Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder	Item Portions 1.00 PC 3.00 P	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend.
1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	2.00 C 3.00 F Calories: 301	Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 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	8.00 P 1.00 C .38 C 1.00 C .67 C 3.00 C 4.00 F 2.00 F Calories: 602	Thai Chicken and Vegetable Stirfry Chop vegetables, sauté in frying pan with cubed chicken. Season to taste, sprinkle peanuts on top.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1/2 Nectarine 1 Orange 1 tsp Olive or monounsaturated oil	5.00 P 1.00 C 2.00 C 3.00 F Calories: 329	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!

# **Grocery List**

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

#### Carbohydrates

42 Egg whites 12 oz Cheddar cheese, light/low fat 6 3/4 cups Cottage cheese, light/low fat 539 grams Protein powder 39 oz Chicken breast, skinless 12 oz Tofu 16 1/2 oz Shrimp 5 Eggs, whole 7 1/2 oz Scallops 16 oz Turkey breast, skinless 12 oz Salmon steak 11 oz Beef, lean cuts

4 1/4 cups Grapes 2/3 cup Oatmeal 2 cups Fruit cocktail 2 Tomatoes 16 cups Mushrooms 1 cup Cucumber 4 cups Lettuce, romaine 1 1/2 cups Watermelon 1 5/6 cups Salsa 3 cups Cabbage 1 1/3 Bananas 3 slice Whole grain bread 70 spears Asparagus 8 Peaches 2/3 cup Mandarin orange, canned 7 cups Strawberries 13/4 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 cubanelle) 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

Fats

41 2/3 tsp Olive or monounsaturated oil 22 tbsp Almonds, slivered 30 Almonds, whole 78 Peanuts

# Other

11 1/2 cups Yogurt, plain, low fat 3 1/3 cups Beef and vegetable soup

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

#### Protein Carbohydrates Fats Other 10 cups Cottage 1 1/2 cups Cereal, cold 47 1/3 tsp Olive or 12 cups Yogurt, cheese, light/low fat 4 cups Raspberries monounsaturated oil plain, low fat 1 1/2 cups Blueberries 5 oz Cheddar cheese, 27 Cashews light/low fat 16 cups Lettuce, romaine 6 tbsp Almonds, slivered 12 oz Halibut 3 cups Tomatoes 546 grams Protein 3 1/4 cups Broccoli 9 Pecans powder 1/2 cup Beans, black 60 Peanuts 1 2/3 cups Fruit cocktail 15 Olives 47 oz Chicken breast, skinless 2 Plums 10 3/4 Peppers (bell or cubanelle) 12 Egg whites 5 3/4 Tomatoes 4 oz Crab 4 oz Scallops 14 cups Strawberries 22 oz Shrimp 3 1/2 cups Pineapple 8 oz Lamb, lean 2 2/3 cups Oatmeal 2 oz Turkey breast, 3 1/12 cups Onions skinless 1 Orange 20 oz Beef, lean cuts 1 1/4 cups Kidney beans 12 oz Salmon steak 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

#### Carbohydrates

10 cups Cottage cheese, light/low fat
40 oz Chicken breast, skinless
469 grams Protein powder
45 oz Shrimp
32 Egg whites
6 oz Cheddar cheese, light/low fat
24 oz Salmon steak
8 oz Tofu
16 oz Turkey breast, skinless
12 oz Beef, lean cuts

1 1/2 cups Cereal, cold 10 cups Raspberries 2 3/4 cups Grapes 2 cups Oatmeal 3/4 cup Beans, black 1 1/4 cups Onions 3/4 cup Zucchini 1 1/4 cups Tomato, puree 1/3 cup Salsa 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

47 tsp Olive or monounsaturated oil 11 tbsp Almonds, slivered 18 Cashews 54 Peanuts 18 Almonds, whole

6 Olives

Fats

Other

9 1/2 cups Yogurt, plain, low fat

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

#### Carbohydrates

22 Egg whites 10 oz Cheddar cheese, light/low fat 11 3/4 cups Cottage cheese, light/low fat 12 oz Turkey breast, skinless 609 grams Protein powder 30 oz Beef, lean cuts 15 oz Scallops 16 1/2 oz Shrimp 15 oz Chicken breast, skinless

13 cups Mushrooms 3 3/4 cups Tomatoes 6 1/4 cups Grapes 2/3 cup Oatmeal 2 Apples 1 whole Pita 15 cups Strawberries 1 cup Pineapple 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

Fats

## Other

39 1/3 tsp Olive or monounsaturated oil 12 tbsp Almonds, slivered 102 Peanuts 18 Cashews 18 Olives 18 Almonds, whole 11 1/2 cups Yogurt, plain, low fat 6 2/3 cups Beef and vegetable soup

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

#### Carbohydrates

518 grams Protein powder 9 3/4 cups Cottage cheese, light/low fat 13 1/2 oz Shrimp 12 oz Halibut 7 1/2 oz Scallops 9 oz Cheddar cheese, light/low fat 48 oz Chicken breast, skinless 19 oz Beef, lean cuts 8 oz Tofu 16 Egg whites 12 oz Salmon steak 8 oz Lamb, lean

2 slice Whole grain bread 5 cups Cherry tomatoes 6 1/2 cups Zucchini 9 cups Lettuce, romaine 1/2 cup Tomatoes 6 1/2 cups Broccoli 3 1/2 cups Beans, black 2/3 cup Fruit cocktail 1 Nectarine 1/3 cup Applesauce 5 1/2 cups Beans, green or yellow 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

Fats

# Other

47 tsp Olive or monounsaturated oil 9 tbsp Almonds, slivered 27 Cashews 30 Peanuts 18 Almonds, whole 11 cups Yogurt, plain, low fat 3 1/3 cups Beef and vegetable soup

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

#### Carbohydrates

28 Egg whites
8 oz Cheddar cheese, light/low fat
9 1/2 cups Cottage
cheese, light/low fat
651 grams Protein powder
39 oz Chicken breast, skinless
24 oz Beef, lean cuts
24 oz Salmon steak
9 oz Shrimp

2 cups Grapes 32 Cherries 8 1/2 cups Mushrooms 1 1/12 cups Onions 19 cups Lettuce, romaine 9 1/4 Tomatoes 10 cups Strawberries 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

#### Fats

Other

44 tsp Olive or monounsaturated oil 90 Peanuts 15 Olives 11 tbsp Almonds, slivered 18 Almonds, whole 9 Cashews 9 Pecans 14 cups Yogurt, plain, low fat

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

#### Carbohydrates

581 grams Protein powder 10 oz Tofu 4 oz Crab 4 oz Scallops 14 1/2 oz Shrimp 61 oz Chicken breast, skinless 26 Egg whites 6 oz Cheddar cheese, light/low fat 8 3/4 cups Cottage cheese, light/low fat 10 oz Turkey breast, skinless 4 oz Beef, lean cuts 8 oz Lamb, lean

4 slice Whole grain bread 5 3/4 Peppers (bell or cubanelle) 2 1/2 cups Tomatoes 2 3/4 cups Onions 5 cups Raspberries 14 cups Strawberries 4 cups Fruit cocktail 11 cups Lettuce, romaine 3 3/4 Tomatoes 2 3/4 cups Broccoli 1 1/2 cups Blueberries 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

45 tsp Olive or monounsaturated oil 12 Almonds, whole 102 Peanuts 14 tbsp Almonds, slivered 9 Pecans 6 Olives

Fats

Other

13 cups Yogurt, plain, low fat

#### Carbohydrates

40 Egg whites 12 oz Cheddar cheese, light/low fat 16 oz Tofu 12 oz Halibut 462 grams Protein powder 16 oz Lamb, lean 3 1/4 cups Cottage cheese, light/low fat 71 oz Chicken breast, skinless 5 Eggs, whole 5 1/2 oz Shrimp 4 oz Crab 4 oz Scallops 12 oz Salmon steak

2 3/4 cups Grapes 9 cups Lettuce, romaine 6 cups Tomatoes 6 1/2 cups Broccoli 1/2 cup Beans, black 2/3 cup Fruit cocktail 3 Oranges 4 1/4 cups Onions 1 1/3 cups Kidney beans 2 Apples 2 Bananas 2 slice Whole grain bread 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

# Fats Other

45 1/3 tsp Olive or monounsaturated oil 21 Almonds, whole 16 tbsp Almonds, slivered 9 Cashews 42 Peanuts 18 Pecans 15 cups Yogurt, plain, low fat

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

### Carbohydrates

16 Egg whites 20 oz Beef, lean cuts 5 1/2 cups Cottage cheese, light/low fat 10 oz Cheddar cheese, light/low fat 2 oz Turkey breast, skinless 546 grams Protein powder 15 Eggs, whole 4 oz Crab 11 1/2 oz Scallops 40 oz Shrimp 31 oz Chicken breast, skinless 12 oz Halibut 6 oz Tofu 12 oz Salmon steak

2 2/3 cups Oatmeal 2 cups Blueberries 1 Apple 3 3/4 cups Grapes 1/2 whole Pita 1 1/2 cups Watermelon 1 1/2 cups Kidney beans 2 5/12 cups Onions 2 2/3 cups Tomato, puree 3 cups Salsa 14 cups Strawberries 3 3/4 cups Hummus 7 3/4 Peppers (bell or cubanelle) 6 cups Tomatoes 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

Fats C

41 2/3 tsp Olive or monounsaturated oil 18 Cashews 66 Peanuts 27 tbsp Almonds, slivered 12 Almonds, whole 6 Olives Other

12 cups Yogurt, plain, low fat

#### Carbohydrates

36 Egg whites 7 oz Cheddar cheese, light/low fat 8 1/2 cups Cottage cheese, light/low fat 10 oz Shrimp 4 oz Crab 4 oz Scallops 504 grams Protein powder 12 oz Salmon steak 39 oz Chicken breast, skinless 15 oz Beef, lean cuts 32 oz Turkey breast, skinless 12 oz Halibut

12 cups Spinach, cooked 15 cups Beans, green or yellow 2 1/2 cups Kidney beans 3 1/2 cups Onions 5 cups Strawberries 18 3/4 Peppers (bell or cubanelle) 4 1/2 cups Tomatoes 2 1/3 Bananas 36 spears Asparagus 9 cups Mushrooms 1 Cantaloupe 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

Fats

## Other

46 2/3 tsp Olive or monounsaturated oil 12 tbsp Almonds, slivered 66 Peanuts 3 Almonds, whole 9 Olives 9 Cashews

8 cups Yogurt, plain, low fat 3 1/3 cups Beef and vegetable soup