## Day: 2

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	Steaks with Vegetables  You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Have a Protein Smoothie, be Empowered

## Day: 3

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  5 oz Hard cheeses, light/low fat  2 Pickles  4 Crackers  18 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions: Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Dinner - Meal Portions: P:8 C:6 F:6  12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions:  Beef Patty Dinner  Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3  2 cups Milk, low fat (1%)  18 Peanuts  1 Kiwi  14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Preparation Suggestions:  Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!  drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

+ energized + transformed + empowered +

#### Have a Protein Smoothie, be Empowered

## Day: 4

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 cup Strawberries</li><li>1/2 cup Peaches, canned</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Blueberries</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 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.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>2 Oranges</li><li>1 whole Pita</li><li>6 tsp Mayonnaise</li></ul>	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2/3 cup Mango</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!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Enter the challenge and WIN! + www.EmpoweredNutrition.com/Contests

+ energized + transformed + empowered +

Day	•	5
Dav		·

Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour and protein, or course, which will get you started on your day right.  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!  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!
Preparation Suggestions:
Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Preparation Suggestions:
Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Preparation Suggestions:
Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Dav: 6	
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A simple, wholesome breakfast.
35 grams Protein powder	5.00 P	, , , , , , , , , , , , , , , , , , ,
1 cup Oatmeal	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1/2 cup Blueberries	1.00 C	
•	Calories:	
	574	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
3 slice Whole grain bread	6.00 C	Mix your favourite seasonings with oil and brush on
1 tsp Olive or monounsaturated oil	3.00 F	chicken breast. Bake or grill the chicken breast until
3 tsp Mayonnaise	3.00 F	done. Slice the chicken and make a sandwich with it
	Calories:	on toasted slices of bread. You can add a little
	602	lettuce for crunch if you like.
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	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!
Dinner Meel Destioner D.O.C.C. C. C.	Item	
Dinner - Meal Portions: P:8 C:6 F: 6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference.
18 spears Asparagus	1.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	In a mixing bowl combine all ingredients and gently
1/2 cup Blueberries	1.00 C	blend. Serve immediately.
1 Kiwi	1.00 C	,
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
•	Calories:	
	301	
		drates: 27 Fat: 27 Calories: 2709
** Remember to drink be	etween 10 and 1.	2 glasses of water per day. **

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	Day:	7
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7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil 3 temportions 9 oz Chicken breast, deli style 1 cup Blueberries 2 oz Cheddar cheese, light/low fat 2 slice Rye bread 4.00 C 2 slice Rye bread 4.00 C 2 slice Rye bread 5 clories: 602  Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 2 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 oz Shrimp 1 cup Celery 2 cups Cucumber 1 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 oz Shrimp 1 cup Celery 2 cups Cucumber 1 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 protions 1 cup Milk, low fat (1%) 2 cups Caupfilower 1 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 protions 1 tsp Olive or monounsaturated oil 8 protions 1 tsp Olive or monounsaturated oil 9 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 4 tsp O	Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
Portions Presart on Suggestions:  9 oz Chicken breast, deli style 1 cup Bluebernes 2 oz Cheddar cheese, light/low fat 2 slice Rye bread 2 slice Rye bread 2 slice Rye bread 3 00 F 2 slice Rye bread 4 00 C Calories: 602  Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 2 8 grams Protein powder 2 1 tsp Olive or monounsaturated oil 2 slice Spears Asparagus 4 00 C 3 00 F 2 spears Asparagus 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 tsp Olive or monounsaturated oil 8 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 tsp Olive or monounsaturated oil 8 tsp Olive or monounsaturated oil 9 tsp Olive or monounsaturated oil 1 tsp Olive or monoun	1 cup Peaches, canned 2 slice Whole grain bread	7.00 P 2.00 C 4.00 C 6.00 F Calories:	Toasted egg sandwich with fruit.
9 oz Chicken breast, deli style 1 cup Blueberries 2 oz Cheddar cheese, light/low fat 1 tsp Olive or monounsaturated oil 2 slice Rye bread  Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 2 Kiwis 1 tsp Olive or monounsaturated oil 2 Kiwis 1 tsp Olive or monounsaturated oil 2 Since Rye bread  Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 2 Kiwis 1 tsp Olive or monounsaturated oil 2 Kiwis 2 Colories: 329  Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3	Mid Meal - Meal Portions: P:8 C:6 F:6		Preparation Suggestions:
Portions   Preparation Suggestions:   Protein Suggestion   Protein Sug	<ul><li>1 cup Blueberries</li><li>18 Peanuts</li><li>2 oz Cheddar cheese, light/low fat</li><li>1 tsp Olive or monounsaturated oil</li></ul>	6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Chicken with yogurt (add oils in), fruit and nuts on the side.
1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 2 color Calories: 3 color Folior Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Portions: P:4 C:3 F:3  Calories: 602  Dinner - Meal Port	Snack - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
Box Chicken breast, skinless  8 oz Chicken breast, skinless  12 spears Asparagus  4 cups Cauliflower  1 1/3 cups Rice  2 tsp Olive or monounsaturated oil  Dinner - Meal Portions: P:4 C:3 F:3  6 oz Shrimp  1 cup Celery  2 cups Cucumber  1/2 cup Pineapple  1/3 cup Mandarin orange, canned  1 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%)  21 grams Protein powder  2 cups Raspberries  1 tsp Olive or monounsaturated oil  Portions  8.00 P  1.00 C  6.00 F  Calories: 602  Item Portions  4.00 P  5.50 C  1.00 C  1.00 C  3.00 F  Calories: 301  Item Portions  1 cup Milk, low fat (1%)  2.1 grams Protein powder  2 cups Raspberries  1 tsp Olive or monounsaturated oil  Tip Olive o	28 grams Protein powder 2 Kiwis	1.00 PC 4.00 P 2.00 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.
8 oz Chicken breast, skinless 12 spears Asparagus 1.00 C 4 cups Cauliflower 1.1/3 cups Rice 2 tsp Olive or monounsaturated oil  Dinner - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:4 C:3 F:3    Snack - Meal Portions: P:4 C:3 F:3   Calories: 301    Snack - Meal Portions: P:4 C:3 F:3   Chicken Dinner   Brush chicken lightly with oil, broil or grill chicken.   Mix oil with your spices of choice to add flavour.   Preparation Suggestions:   Preparation Suggestions:   Preparation Suggestions:   Preparation Suggestions:   Protein Shake with Fruit   Preparation Suggestions:   Protein Shake with Fruit   Preparation Suggestions:   Protein Shake with Fruit   Preparation Suggestions:   Protein S	Dinner - Meal Portions: P:8 C:6 F: 6		Preparation Suggestions:
Fortions 6 oz Shrimp 4.00 P 1 cup Celery 5.50 C 2 cups Cucumber 5.50 C 1/2 cup Pineapple 1.00 C 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil 5.50 C 2 cups Milk, low fat (1%) 2.1 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil 5.50 C 2.00 C 2 cups Raspberries 1 tsp Olive or monounsaturated oil 6.50 C 1.00 C 2.00 C 2.	12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories:	Brush chicken lightly with oil, broil or grill chicken.
6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil  1 tsp Olive or monounsaturated oil  Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil  3.00 F Calories: 3.00 P 2.00 C 3.00 F Calories: 3.00 F Cal	Dinner - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
Portions  1 cup Milk, low fat (1%)  21 grams Protein powder  2 cups Raspberries  1 tsp Olive or monounsaturated oil  2 cups Raspberries  3.00 P  2 clubs Raspberries  1 tsp Olive or monounsaturated oil  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!	1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Sauté the shrimp and vegetables until softened, add
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil 2 cups Raspberries 3.00 P 2.00 C 3.00 F Calories: 301 Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709	<ul><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
** Remember to drink between 10 and 12 glasses of water per day. **			

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## Day: 8

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions 1.00 PC	Preparation Suggestions:  Protein Shake
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 Tangerine</li><li>1 tsp Olive or monounsaturated oil</li></ul>	4.00 P 2.00 C 3.00 F Calories: 329	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!
Total Daily Portions: Prot	ein: 36 Carbobyo	drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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3 steps for success today: Nutrition + Training + Supplements

Day: 9	١
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	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 2/3 Banana 2 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6  1 1/2 cups Cottage cheese, light/low fat 1 Peach 1 cup Mandarin orange, canned 1 cup Strawberries 2 tsp Olive or monounsaturated oil 14 grams Protein powder 1/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Preparation Suggestions: Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 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:  Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Yogurt, plain, low fat 14 grams Protein powder	Item Portions 2.00 PC 2.00 P 1.00 C	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and

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## Day: 10

Breakfast - Meal Portions: P:7 C:6 F:6  35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal  Snack - Meal Portions: P:5 C:3 F:3	Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574 Item Portions	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!  Preparation Suggestions:
1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder 1 Banana 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
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:4 C:3 F:3  4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions:  Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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#### Day: 11

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Pineapple</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 cup Strawberries</li><li>1/2 cup Peaches, canned</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Blueberries</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 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.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.
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>2/3 cup Mango</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!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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D	ay:	: 1	2

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2/3 cup Mandarin orange, canned</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 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>	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3  2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 13	3
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Grapes</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6  2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Preparation Suggestions:  Deli Meat Sandwich  Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.
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!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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>	Portions 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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	4.00 P 1.50 C 1.50 C 3.00 F Calories:	Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!
	301	drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 1	4
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Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Mid Meal - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:  Protein Shake with Fruit
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 Kiwis</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Dautianas Dusta	in OC Carlanha	drates: 27 Fat: 27 Calories: 2709

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Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil	Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories:	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder	574 Item Portions 1.00 PC 4.00 P	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
cups Strawberries     tsp Olive or monounsaturated oil	2.00 C 3.00 F Calories: 329	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
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:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
	Calories: 301	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 27 Fat: 27 Calories: 2709

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

 $\label{eq:massive_results} \textbf{Get MASSIVE Results, Tips, Tricks and Information} \ \underline{\textbf{www.EmpoweredNutrition.com}}$ 

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Day: 1	6
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder  1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless	Calories: 301 Item Portions 8.00 P	Nuts on the side.  Preparation Suggestions: Chicken Salad Sandwich
1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3  2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories:	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Total Pails Partiana Proto	301	drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Today's checklist: 1.Eat 2.Train 3.Grow www.EmpoweredNutrition.com

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Day: 17	7
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Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574 Item Portions	The classic cereal breakfast never gets old. Enjoy!
Portions	Brangration Suggestions:
2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Item	Preparation Suggestions:
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!
Item	Preparation Suggestions:
8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Item	Preparation Suggestions:
8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak with a baked potato and vegetables.
Item Portions	Preparation Suggestions:
2.00 PC 3.00 F 1.00 C 2.00 P Calories:	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
	Calories: 329  Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301  Item Portions 8.00 P 5.00 C 1.00 C 3.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602  Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Build It BIG <u>www.MassBuildingMealPlans.com</u>

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

Daν	<b>/:</b>	1	8

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Grapes</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 Peaches</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 a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>14 grams Protein powder</li><li>1/2 cup Grapes</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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#### Day: 19

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder  1 Banana  18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions:  Grilled Chicken Pita  Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 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:  Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 27 Fat: 27 Calories: 2709

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

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Day:	20
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder	4.00 PC 3.00 P	A refreshing breakfast.
2/3 cup Mandarin orange, canned	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 574	
	Item	
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
9 oz Chicken breast, deli style	6.00 P	Chicken with yogurt (add oils in), fruit and nuts on the
1 cup Blueberries	2.00 C	side.
18 Peanuts 2 oz Cheddar cheese, light/low fat	3.00 F 2.00 P	
1 tsp Olive or monounsaturated oil	3.00 F	
2 slice Rye bread	4.00 C	
·	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
2 Kiwis	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories:	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
	020	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference.
18 spears Asparagus	1.50 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories: 301	mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes, Kiwi and Peanuts
3/4 cup Grapes 1 1/2 Kiwis	1.50 C 1.50 C	Separately or together, a great combination!
18 Peanuts	3.00 F	
	Calories:	

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	The classic cereal breakfast never gets old. Enjoy!
28 grams Protein powder	4.00 P	
1 1/2 cups Cereal, cold	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
3 slice Whole grain bread	6.00 C	Mix your favourite seasonings with oil and brush on
1 tsp Olive or monounsaturated oil	3.00 F	chicken breast. Bake or grill the chicken breast until
3 tsp Mayonnaise	3.00 F	done. Slice the chicken and make a sandwich with it
	Calories:	on toasted slices of bread. You can add a little
	602	lettuce for crunch if you like.
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	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 Calories:	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	329	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P 1.00 C	Chicken Dinner
12 spears Asparagus 4 cups Cauliflower	1.00 C	Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
1 1/3 cups Rice	4.00 C	with oil with your spices of choice to add havour.
2 tsp Olive or monounsaturated oil	6.00 F	
p	Calories:	
	602	
Dinner - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Shrimp	4.00 P	Japanese Sweet and Sour Mandarin Shrimp
1 cup Celery	.50 C	Sauté the shrimp and vegetables until softened, add
2 cups Cucumber	.50 C	the mandarin oranges and season. Enjoy!
1/2 cup Pineapple	1.00 C	,,,
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	301	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 PC	Put all ingredients in blender over ice and blend.
	2.00 C	Add water to create desired consistency. Enjoy!
1 Tangerine		,
	3.00 F Calories:	, , ,

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 22

Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories:	Toasted egg sandwich with fruit.
574	
Portions	Preparation Suggestions: Protein Shake
4.00 P 2.00 C 3.00 F Calories: 329	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Item Portions	Preparation Suggestions:
8.00 P 6.00 C 6.00 F Calories: 602	Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Item Portions	Preparation Suggestions:
2.00 PC 2.00 P 1.00 C 3.00 F Calories:	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602 Item Portions 8.00 P 6.00 C 6.00 F Calories: 602 Item Portions 8.00 P 6.00 C 6.00 F Calories: 602 Item Portions 8.00 P 6.00 C 6.00 F Calories: 602 Item Portions 8.00 P 6.00 C 6.00 F Calories: 602

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>35 grams Protein powder</li><li>1 cup Oatmeal</li><li>2 tsp Olive or monounsaturated oil</li><li>1/2 cup Blueberries</li></ul>	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
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## Day: 24

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>7 Eggs, whole</li><li>1 cup Peaches, canned</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 2.00 C 4.00 C 6.00 F Calories: 574	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Peaches, canned</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 a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories: 301	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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D	ay:	25

Item Portions	Preparation Suggestions:
2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Item	Preparation Suggestions:
1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Item	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Preparation Suggestions:
8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Item	Preparation Suggestions:
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.
Item	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574  Item Portions 1.00 PC 4.00 P 1.00 C 3.00 F Calories: 329  Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301  Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602  Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602  Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602  Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602  Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602  Item Portions 8.00 P

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Have a Protein Smoothie, be Empowered

Have you had your Protein Smoothie today?

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4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item	Preparation Suggestions:
1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	2.00 C 6.00 F Calories: 574  Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329  Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301  Item Portions 6.00 A 2.00 P Calories: 602  Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602  Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602  Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602  Item Portions 1.00 PC 3.00 P 2.00 C

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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#### Have a Protein Smoothie, be Empowered

Day: 2	7
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Pineapple</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6  2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Preparation Suggestions:  Deli Meat Sandwich  Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day:	28
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>9 oz Chicken breast, deli style</li> <li>1 cup Blueberries</li> <li>18 Peanuts</li> <li>2 oz Cheddar cheese, light/low fat</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 slice Rye bread</li> </ul>	6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 Kiwis</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. 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 2/3 cup Mango 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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## Day: 29

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
<ul><li>7 Eggs, whole</li><li>1 cup Peaches, canned</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions: Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions:  Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 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	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day	: 30

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
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 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 Peach</li> <li>1 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> <li>1/3 cup Oatmeal</li> </ul>	6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 cups Raspberries</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 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!

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:5 C:3 F:3  5 oz Hard cheeses, light/low fat  2 Pickles  4 Crackers  18 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6  3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Box Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions:  Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	Preparation Suggestions: Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!  drates: 27 Fat: 27 Calories: 2709

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

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3 steps for success today: Nutrition + Training + Supplements

Day: 32

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Blueberries</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 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.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>2 Oranges</li><li>1 whole Pita</li><li>6 tsp Mayonnaise</li></ul>	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>2 cups Carrots</li><li>1 cup Corn, canned</li><li>2 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

 $\label{thm:composition} \mbox{Vince Reveals His No Non Sense Muscle Building Strategy!} \ \underline{\mbox{www.VincesNoNonSenseMuscleBuilding.com}} \\$ 

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 2/3 Banana 2 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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></ul>	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 Peach</li> <li>1 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> <li>1/3 cup Oatmeal</li> </ul>	6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Beef, lean cuts</li><li>4 cups Cauliflower</li><li>1 2/3 cups Rice</li><li>18 Peanuts</li><li>1 tsp Olive or monounsaturated oil</li></ul>	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 Tangerine</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!
	n: 36 Carbohyo	drates: 27 Fat: 27 Calories: 2709
		2 glasses of water per day. **

D	ay:	34

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>9 oz Chicken breast, deli style</li> <li>1 cup Blueberries</li> <li>18 Peanuts</li> <li>2 oz Cheddar cheese, light/low fat</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 slice Rye bread</li> </ul>	6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 Kiwis</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories:	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

Day:	35
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>35 grams Protein powder</li> <li>1 1/2 cups Cereal, cold</li> <li>1 cup Strawberries</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Mid Meal - Meal Portions: P:8 C:6 F:6  9 oz Chicken breast, deli style 1 cup Blueberries 18 Peanuts 2 oz Cheddar cheese, light/low fat 1 tsp Olive or monounsaturated oil 2 slice Rye bread	Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Preparation Suggestions: Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Dinner - Meal Portions: P:4 C:3 F:3  6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6  2 cups Milk, low fat (1%)  9 oz Turkey breast, deli style  2 slice Whole grain bread  6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Preparation Suggestions:  Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:6 F:6  7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil 1/4 cup Beans, mixed, various	Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602	Preparation Suggestions: Chinese Sautéed Beef and Celery Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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C	ay:	37

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Milk, low fat (1%)  1/4 cup Yogurt, plain, low fat  28 grams Protein powder  1/2 cup Blueberries  1/3 cup Applesauce  1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder 1 Banana 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions: Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake  Put all ingredients in blender over ice and blend.  Add water to create desired consistency. Enjoy!

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

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### Day: 38

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>7 Eggs, whole</li><li>1 cup Peaches, canned</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 2.00 C 4.00 C 6.00 F Calories: 574	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>5 oz Hard cheeses, light/low fat</li><li>2 Pickles</li><li>4 Crackers</li><li>18 Peanuts</li></ul>	5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder	2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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## Day: 39

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>35 grams Protein powder</li><li>1 cup Oatmeal</li><li>2 tsp Olive or monounsaturated oil</li><li>1/2 cup Blueberries</li></ul>	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	.50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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!
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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>14 grams Protein powder</li><li>1/2 cup Grapes</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Total Daily Portions: Prot	ein: 36 Carbobyo	drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Today's checklist: 1.Eat 2.Train 3.Grow www.EmpoweredNutrition.com

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## Day: 40

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6  3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. 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:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Build It BIG <u>www.MassBuildingMealPlans.com</u>

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

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Portions 2.00 PC 5.00 P	Yogurt and toast. Mix the protein powder and olive
4.00 C 6.00 F Calories:	oil into the yogurt. Enjoy!
Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Item	Preparation Suggestions:
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!
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	Preparation Suggestions:
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!
Item Portions	Preparation Suggestions:
4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories:	In a mixing bowl combine all ingredients and gently blend. Serve immediately.
	Calories: 574  Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602  Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329  Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602  Item Portions 1.00 C 1.00 C 3.00 F Calories: 602  Item Portions 1.00 C 1.00 C 3.00 F Calories: 301  Item Portions 1.00 C 1.00 C 3.00 F Calories: 301  Item Portions 4.00 P 1.00 C 1.00 C 3.00 F Calories: 301

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day:	42
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise	8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
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!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Beef, lean cuts</li><li>1 1/2 cups Broccoli</li><li>1 1/3 cups Potato</li><li>18 spears Asparagus</li><li>2 tsp Olive or monounsaturated oil</li></ul>	8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 cups Raspberries</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 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!
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## Day: 43

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil 1/4 cup Beans, mixed, various	7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602	Chinese Sautéed Beef and Celery  Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
	Item Portions	Preparation Suggestions:
Snack - Meal Portions: P:4 C:3 F:3		I

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day: 44
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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### Day: 45

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>5 oz Hard cheeses, light/low fat</li><li>2 Pickles</li><li>4 Crackers</li><li>18 Peanuts</li></ul>	5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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></ul>	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	Steaks with Vegetables  You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Cottage cheese, light/low fat</li><li>1/2 cup Blueberries</li><li>1 Kiwi</li><li>1/3 cup Mandarin orange, canned</li><li>1 tsp Olive or monounsaturated oil</li></ul>	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	In a mixing bowl combine all ingredients and gently blend. Serve immediately.

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

 $\label{lem:www.empoweredNutrition.com/Personalized-Nutrition-Programs} \begin{tabular}{ll} Meal plans work. Personalized nutrition delivers Powerful Proven Results. & $\underline{$www.EmpoweredNutrition.com/Personalized-Nutrition-Programs}$ \end{tabular}$ 

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Day:	46
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Grapes</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item	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>	Portions 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>1 cup Grapes</li><li>2 slice Whole grain bread</li><li>1 tsp Olive or monounsaturated oil</li><li>3 tsp Mayonnaise</li></ul>	8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

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

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Day:	47
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Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!  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!
Protein Shake with Fruit Blend all ingredients together and add ice cubes untit desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!  Preparation Suggestions:  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.
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!  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.
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.
Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
Preparation Suggestions:
Cottage cheese and fruit with vegetables.
Preparation Suggestions:
Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if
Preparation Suggestions:
Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
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3 pillars to performance: nutrition + exercise + supplements

Day: 4	8
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder	Item Portions 5.00 P	Preparation Suggestions:  Protein Shake with Fruit
1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	1.00 C 1.00 C 1.00 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!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Cottage cheese, light/low fat</li> <li>1/2 cup Blueberries</li> <li>1 Kiwi</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	In a mixing bowl combine all ingredients and gently blend. Serve immediately.

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

Have a Protein Smoothie, be Empowered

Have you had your Protein Smoothie today?

Day:	49
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.
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!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 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.
Dinner - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 Pear</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 a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

+ energized + transformed + empowered +

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>35 grams Protein powder</li><li>1 1/2 cups Cereal, cold</li><li>1 cup Strawberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder  1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.  Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6  3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions:  Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3  1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Enter the challenge and WIN! + www.EmpoweredNutrition.com/Contests

+ energized + transformed + empowered +

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Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!  Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!  Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.  Preparation Suggestions: Preparation Suggestions:
Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!  Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.  Nuts on the side.  Preparation Suggestions:
Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.  Nuts on the side.  Preparation Suggestions:
Preparation Suggestions:
Cottage cheese and fruit with vegetables.
Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.
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
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MASS Ruilding Information and Supplments + www EmpoweredNutrition com

Day:	52
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
7 Eggs, whole	7.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 C	
2 slice Whole grain bread	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574 Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Cottage Cheese, Grapes & Yogurt
3/4 cup Cottage cheese, light/low fat	3.00 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	
	Calories:	
	329 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1 Örange	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 Calories:	water and have remaining ingredients on the side.  Nuts on the side.
	301	Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	
8 oz Tuna, canned in water 2 whole Pita	8.00 P	Tuna Stuffed Pita & Fruit
2 whole Pita 1 Pear	4.00 C 2.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F	bean sprouts. Have fruit for dessert.
o top mayormalor	Calories:	Source of the state of the stat
	602	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
7 oz Doof Joan outo	Portions	
7 oz Beef, lean cuts 5 cups Celery	7.00 P 2.50 C	Chinese Sautéed Beef and Celery
1 1/2 Kiwis	1.50 C	Saute the beef, beans and celery in a wok if you
1/3 cup Mandarin orange, canned	1.00 C	have one. Add chopped kiwi and orange, season
2 tsp Olive or monounsaturated oil	6.00 F	and enjoy.
1/4 cup Beans, mixed, various	1.00 PC	
	Calories:	
	602 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	In a mixing bowl combine all ingredients and gently
1/2 cup Blueberries	1.00 C	blend. Serve immediately.
1 Kiwi	1.00 C	
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 301	
Total Daily Partiana, Drate		drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Is the Force within you? + www.VitalForceMulti.com

Be BIG. Be HUGE. Be Empowered <u>www.empowerednutrition.net</u>

## Day: 53

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 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>	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>2 Oranges</li><li>1 whole Pita</li><li>6 tsp Mayonnaise</li></ul>	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>14 grams Protein powder</li><li>1/2 cup Grapes</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Huge and Ripped + <u>www.MetabolicSurgeProgram.com</u>

Check your Vitals + GROW www.empowerednutrition.net

## Day: 54

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
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 Tangerine</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Put up a fight, be empowered and visit  $\underline{\text{www.EmpoweredMMA.com}}$ 

3 steps for success today: Nutrition + Training + Supplements

)ay	<b>/</b> :	55

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slic of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 Kiwis</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder	2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy
	ein: 36 Carbohyo	drates: 27 Fat: 27 Calories: 2709
		2 glasses of water per day. **

## Day: 56

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>35 grams Protein powder</li><li>1 cup Oatmeal</li><li>2 tsp Olive or monounsaturated oil</li><li>1/2 cup Blueberries</li></ul>	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>3 slice Whole grain bread</li><li>1 tsp Olive or monounsaturated oil</li><li>3 tsp Mayonnaise</li></ul>	8.00 P 6.00 C 3.00 F 3.00 F Calories: 602	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P: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!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 cups Raspberries</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 with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Take your vitamins, be active & eat well & GROW. www.EmpoweredNutrition.com

Day:	57
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Item Portions	Preparation Suggestions:
2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
	Preparation Suggestions:
1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Preparation Suggestions:
8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Item	Preparation Suggestions:
7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602	Chinese Sautéed Beef and Celery  Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Item	Preparation Suggestions:
2.00 PC 2.00 P 1.00 C	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not
	Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574  Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329  Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301  Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602  Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602  Item Portions 7.00 P 2.50 C 1.50 C

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

Record your transformation + <a href="https://www.EmpoweredTransformation.com">www.EmpoweredTransformation.com</a>

Take your vitamine he active & eat well www empowered putrition not

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Blueberries</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 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.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>2 1/2 slice Whole grain bread</li> <li>1/2 cup Blueberries</li> <li>3 tsp Mayonnaise</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil	Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

 $Smooooooooth... Protein \ builds \ muscles \ \underline{www.EmpoweredSmoothie.com}$ 

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Portions 2.00 PC	A simple, wholesome breakfast.
5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	
Item Portions	Preparation Suggestions:
5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Item Portions	Preparation Suggestions:
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.
Item	Preparation Suggestions:
8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Item	Preparation Suggestions:
8.00 P 3.00 C 1.00 C 1.00 C 1.00 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:
2.00 PC 3.00 F 1.00 C 2.00 P	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
_	6.00 F 1.00 C Calories: 574  Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329  Item Portions 4.00 P 3.00 C 3.00 F Calories: 301  Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602  Item Portions 8.00 P 3.00 C 1.00 C 3.00 F Calories: 602  Item Portions 8.00 P 3.00 C 1.00 C

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Feel the burn & incinerate the fat.  $\underline{www.BurnerFatLoss.com}$ 

Strong Like... <u>www.empowerednutrition.net</u>

	Day:	60
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>14 grams Protein powder</li><li>1/2 cup Grapes</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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### Day: 61

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder  1 Orange  1 cup Raspberries  2/3 tsp Olive or monounsaturated oil  6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.  Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 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:  Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

 $\label{eq:massive_results} \textbf{Get MASSIVE Results, Tips, Tricks and Information} \ \underline{\textbf{www.EmpoweredNutrition.com}}$ 

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Day:	62
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6  2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Preparation Suggestions:  Deli Meat Sandwich  Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.
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!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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>	Portions 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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	4.00 P 1.50 C 1.50 C 3.00 F Calories:	Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!
	301	drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Today's checklist: 1.Eat 2.Train 3.Grow www.EmpoweredNutrition.com

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Day:	63
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Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 6.00 F	Combine over heat and enjoy this stick-to-your-ribs breakfast.
1/3 cup Mango	1.00 C Calories: 574	
Mid Meal - Meal Portions: P:8 C:6 F:6 2 cups Milk, low fat (1%)	Item Portions 2.00 PC	Preparation Suggestions:  Deli Meat Sandwich
9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	6.00 P 4.00 C 6.00 F Calories: 602	Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.
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!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Dinner - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%)	Item Portions 1.00 PC	Preparation Suggestions: Protein Shake
21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	3.00 P 2.00 C 3.00 F Calories: 301	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	i	Enjoy!

### Day: 64

Breakfast - Meal Portions: P:7 C:6 F:6	ltem Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 cup Strawberries</li><li>1/2 cup Peaches, canned</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Pineapple</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 a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:6 F: 6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
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:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!

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

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 2/3 Banana 2 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 cup Strawberries</li><li>1/2 cup Peaches, canned</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 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>	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	Steaks with Vegetables  You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Swell, Swole, Simple www.EmpoweredNutrition.com

## Day: 66

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts	5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Blueberries</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 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.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	4.00 P 3.00 C 3.00 F Calories:	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 6	37
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 2/3 Banana 2 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
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.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</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!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day: 68	
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Portions	Preparation Suggestions:
4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Item	Preparation Suggestions:
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!
Item	Preparation Suggestions:
2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Item	Preparation Suggestions:
8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak with a baked potato and vegetables.
Item Portions	Preparation Suggestions:
2.00 PC 2.00 P 1.00 C	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
	3.00 P 2.00 C 6.00 F Calories: 574  Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329  Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301  Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F Calories: 602  Item Portions 8.00 P 1.00 C 5.00 C 3.00 F Calories: 602

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Day:	69
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574	The classic cereal breakfast never gets old. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6  9 oz Chicken breast, deli style 1 cup Blueberries 18 Peanuts 2 oz Cheddar cheese, light/low fat 1 tsp Olive or monounsaturated oil 2 slice Rye bread	100 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Preparation Suggestions: Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	Item Portions 8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	Preparation Suggestions:  Grill chicken and serve with steamed vegetables.  Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301 Item	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Portions 4.00 P 3.00 C 3.00 F Calories:	Preparation Suggestions:  Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

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Day:	70	
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2/3 cup Mandarin orange, canned</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>2 Kiwis</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3  6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>14 grams Protein powder</li><li>1/2 cup Grapes</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 2.00 P 1.00 C 3.00 F Calories:	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

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

3 pillars to performance: nutrition + exercise + supplements

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## Day: 71

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Pineapple</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. 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:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have a Protein Smoothie, be Empowered

#### Have you had your Protein Smoothie today?

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>1 cup Strawberries</li><li>1/2 cup Peaches, canned</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 1.00 C 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!
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>1 cup Blueberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>1 cup Grapes</li><li>2 slice Whole grain bread</li><li>1 tsp Olive or monounsaturated oil</li><li>3 tsp Mayonnaise</li></ul>	8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil 1/4 cup Beans, mixed, various	7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602	Chinese Sautéed Beef and Celery  Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and 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>2/3 cup Mango</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!

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## Day: 73

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Pineapple</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder  1 Banana  18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6  12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions:  Beef Patty Dinner  Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3  4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions:  Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.  Parates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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#### Day: 74

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions:  Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!  drates: 27 Fat: 27 Calories: 2709

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

MASS Building Information and Supplments + <a href="https://www.EmpoweredNutrition.com">www.EmpoweredNutrition.com</a>

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
1 cup Cereal, cold 2/3 Banana	2.00 C 2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F 2.00 P	
14 grams Protein powder	Calories:	
	574 Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat	.50 PC .50 PC	Protein Shake with Fruit  Blend all ingredients together and add ice cubes unt
28 grams Protein powder	4.00 P	desired consistency is reached. If a blender is not
1/2 cup Blueberries	1.00 C	available mix protein powder with cold water and
1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	have remaining ingredients on the side. Enjoy!
. top care of monocaterates on	Calories:	
	329 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
28 grams Protein powder  1 Orange	4.00 P 2.00 C	Protein Shake with Fruit 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 Calories:	water and have remaining ingredients on the side.  Nuts on the side.
	301	
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
2 1/2 slice Whole grain bread 1/2 cup Blueberries	5.00 C 1.00 C	Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 602	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
8 oz Chicken breast, skinless	Portions 8.00 P	Chicken Dinner
1 cup Rice	3.00 C	Brush chicken lightly with oil, broil or grill chicken.
3 cups Broccoli	1.00 C	Mix oil with your spices of choice to add flavour.
4 cups Cauliflower 1/2 cup Grapes	1.00 C 1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Propagation Suggestions:
	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder	1.00 PC 3.00 P	Protein Shake Put all ingredients in blender over ice and blend.
2/3 cup Mango	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F Calories:	
	301	
Total Daily Portions: Prof	tein: 36 Carbohyo	drates: 27 Fat: 27 Calories: 2709

Is the Force within you? + www VitalForceMulti com

Day:	7	6
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Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6  8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories:	Preparation Suggestions:  Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	602 Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	lettuce for crunch if you like.  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 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	Item Portions 8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	Preparation Suggestions:  Grill chicken and serve with steamed vegetables.  Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	Preparation Suggestions:  Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!

Huge and Ripped + <u>www.MetabolicSurgeProgram.com</u>

Day:	77	
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 3.00 C 6.00 F	The classic cereal breakfast never gets old. Enjoy!
	Calories: 574	
Mid Meal - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	Preparation Suggestions:  Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
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!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 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.
Dinner - Meal Portions: P:4 C:3 F:3  6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>2 cups Raspberries</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 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!
	ein: 36 Carbohyo	

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#### Day: 78

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  28 grams Protein powder  1 Orange  1 cup Raspberries  2/3 tsp Olive or monounsaturated oil  6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.  Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 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	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Vince Reveals His No Non Sense Muscle Building Strategy! www.VincesNoNonSenseMuscleBuilding.com

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### Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

#### Day: 79

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil	Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake  Put all ingredients in blender over ice and blend.  Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

Day:	80
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>1 3/4 cups Cottage cheese, light/low fat</li><li>2 cups Cereal, cold</li><li>2 cups Raspberries</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6  1 1/2 cups Cottage cheese, light/low fat 1 Peach 1 cup Mandarin orange, canned 1 cup Strawberries 2 tsp Olive or monounsaturated oil 14 grams Protein powder 1/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Preparation Suggestions: Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3  2 cups Milk, low fat (1%)  18 Peanuts  1 Kiwi  14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Preparation Suggestions:  Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!  drates: 27 Fat: 27 Calories: 2709

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### Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

#### Day: 81

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:5 C:3 F:3  1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6  3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions:  Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3  1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

**Total Daily Portions:** Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
\*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Notes:

Day: 8	32
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	.50 PC .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6  8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	Preparation Suggestions: Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6  8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3  1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!

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Day:	83
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Item	Preparation Suggestions:
4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Item Portions 5.00 P 1.00 C 1.00 C 1.00 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!
Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
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!
Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories:	Preparation Suggestions: In a mixing bowl combine all ingredients and gently blend. Serve immediately.
	Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574  Item Portions 8.00 P 6.00 C 3.00 F Calories: 602  Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329  Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602  Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 300 P 1.00 C 1.00 C 3.00 F Calories: 301  Item Portions 4.00 P 1.00 C 3.00 F Calories: 301  Item Portions 4.00 P 1.00 C 3.00 F Calories: 301  Item Portions 4.00 P 1.00 C 3.00 F Calories: 301

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 cup Grapes</li><li>2 tsp Olive or monounsaturated oil</li></ul>	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6  8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602	Preparation Suggestions:  Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F:3  1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions:  Protein Shake with Fruit  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6  8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Preparation Suggestions:  Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3  6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions:  Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3  1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Other

23 1/2 cups Milk, low fat (1%) 2 3/4 cups Yogurt, plain, low fat 1/4 cup Beans, mixed, various 3 cups Chicken noodle soup

Protein	Carbohydrates	Fats
2 3/4 cups Cottage cheese, light/low fat 588 grams Protein powder 8 oz Tuna, canned in water 31 oz Beef, lean cuts 48 oz Chicken breast, skinless 5 oz Hard cheeses, light/low fat 12 oz Ground beef (< 10% fat) 4 oz Cheddar cheese, light/low fat 7 Eggs, whole 9 oz Chicken breast, deli style 6 oz Shrimp	5 cups Cereal, cold 8 cups Raspberries 4 1/2 cups Blueberries 1/3 cup Applesauce 2 Peaches 3 whole Pita 2 Pears 8 cups Celery 5 1/2 Kiwis 1 cup Mandarin orange, canned 1 Tangerine 2 cups Oatmeal 1 cup Mango 1 1/2 cups Watermelon 7 cups Strawberries 9 1/2 slice Whole grain bread 1/2 cup Tomato, puree 3 cups Carrots 6 1/3 cups Potato 2 Pickles 4 Crackers 1 1/2 cups Pineapple 3 slice Sourdough bread 1 1/2 cups Peaches, canned 3 Oranges 1 cup Corn, canned 1/2 cup Grapes 1 1/2 cups Broccoli 30 spears Asparagus 2 slice Rye bread 4 cups Cauliflower 1 1/3 cups Rice 2 cups Cucumber	50 1/3 tsp Olive or monounsaturated oil 22 tsp Mayonnaise 60 Peanuts

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder  9 oz Cheddar cheese, light/low fat  24 oz Chicken breast, skinless  3 1/4 cups Cottage cheese, light/low fat  40 oz Beef, lean cuts 18 oz Shrimp  8 oz Tuna, canned in water  9 oz Turkey breast, deli style  9 oz Chicken breast, deli style	7 cups Raspberries 1 Tangerine 1 1/2 cups Peaches, canned 2 2/3 cups Rice 13 1/2 cups Broccoli 12 cups Cauliflower 4 3/4 cups Grapes 3 cups Watermelon 2 1/2 cups Cereal, cold 2 Bananas 9 cups Strawberries 2 cups Pineapple 1 Peach 2 cups Mandarin orange, canned 2/3 cup Oatmeal 30 spears Asparagus 4 1/3 cups Potato 6 1/2 Kiwis 10 slice Whole grain bread 1 cup Pasta 1 cup Tomato sauce 6 cups Popcorn 2 1/2 cups Blueberries 2/3 cup Mango 1 Orange 2 slice Rye bread 1 cup Celery 2 cups Cucumber	43 2/3 tsp Olive or monounsaturated oil 108 Peanuts 23 tsp Mayonnaise 2 tsp Butter 5 tbsp Guacamole	12 1/2 cups Yogurt, plain, low fat 19 cups Milk, low fat (1%) 4 cups Beef and vegetable soup

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder 64 oz Chicken breast, skinless 18 oz Shrimp 3 1/2 cups Cottage cheese, light/low fat 24 oz Beef, lean cuts 12 oz Ground beef (< 10% fat) 9 oz Chicken breast, deli style 2 oz Cheddar cheese, light/low fat	8 cups Cereal, cold 8 cups Strawberries 4 Oranges 9 cups Raspberries 3 slice Sourdough bread 1 cup Pasta 1 cup Tomato sauce 4 3/4 cups Grapes 2 Tangerines 10 slice Whole grain bread 2 cups Carrots 1 cup Corn, canned 2 1/2 cups Blueberries 7 1/2 cups Broccoli 6 1/3 cups Potato 4 1/2 Kiwis 2 Peaches 1/2 cup Peaches, canned 1 Banana 1 whole Pita 42 spears Asparagus 1 Pear 1 cup Mandarin orange, canned 2 slice Rye bread 4 cups Cauliflower 1 1/3 cups Rice 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple	48 tsp Olive or monounsaturated oil 102 Peanuts 22 tsp Mayonnaise 3 tbsp Guacamole 1 tsp Butter	26 cups Milk, low fat (1%) 6 cups Yogurt, plain, low fat

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

Protein	Carbohydrates	Fats	Other
14 Eggs, whole 539 grams Protein powder 24 oz Chicken breast, skinless 40 oz Beef, lean cuts 1 3/4 cups Cottage cheese, light/low fat 16 oz Tuna, canned in water 8 oz Cheddar cheese, light/low fat 18 oz Shrimp 18 oz Chicken breast, deli style	4 1/2 cups Peaches, canned 9 slice Whole grain bread 1 1/2 cups Watermelon 7 cups Strawberries 3 cups Pineapple 2 Oranges 3 whole Pita 7 cups Potato 1/3 Banana 1 cup Oatmeal 1 1/2 cups Blueberries 4 Peaches 3 1/4 cups Grapes 1/2 cup Tomato, puree 3 cups Celery 3 cups Celery 3 cups Carrots 2 cups Mango 1 cup Corn, canned 6 cups Popcorn 3 cups Cereal, cold 1 Pear 1 cup Pasta 1 cup Tomato sauce 48 spears Asparagus 6 cups Broccoli 1 Tangerine 4 slice Rye bread 5 1/2 Kiwis 1 cup Raspberries 2 cups Cucumber 1/3 cup Mandarin orange, canned	48 tsp Olive or monounsaturated oil 25 tsp Mayonnaise 54 Peanuts 2 tbsp Guacamole 1 tsp Butter	8 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%) 4 cups Beef and vegetable soup

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

Other

5 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%) 3 cups Chicken noodle soup

Protein	Carbohydrates	Fats
Protein  7 Eggs, whole 609 grams Protein powder 48 oz Chicken breast, skinless 4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 13 oz Cheddar cheese, light/low fat 24 oz Beef, lean cuts 18 oz Chicken breast, deli style 6 oz Shrimp	2 1/2 cups Peaches, canned 4 slice Whole grain bread 4 1/2 cups Watermelon 4 Peaches 3 slice Sourdough bread 6 cups Carrots 3 cups Corn, canned 4 cups Cereal, cold 13 cups Strawberries 2 1/3 cups Mandarin orange, canned 1 1/3 cups Oatmeal 5 cups Raspberries 10 1/2 Kiwis 2 Pickles 4 Crackers 1 1/2 cups Pineapple 12 cups Cauliflower 3 1/3 cups Rice 3/4 cup Grapes 4 cups Blueberries 2 Oranges 1 whole Pita 1 Banana	Fats  49 2/3 tsp Olive or monounsaturated oil 10 tsp Mayonnaise 126 Peanuts 1 tsp Butter
	1 Tangerine 4 slice Rye bread	
	4 1/2 cups Broccoli	
	6 cups Popcorn 1 1/3 cups Potato	
	18 spears Asparagus 1 cup Celery	
	2 cups Cucumber	

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

Other

19 cups Milk, low fat (1%) 6 cups Yogurt, plain, low fat 1/4 cup Beans, mixed, various 6 cups Chicken noodle soup

Fats
44 2/3 tsp Olive or monounsaturated oil 24 tsp Mayonnaise 78 Peanuts 3 tbsp Guacamole 1 tsp Butter

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

Carbohydrates	Fats	Other
10 cups Raspberries 13 cups Strawberries 1 1/2 cups Peaches, canned 2 whole Pita 2 Pears 10 cups Celery 3 1/2 Kiwis 3 cups Mandarin orange, canned 1 2/3 cups Mango 13 slice Whole grain bread 3 cups Blueberries 4 cups Grapes 1 cup Tomato, puree 2 cups Carrots 5 1/3 cups Potato 1/3 Banana 2 Pickles 4 Crackers 2 cups Pineapple 8 cups Cauliflower 3 cups Rice 1 Peach 1 1/3 cups Oatmeal 1 1/2 cups Broccoli 30 spears Asparagus	51 tsp Olive or monounsaturated oil 28 tsp Mayonnaise 48 Peanuts	12 1/2 cups Yogurt, plain, low fat 17 cups Milk, low fat (1%) 1/4 cup Beans, mixed, various
	10 cups Raspberries 13 cups Strawberries 1 1/2 cups Peaches, canned 2 whole Pita 2 Pears 10 cups Celery 3 1/2 Kiwis 3 cups Mandarin orange, canned 1 2/3 cups Mango 13 slice Whole grain bread 3 cups Blueberries 4 cups Grapes 1 cup Tomato, puree 2 cups Carrots 5 1/3 cups Potato 1/3 Banana 2 Pickles 4 Crackers 2 cups Pineapple 8 cups Cauliflower 3 cups Rice 1 Peach 1 1/3 cups Oatmeal 1 1/2 cups Broccoli	10 cups Raspberries 13 cups Strawberries 11/2 cups Peaches, canned 2 whole Pita 2 Pears 10 cups Celery 3 1/2 Kiwis 3 cups Mandarin orange, canned 1 2/3 cups Mango 13 slice Whole grain bread 3 cups Blueberries 4 cups Grapes 1 cup Tomato, puree 2 cups Carrots 5 1/3 cups Potato 1/3 Banana 2 Pickles 4 Crackers 2 cups Pineapple 8 cups Cauliflower 3 cups Rice 1 Peach 1 1/3 cups Broccoli 30 spears Asparagus

2 slice Rye bread 2 cups Cucumber

Grocery List

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

Protein	Carbohydrates	Fats	Other
609 grams Protein powder  2 oz Cheddar cheese, light/low fat  31 oz Beef, lean cuts 5 cups Cottage cheese, light/low fat 7 Eggs, whole  16 oz Tuna, canned in water  32 oz Chicken breast, skinless  12 oz Ground beef (< 10% fat)  9 oz Chicken breast, deli style 6 oz Shrimp	3 1/2 cups Cereal, cold 8 cups Strawberries 3 cups Blueberries 1/3 cup Applesauce 6 Oranges 15 cups Raspberries 5 1/3 cups Potato 1/3 Banana 10 1/2 Kiwis 2 cups Oatmeal 3 cups Watermelon 1 Peach 2 cups Mandarin orange, canned 12 cups Cauliflower 2 2/3 cups Rice 1 cup Peaches, canned 8 slice Whole grain bread 1 1/2 cups Grapes 3 whole Pita 1 Pear 6 cups Celery 2 Tangerines 7 1/2 cups Broccoli 2 slice Rye bread 18 spears Asparagus 2 cups Cucumber 1/2 cup Pineapple	46 2/3 tsp Olive or monounsaturated oil 96 Peanuts 25 tsp Mayonnaise 2 tbsp Guacamole	15 1/2 cups Milk, low fat (1%) 8 1/4 cups Yogurt, plain, low fat 3 cups Chicken noodle soup 1/4 cup Beans, mixed, various

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 oz Cheddar cheese, light/low fat 616 grams Protein powder 40 oz Chicken breast, skinless 31 oz Beef, lean cuts 5 oz Hard cheeses, light/low fat 9 oz Turkey breast, deli style 12 oz Ground beef (< 10% fat) 18 oz Chicken breast, deli style 1 cup Cottage cheese, light/low fat 6 oz Shrimp	2 1/2 cups Cereal, cold 1 2/3 Bananas 3 cups Watermelon 2 Peaches 6 slice Sourdough bread 6 cups Celery 5 Kiwis 1 1/3 cups Mandarin orange, canned 3 1/4 cups Grapes 6 cups Raspberries 7 cups Strawberries 1 1/2 cups Peaches, canned 4 cups Blueberries 4 1/2 slice Whole grain bread 42 spears Asparagus 13 1/2 cups Broccoli 6 cups Potato 3 cups Oatmeal 2 Pickles 4 Crackers 1 cup Rice 8 cups Cauliflower 2/3 cup Mango 1 Orange 2 Pears 4 slice Rye bread 2 cups Cucumber 1/2 cup Pineapple	46 tsp Olive or monounsaturated oil 29 tsp Mayonnaise 96 Peanuts	32 cups Milk, low fat (1%) 5 cups Yogurt, plain, low fat 1/4 cup Beans, mixed, various 4 cups Beef and vegetable soup

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

Carbohydrates	Fats	Other
1 cup Pasta 1 cup Tomato sauce 4 1/2 cups Watermelon 2 1/3 Bananas 1 Orange 1/2 cup Tomato, puree 3 cups Celery 1 cup Carrots 6 cups Potato 2/3 cup Mango 2 Pickles 4 Crackers 3 cups Blueberries 24 spears Asparagus 9 cups Broccoli 12 cups Popcorn 1 cup Grapes 2 slice Rye bread 5 Kiwis 8 cups Cauliflower cup Mandarin orange, canned	42 2/3 tsp Olive or monounsaturated oil 24 tsp Mayonnaise 90 Peanuts 7 tbsp Guacamole 3 tsp Butter	27 cups Milk, low fat (1%) 5 1/2 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup
	7 cups Cereal, cold 5 cups Raspberries 8 cups Strawberries 1 cup Peaches, canned 2 1/2 cups Pineapple 13 slice Whole grain bread 1 cup Pasta 1 cup Tomato sauce 4 1/2 cups Watermelon 2 1/3 Bananas 1 Orange 1/2 cup Tomato, puree 3 cups Celery 1 cup Carrots 6 cups Potato 2/3 cup Mango 2 Pickles 4 Crackers 3 cups Blueberries 24 spears Asparagus 9 cups Broccoli 12 cups Popcorn 1 cup Grapes 2 slice Rye bread 5 Kiwis	7 cups Cereal, cold 5 cups Raspberries 8 cups Strawberries 1 cup Peaches, canned 2 1/2 cups Pineapple 13 slice Whole grain bread 1 cup Pasta 1 cup Tomato sauce 4 1/2 cups Watermelon 2 1/3 Bananas 1 Orange 1/2 cup Tomato, puree 3 cups Celery 1 cup Carrots 6 cups Potato 2/3 cup Mango 2 Pickles 4 Crackers 3 cups Blueberries 24 spears Asparagus 9 cups Broccoli 12 cups Popcorn 1 cup Grapes 2 slice Rye bread 5 Kiwis 8 cups Cauliflower cup Mandarin orange, canned

2 cups Cucumber

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

Protein	Carbohydrates	Fats	Other
1 TOLOIT	Garbonyarates	1 413	Outer
588 grams Protein powder  9 oz Cheddar cheese, light/low fat 18 oz Shrimp  64 oz Chicken breast, skinless 23 oz Beef, lean cuts 1 3/4 cups Cottage cheese, light/low fat 12 oz Ground beef (< 10% fat)	4 1/2 cups Pineapple 6 cups Strawberries 1 cup Peaches, canned 1 cup Pasta 1 cup Tomato sauce 3 1/4 cups Grapes 8 Kiwis 1 1/3 cups Oatmeal 4 1/2 cups Blueberries 13 slice Whole grain bread 6 cups Celery 1 1/3 cups Mandarin orange, canned 1 1/3 cups Mango 1 2/3 Bananas 3 2/3 cups Potato 6 cups Popcorn 1 Tangerine 3 Oranges 1 whole Pita 9 cups Broccoli 7 cups Raspberries 2 1/2 cups Cereal, cold 1/3 cup Applesauce 2 1/3 cups Rice	45 2/3 tsp Olive or monounsaturated oil 22 tsp Mayonnaise 90 Peanuts 2 tsp Butter 3 tbsp Guacamole	9 3/4 cups Yogurt, plain, low fat 18 1/2 cups Milk, low fat (1%) 4 cups Beef and vegetable soup 1/4 cup Beans, mixed, various
	12 cups Cauliflower		

12 spears Asparagus 2 cups Cucumber

Grocery List

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

Protein	Carbohydrates	Fats	Other
602 grams Protein powder 16 oz Tuna, canned in water 48 oz Beef, lean cuts 4 oz Cheddar cheese, light/low fat 5 cups Cottage cheese, light/low fat 24 oz Chicken breast, skinless 6 oz Shrimp	5 cups Cereal, cold 6 cups Strawberries 1/2 cup Peaches, canned 1 Orange 5 cups Raspberries 2 whole Pita 2 Pears 8 cups Cauliflower 2 2/3 cups Rice 4 1/2 cups Watermelon 3 1/2 cups Grapes 4 1/2 cups Blueberries 9 cups Broccoli 7 1/3 cups Potato 1 2/3 cups Mango 1 cup Pineapple 1 Peach 2 1/3 cups Mandarin orange, canned 1 1/3 cups Oatmeal 1/2 cup Tomato, puree 3 cups Celery 1 cup Carrots 4 Kiwis 1/3 Banana 1/3 cup Applesauce 9 slice Whole grain bread 36 spears Asparagus 2 cups Cucumber	47 2/3 tsp Olive or monounsaturated oil 60 Peanuts 16 tsp Mayonnaise 5 tbsp Guacamole 1 tsp Butter	17 1/2 cups Milk, low fat (1%) 10 1/4 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup 3 cups Chicken noodle soup