

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 2

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 3

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

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+ energized + transformed + empowered +

Have a Protein Smoothie, be Empowered

Notes:

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Day: 4

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 5

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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MASS Building Information and Supplements + www.EmpoweredNutrition.com

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

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 6

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 7

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Huge and Ripped + www.MetabolicSurgeProgram.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 8

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

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Put up a fight, be empowered and visit www.EmpoweredMMA.com

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 9

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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Day: 10

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole</p>	<p>Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 12

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

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 13

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 15

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 16

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 17

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</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 www.MassBuildingMealPlans.com

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

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 18

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

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 19

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 20

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 23

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

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 24

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

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 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?

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 26

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 27

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

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 +

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

MASS Building Information and Supplements + www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 29

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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 + www.MetabolicSurgeProgram.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 31

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

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 www.EmpoweredMMA.com

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 32

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

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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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 33

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

Smoooooooooth...Protein builds muscles www.EmpoweredSmoothie.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 36

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

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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Strong Like... www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 37

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 38

Breakfast - Meal Portions: P:7 C:6 F:6 7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574	Preparation Suggestions: Toasted egg sandwich with fruit.
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 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 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 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 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!

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Today's checklist: 1.Eat 2.Train 3.Grow www.EmpoweredNutrition.com</p>		
<p>Take your vitamins. Be empowered</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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 www.MassBuildingMealPlans.com

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

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

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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Burn Fat Build MUSCLE www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 44

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 45

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</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?

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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 +

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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 Supplements + www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 52

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 53

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

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 + www.MetabolicSurgeProgram.com

Check your Vitals + GROW www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole</p>	<p>Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 57

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 58

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

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 59

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 60

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

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 61

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!</p>

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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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 64

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 65

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

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 66

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole</p>	<p>Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 67

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 68

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 69

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 70

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 71

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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?

Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 72

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 73

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

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:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 74

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 75

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 76

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

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 + www.MetabolicSurgeProgram.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 77

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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 www.EmpoweredMMA.com

3 steps for success today: Nutrition + Training + Supplements

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 78

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 80

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

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

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

Record your transformation + www.EmpoweredTransformation.com

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 81

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 82

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

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 83

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

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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Empowered Nutrition - Critical Bench Lean Builder - 2709 Calories

Day: 84

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

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

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Grocery List

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

Protein	Carbohydrates	Fats	Other
2 3/4 cups Cottage cheese, light/low fat	5 cups Cereal, cold	50 1/3 tsp Olive or monounsaturated oil	23 1/2 cups Milk, low fat (1%)
588 grams Protein powder	8 cups Raspberries	22 tsp Mayonnaise	2 3/4 cups Yogurt, plain, low fat
8 oz Tuna, canned in water	4 1/2 cups Blueberries	60 Peanuts	1/4 cup Beans, mixed, various
31 oz Beef, lean cuts	1/3 cup Applesauce		3 cups Chicken noodle soup
48 oz Chicken breast, skinless	2 Peaches		
5 oz Hard cheeses, light/low fat	3 whole Pita		
12 oz Ground beef (< 10% fat)	2 Pears		
4 oz Cheddar cheese, light/low fat	8 cups Celery		
7 Eggs, whole	5 1/2 Kiwis		
9 oz Chicken breast, deli style	1 cup Mandarin orange, canned		
6 oz Shrimp	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	7 cups Raspberries	43 2/3 tsp Olive or monounsaturated oil	12 1/2 cups Yogurt, plain, low fat
9 oz Cheddar cheese, light/low fat	1 Tangerine	108 Peanuts	19 cups Milk, low fat (1%)
24 oz Chicken breast, skinless	1 1/2 cups Peaches, canned	23 tsp Mayonnaise	4 cups Beef and vegetable soup
3 1/4 cups Cottage cheese, light/low fat	2 2/3 cups Rice	2 tsp Butter	
40 oz Beef, lean cuts	13 1/2 cups Broccoli	5 tbsp Guacamole	
18 oz Shrimp	12 cups Cauliflower		
8 oz Tuna, canned in water	4 3/4 cups Grapes		
9 oz Turkey breast, deli style	3 cups Watermelon		
9 oz Chicken breast, deli style	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	8 cups Cereal, cold	48 tsp Olive or monounsaturated oil	26 cups Milk, low fat (1%)
64 oz Chicken breast, skinless	8 cups Strawberries	102 Peanuts	6 cups Yogurt, plain, low fat
18 oz Shrimp	4 Oranges	22 tsp Mayonnaise	
3 1/2 cups Cottage cheese, light/low fat	9 cups Raspberries	3 tbsp Guacamole	
24 oz Beef, lean cuts	3 slice Sourdough bread	1 tsp Butter	
12 oz Ground beef (< 10% fat)	1 cup Pasta		
9 oz Chicken breast, deli style	1 cup Tomato sauce		
2 oz Cheddar cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
14 Eggs, whole	4 1/2 cups Peaches, canned	48 tsp Olive or monounsaturated oil	8 cups Yogurt, plain, low fat
539 grams Protein powder	9 slice Whole grain bread	25 tsp Mayonnaise	20 cups Milk, low fat (1%)
24 oz Chicken breast, skinless	1 1/2 cups Watermelon	54 Peanuts	4 cups Beef and vegetable soup
40 oz Beef, lean cuts	7 cups Strawberries	2 tbsp Guacamole	
1 3/4 cups Cottage cheese, light/low fat	3 cups Pineapple	1 tsp Butter	
16 oz Tuna, canned in water	2 Oranges		
8 oz Cheddar cheese, light/low fat	3 whole Pita		
18 oz Shrimp	7 cups Potato		
18 oz Chicken breast, deli style	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 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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
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 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	49 2/3 tsp Olive or monounsaturated oil 10 tsp Mayonnaise 126 Peanuts 1 tsp Butter	5 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%) 3 cups Chicken noodle soup

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	2 cups Oatmeal	44 2/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
9 oz Turkey breast, deli style	1/3 cup Mango	24 tsp Mayonnaise	6 cups Yogurt, plain, low fat
39 oz Beef, lean cuts	1 1/2 cups Watermelon	78 Peanuts	1/4 cup Beans, mixed, various
24 oz Chicken breast, skinless	5 cups Blueberries	3 tbsp Guacamole	6 cups Chicken noodle soup
7 Eggs, whole	14 slice Whole grain bread	1 tsp Butter	
5 oz Hard cheeses, light/low fat	6 cups Celery		
8 oz Tuna, canned in water	3 1/2 Kiwis		
4 oz Cheddar cheese, light/low fat	1 cup Mandarin orange, canned		
12 oz Ground beef (< 10% fat)	12 cups Raspberries		
2 3/4 cups Cottage cheese, light/low fat	2/3 cup Applesauce		
18 oz Shrimp	1 Banana		
	3 slice Sourdough bread		
	2 1/3 cups Rice		
	7 1/2 cups Broccoli		
	8 cups Cauliflower		
	1 cup Grapes		
	3 Tangerines		
	1 cup Peaches, canned		
	2 Pickles		
	4 Crackers		
	2 whole Pita		
	1 Pear		
	5 cups Potato		
	4 cups Strawberries		
	2 cups Cereal, cold		
	1 1/2 cups Pineapple		
	1 cup Pasta		
	1 cup Tomato sauce		
	30 spears Asparagus		
	2 cups Cucumber		

Grocery List

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

Protein	Carbohydrates	Fats	Other
609 grams Protein powder	10 cups Raspberries	51 tsp Olive or monounsaturated oil	12 1/2 cups Yogurt, plain, low fat
8 oz Tuna, canned in water	13 cups Strawberries	28 tsp Mayonnaise	17 cups Milk, low fat (1%)
55 oz Beef, lean cuts	1 1/2 cups Peaches, canned	48 Peanuts	1/4 cup Beans, mixed, various
24 oz Chicken breast, skinless	2 whole Pita		
5 oz Hard cheeses, light/low fat	2 Pears		
9 oz Turkey breast, deli style	10 cups Celery		
3 1/2 cups Cottage cheese, light/low fat	3 1/2 Kiwis		
9 oz Chicken breast, deli style	2 1/3 cups Mandarin orange, canned		
6 oz Shrimp	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		
	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	3 1/2 cups Cereal, cold	46 2/3 tsp Olive or monounsaturated oil	15 1/2 cups Milk, low fat (1%)
2 oz Cheddar cheese, light/low fat	8 cups Strawberries	96 Peanuts	8 1/4 cups Yogurt, plain, low fat
31 oz Beef, lean cuts	3 cups Blueberries	25 tsp Mayonnaise	3 cups Chicken noodle soup
5 cups Cottage cheese, light/low fat	1/3 cup Applesauce	2 tbsp Guacamole	1/4 cup Beans, mixed, various
7 Eggs, whole	6 Oranges		
16 oz Tuna, canned in water	15 cups Raspberries		
32 oz Chicken breast, skinless	5 1/3 cups Potato		
12 oz Ground beef (< 10% fat)	1 1/3 Banana		
9 oz Chicken breast, deli style	10 1/2 Kiwis		
6 oz Shrimp	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		

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	2 1/2 cups Cereal, cold	46 tsp Olive or monounsaturated oil	32 cups Milk, low fat (1%)
616 grams Protein powder	1 2/3 Bananas	29 tsp Mayonnaise	5 cups Yogurt, plain, low fat
40 oz Chicken breast, skinless	3 cups Watermelon	96 Peanuts	1/4 cup Beans, mixed, various
31 oz Beef, lean cuts	2 Peaches		4 cups Beef and vegetable soup
5 oz Hard cheeses, light/low fat	6 slice Sourdough bread		
9 oz Turkey breast, deli style	6 cups Celery		
12 oz Ground beef (< 10% fat)	5 Kiwis		
18 oz Chicken breast, deli style	1 1/3 cups Mandarin orange, canned		
1 cup Cottage cheese, light/low fat	3 1/4 cups Grapes		
6 oz Shrimp	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1 3/4 cups Cottage cheese, light/low fat	7 cups Cereal, cold	42 2/3 tsp Olive or monounsaturated oil	27 cups Milk, low fat (1%)
532 grams Protein powder	5 cups Raspberries	24 tsp Mayonnaise	5 1/2 cups Yogurt, plain, low fat
18 oz Turkey breast, deli style	8 cups Strawberries	90 Peanuts	4 cups Beef and vegetable soup
18 oz Shrimp	1 cup Peaches, canned	7 tbsp Guacamole	
18 oz Cheddar cheese, light/low fat	2 1/2 cups Pineapple	3 tsp Butter	
16 oz Tuna, canned in water	13 slice Whole grain bread		
40 oz Beef, lean cuts	1 cup Pasta		
5 oz Hard cheeses, light/low fat	1 cup Tomato sauce		
9 oz Chicken breast, deli style	4 1/2 cups Watermelon		
16 oz Chicken breast, skinless	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		
	1 cup Mandarin orange, canned		
	1 1/3 cups Rice		
	2 cups Cucumber		

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	4 1/2 cups Pineapple	45 2/3 tsp Olive or monounsaturated oil	9 3/4 cups Yogurt, plain, low fat
9 oz Cheddar cheese, light/low fat	6 cups Strawberries	22 tsp Mayonnaise	18 1/2 cups Milk, low fat (1%)
18 oz Shrimp	1 cup Peaches, canned	90 Peanuts	4 cups Beef and vegetable soup
64 oz Chicken breast, skinless	1 cup Pasta	2 tsp Butter	1/4 cup Beans, mixed, various
23 oz Beef, lean cuts	1 cup Tomato sauce	3 tbsp Guacamole	
1 3/4 cups Cottage cheese, light/low fat	3 1/4 cups Grapes		
12 oz Ground beef (< 10% fat)	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		
	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	5 cups Cereal, cold	47 2/3 tsp Olive or monounsaturated oil	17 1/2 cups Milk, low fat (1%)
16 oz Tuna, canned in water	6 cups Strawberries	60 Peanuts	10 1/4 cups Yogurt, plain, low fat
48 oz Beef, lean cuts	1/2 cup Peaches, canned	16 tsp Mayonnaise	4 cups Beef and vegetable soup
4 oz Cheddar cheese, light/low fat	1 Orange	5 tbsp Guacamole	3 cups Chicken noodle soup
5 cups Cottage cheese, light/low fat	5 cups Raspberries	1 tsp Butter	
24 oz Chicken breast, skinless	2 whole Pita		
6 oz Shrimp	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		