

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Hey Lean Muscle Builder:

I have never been more excited for you than I am now that you have the necessary tools for building serious lean muscle and I want to thank you for giving me the opportunity to tell you about the great advantages of the Lean Builder Meal Plans from Critical Bench & Empowered Nutrition. I'm convinced that my company is uniquely positioned to help increase the success of your goals. Here is what people are saying about our meal plans:

I have never been able to build such stacks of muscle so fast in my life. I am losing fat while gaining muscle.

Jeff Smith, Real Estate Agent, Burlington, Ontario

I just wanted to let you know that I have gained 8 pounds of muscle and lost 18 pounds of fat in 8 weeks!

John Jackson, University Student, Miami, Florida

As a police officer, I am constantly battling the balance of body fat and not knowing what to eat. I need to build lean muscle and lose body fat for my job and my life. These meal plans are awesome; I just lost 26 pounds of fat and gained 6 pounds of muscle in 12 weeks. Thank you, I have lots of guys from my squad ready to work with you.

David Ellsworth, Officer, Halton Police, Ontario

As you discovered in my presentation, these Meal Plans offers you a number of beneficial features, including:

- ✔ Easy To Follow. Making Nutrition Easy To Do
- ✔ Simple Recipes. For Fast Effective Nutrition
- ✔ Delicious Recipes. Makes Muscle Building And Fat Loss Enjoyable... No More Bland Bodybuilder Diets
- ✔ It's All Done-For-You. No More Thinking, You Learn To Eat The Right Foods At The Right Times To Be Anabolic
- ✔ Simple Meal Swapping And Ingredient Substitutions. This Helps You To Easily Customize The Meal Plans
- ✔ Consistent Meal Times. Making You Anabolic 24/7 To Build The Muscle And Power You Want

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

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420</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:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Mozzarella 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</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>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 1/2 Oranges 2 cups Raspberries 1 tsp Olive or monounsaturated oil 12 Peanuts 1 oz Cheese, low or non fat</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Have you had your Protein Smoothie today?

Notes:

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Day: 2

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Almonds, whole 21 grams Protein powder 1/2 cup Blueberries</p>	<p>Item Portions 3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 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 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Have a Protein Smoothie, be Empowered

Notes:

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Day: 3

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Oatmeal 12 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1 cup Celery</p>	<p>Item Portions 8.00 P .13 C .50 C 1.00 C 3.00 C 6.00 F 1.00 C .50 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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+ energized + transformed + empowered +

Notes:

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>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>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>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 1 1/4 Pears 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

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Notes:

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Day: 5

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 1 1/2 slice Whole grain bread 12 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 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:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Beef, lean cuts 1 whole Pita 1 Orange 1/2 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 9 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P 2.00 C 2.00 C 1.00 C .50 C .25 C .25 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>

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Day: 6

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <ul style="list-style-type: none"> 10 Egg whites 6 slices Turkey bacon 1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter 	<p>Item Portions</p> <p>5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <ul style="list-style-type: none"> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F</p> <p>Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <ul style="list-style-type: none"> 2 cups Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise 	<p>Item Portions</p> <p>4.00 A 4.00 P 2.00 C 2.00 F</p> <p>Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <ul style="list-style-type: none"> 1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder 	<p>Item Portions</p> <p>3.00 PC 3.00 F 1.00 P</p> <p>Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <ul style="list-style-type: none"> 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>9.00 P 2.00 C 2.00 C 2.00 C 6.00 F</p> <p>Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <ul style="list-style-type: none"> 1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>1.00 PC 5.00 P 2.00 C 3.00 F</p> <p>Calories: 357</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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Check your Vitals + GROW www.empowerednutrition.net

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Day: 7

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/4 Bagels 5 tsp Cream cheese 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanella) 1 cup Tomato, puree 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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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3 steps for success today: Nutrition + Training + Supplements

Notes:

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Day: 8

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Chicken breast, skinless 5 cups Lettuce, romaine 3/4 cup Salsa 1 cup Grapes 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</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 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat 1 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 9

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Blueberries 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 10

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P: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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions</p> <p>2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</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 1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>8.00 P 1.00 C 5.00 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>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Turkey breast, skinless 3/4 cup Broccoli 3/4 cup Onions 2/3 cup Applesauce 3 tbsp Almonds, slivered 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions</p> <p>3.00 P 3.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 12

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420</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 Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast 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 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

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Day: 13

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420</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>12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce</p>	<p>Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C Calories: 420</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 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>7 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanella) 1 whole Pita 1 cup Salsa 1/2 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 P 1.00 C 2.00 C 2.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Day: 15

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Blueberries 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Chicken breast, skinless 5 cups Lettuce, romaine 3/4 cup Salsa 1 cup Grapes 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</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 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 1/2 Oranges 2 cups Raspberries 1 tsp Olive or monounsaturated oil 12 Peanuts 1 oz Cheese, low or non fat</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Day: 16

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Chicken breast, skinless 5 cups Lettuce, romaine 3/4 cup Salsa 1 cup Grapes 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</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 Mozzarella 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 17

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Almonds, whole 21 grams Protein powder 1/2 cup Blueberries</p>	<p>Item Portions 3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 1/2 Oranges 2 cups Raspberries 1 tsp Olive or monounsaturated oil 12 Peanuts 1 oz Cheese, low or non fat</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Burn Fat Build MUSCLE www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420</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>12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 1 1/4 Pears 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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All The Essentials, No Hype, NO BS www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 19

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</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 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Beef, lean cuts 1 whole Pita 1 Orange 1/2 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 9 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P 2.00 C 2.00 C 1.00 C .50 C .25 C .25 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 20

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420</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 1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise 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>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanella) 1 cup Tomato, puree 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 22

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P: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 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat 1 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511</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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Meal plans work. Personalized Nutrition Delivers Powerful Proven Results. <http://empowerednutrition.com/critical-bench-nutrition>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 23

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</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>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 24

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P: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>1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce</p>	<p>Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C Calories: 420</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>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>7 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1 cup Salsa 1/2 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 P 1.00 C 2.00 C 2.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 26

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/4 Bagels 5 tsp Cream cheese 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce</p>	<p>Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C Calories: 420</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 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 1 1/2 slice Whole grain bread 12 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 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: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>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 27

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</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>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>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Turkey breast, skinless 3/4 cup Broccoli 3/4 cup Onions 2/3 cup Applesauce 3 tbsp Almonds, slivered 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 29

Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 14 grams Protein powder	Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	Preparation Suggestions: Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 3 cups Chicken noodle soup 2 oz Mozzarella cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Grapes & Almonds A great, quick snack!
Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts	Item Portions 2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821 ** Remember to drink between 10 and 12 glasses of water per day. **		
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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 30

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Blueberries 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Mozzarella 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 31

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420</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:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy 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 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</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>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420</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>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 1 1/2 slice Whole grain bread 12 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 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:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 cup Tomato, puree 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/4 Bagels 5 tsp Cream cheese 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 1 1/4 Pears 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 slices Turkey bacon 1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter</p>	<p>Item Portions 5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce</p>	<p>Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C Calories: 420</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 Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Turkey breast, skinless 3/4 cup Broccoli 3/4 cup Onions 2/3 cup Applesauce 3 tbsp Almonds, slivered 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420</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 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 1 1/2 slice Whole grain bread 12 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 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:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Turkey breast, skinless 3/4 cup Broccoli 3/4 cup Onions 2/3 cup Applesauce 3 tbsp Almonds, slivered 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 36

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Oatmeal 12 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P: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>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</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>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 37

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Oatmeal 12 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Chicken breast, skinless 5 cups Lettuce, romaine 3/4 cup Salsa 1 cup Grapes 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Mozzarella 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 38

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Almonds, whole 21 grams Protein powder 1/2 cup Blueberries</p>	<p>Item Portions 3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy 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 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420</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>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 1 1/2 slice Whole grain bread 12 Almonds, whole 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 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:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>4 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 1 1/4 Pears 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Burn Fat Build MUSCLE www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise 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>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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 Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 43

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</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 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 44

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 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, Grilled 1/4 head Lettuce, iceberg 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1 cup Celery</p>	<p>Item Portions 8.00 P .13 C .50 C 1.00 C 3.00 C 6.00 F 1.00 C .50 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Day: 45

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420</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:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P: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>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1 cup Celery</p>	<p>Item Portions 8.00 P .13 C .50 C 1.00 C 3.00 C 6.00 F 1.00 C .50 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420</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>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 slices Turkey bacon 1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter</p>	<p>Item Portions 5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>4 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Cheese sandwich with fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/4 Bagels 5 tsp Cream cheese 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>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>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Turkey breast, skinless 3/4 cup Broccoli 3/4 cup Onions 2/3 cup Applesauce 3 tbsp Almonds, slivered 2/3 cup Rice 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 2 Eggs, whole</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420</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 Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>7 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1 cup Salsa 1/2 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 P 1.00 C 2.00 C 2.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 50

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Oatmeal 12 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt, fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 51

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Almonds, whole 21 grams Protein powder 1/2 cup Blueberries</p>	<p>Item Portions 3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1 cup Celery</p>	<p>Item Portions 8.00 P .13 C .50 C 1.00 C 3.00 C 6.00 F 1.00 C .50 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</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>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 52

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420</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:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 cup Kidney beans 1/4 cup Onions 1/4 cup Tomato, puree 1/2 cup Salsa 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper, garlic, and rosemary if you have it.</p>
<p>Snack - Meal Portions: P: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 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat 1 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 1/2 Oranges 2 cups Raspberries 1 tsp Olive or monounsaturated oil 12 Peanuts 1 oz Cheese, low or non fat</p>	<p>Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420</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 1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise 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>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Beef, lean cuts 1 whole Pita 1 Orange 1/2 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 9 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P 2.00 C 2.00 C 1.00 C .50 C .25 C .25 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Fruit & Nuts Enjoy items separately.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1 cup Applesauce 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>7 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1 cup Salsa 1/2 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 P 1.00 C 2.00 C 2.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 slices Turkey bacon 1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter</p>	<p>Item Portions 5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>4 oz Cheese, low or non fat 3 Peaches 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Beef, lean cuts 1 whole Pita 1 Orange 1/2 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 9 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P 2.00 C 2.00 C 1.00 C .50 C .25 C .25 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 57

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Fruit cocktail 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 58

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Blueberries 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes 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 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>2 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat 1 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 59

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Oatmeal 12 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 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 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 60

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce</p>	<p>Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C Calories: 420</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 Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup 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>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>7 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanella) 1 whole Pita 1 cup Salsa 1/2 cup Onions 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 P 1.00 C 2.00 C 2.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 61

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</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 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Cheese sandwich with 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 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>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 cup Tomato, puree 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 6 slices Turkey bacon 1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter</p>	<p>Item Portions 5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with a tuna sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 cup Tomato, puree 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 64

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420</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:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>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</p> <p>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>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions</p> <p>4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 1/2 Oranges 2 cups Raspberries 1 tsp Olive or monounsaturated oil 12 Peanuts 1 oz Cheese, low or non fat</p>	<p>Item Portions</p> <p>6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 65

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Blueberries 24 Peanuts 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless, Grilled 1/4 head Lettuce, iceberg 1 Pepper (bell or cubanelle) 1/2 cup Onions 1 1/2 cups Peaches, canned 2 tsp Olive or monounsaturated oil 2 cups Cherry tomatoes 1 cup Celery</p>	<p>Item Portions 8.00 P .13 C .50 C 1.00 C 3.00 C 6.00 F 1.00 C .50 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 66

<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 1/2 cups Yogurt, plain, low fat 12 Almonds, whole 21 grams Protein powder 1/2 cup Blueberries</p>	<p>Item Portions 3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Chicken breast, skinless 5 cups Lettuce, romaine 3/4 cup Salsa 1 cup Grapes 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</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 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat 1 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Grapes & Almonds A great, quick snack!</p>
<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 1/3 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 67

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</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>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>2 oz Cheese, low or non fat 7 oz Beef, lean cuts 1 whole Pita 1 Orange 1/2 cup Salsa 1/4 cup Onions 1/2 Tomato 1/2 Pepper (bell or cubanelle) 9 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 7.00 P 2.00 C 2.00 C 1.00 C .50 C .25 C .25 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries 18 Peanuts 14 grams Protein powder</p>	<p>Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 68

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/4 Bagels 5 tsp Cream cheese 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</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>12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts. Nuts can be include in the sandwich or 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>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630</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:6 C:3 F:3</p> <p>4 oz Cheese, low or non fat 1 cup Applesauce 18 Peanuts 3 oz Chicken breast, deli style</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 69

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</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 Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes</p>	<p>Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301</p>	<p>Preparation Suggestions:</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.00 C 2.00 C 2.00 C 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Braised Lamb with Beans</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Day: 70

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 7 grams Protein powder</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</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 1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise 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>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:4 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/4 cup Blueberries 1/2 cup Strawberries 1/3 cup Fruit cocktail 9 Almonds, whole</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>A refreshing snack. You can mix the yogurt with the fruit or eat separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>1/2 cup Yogurt, plain, low fat 8 oz Chicken breast, skinless 3 cups Broccoli 2 1/4 cups Tomatoes 1 1/4 Pears 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 Pear</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories: 357</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: 40 Carbohydrates: 27 Fat: 27 Calories: 2821

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

Have you had your Protein Smoothie today?

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
581 grams Protein powder	2 1/2 cups Blueberries	38 1/3 tsp Olive or monounsaturated oil	23 cups Milk, low fat (1%)
31 oz Beef, lean cuts	6 1/2 cups Raspberries	66 Almonds, whole	5 cups Chicken noodle soup
2 oz Mozzarella cheese, light/low fat	5 1/2 cups Strawberries	66 Peanuts	7 1/2 cups Yogurt, plain, low fat
24 oz Cheese, low or non fat	1 1/2 cups Kidney beans	12 tsp Mayonnaise	
51 oz Chicken breast, skinless	4 1/4 cups Onions	3 Pecans	
6 oz Chicken breast, deli style	1 1/2 cups Tomato, puree	8 tbsp Almonds, slivered	
6 oz Cheddar cheese, light/low fat	1 cup Salsa	2/3 tsp Butter	
9 oz Turkey breast, deli style	7 Oranges	12 Pistachio nuts	
20 Egg whites	4 1/2 cups Broccoli	5 tsp Cream cheese	
6 slices Turkey bacon	1 1/2 cups Snow peas		
4 oz Tuna, canned in water	2 1/2 cups Grapes		
9 oz Lamb, lean	8 Peaches		
	7 1/2 slice Whole grain bread		
	3 cups Bran cereal, all varieties		
	1 2/3 cups Oatmeal		
	2 1/3 cups Applesauce		
	1 cup Fruit cocktail		
	3 cups Watermelon		
	1/4 head Lettuce, iceberg		
	3 1/2 Peppers (bell or cubanelle)		
	3 1/2 cups Peaches, canned		
	2 cups Cherry tomatoes		
	2 cups Celery		
	3 3/4 cups Tomatoes		
	2 1/4 Pears		
	1 whole Pita		
	1/2 Tomato		
	2 Apples		
	1 1/4 Bagels		
	1 cup Pasta		
	1 Tangerine		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
43 1/2 oz Cheese, low or non fat	6 cups Grapes	144 Peanuts	11 3/4 cups
623 grams Protein powder	8 cups Lettuce, romaine	36 tsp Olive or monounsaturated oil	Yogurt, plain, low fat
48 oz Chicken breast, skinless	1 3/4 cups Salsa	69 Almonds, whole	2 2/3 cups Beef and vegetable soup
9 oz Chicken drumstick	3 whole Pita	24 Pistachio nuts	10 cups Milk, low fat (1%)
15 oz Chicken breast, deli style	8 1/2 cups Raspberries	15 tsp Mayonnaise	2 cups Chili, canned
7 1/2 oz Turkey breast, deli style	10 cups Strawberries	3 tbs Almonds, slivered	
6 oz Mozzarella cheese, light/low fat	7 Oranges	2/3 tsp Butter	
2 Eggs, whole	10 1/2 cups Blueberries		
9 oz Turkey breast, skinless	1 cup Peas		
9 oz Beef, lean cuts	1 cup Tomato sauce		
12 oz Salmon steak	3 2/3 cups Applesauce		
	1 cup Peaches, canned		
	1 1/2 Apples		
	2 2/3 cups Fruit cocktail		
	4 Peppers (bell or cubanelle)		
	1 3/4 Tomatoes		
	3 1/2 cups Broccoli		
	7 slice Whole grain bread		
	1 1/4 cups Onions		
	2/3 cup Rice		
	1 slice Rye bread		
	1 Tangerine		
	1 cup Tomato, puree		
	2 cups Celery		
	5 cups Carrots		
	1 cup Corn, canned		
	2 Peaches		
	1/2 Pear		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
35 1/2 oz Cheese, low or non fat	6 1/4 cups Blueberries	126 Peanuts	9 3/4 cups Yogurt, plain, low fat
602 grams Protein powder	13 cups Lettuce, romaine	35 tsp Olive or monounsaturated oil	17 cups Milk, low fat (1%)
64 oz Chicken breast, skinless	2 cups Salsa	23 tsp Mayonnaise	5 cups Chicken noodle soup
5 oz Mozzarella cheese, light/low fat	3 1/2 cups Grapes	57 Almonds, whole	
4 oz Cheddar cheese, light/low fat	5 whole Pita	24 Pistachio nuts	
9 oz Chicken breast, deli style	7 Peaches	5 tbsp Almonds, slivered	
12 oz Salmon steak	11 1/2 Oranges		
16 oz Beef, lean cuts	7 cups Strawberries		
4 1/2 oz Turkey breast, deli style	8 cups Raspberries		
4 oz Tuna, canned in water	1 1/2 Apples		
2 Eggs, whole	1 1/3 cups Applesauce		
	1 1/2 cups Bran cereal, all varieties		
	2 1/3 cups Fruit cocktail		
	4 1/2 Peppers (bell or cubanelle)		
	2 1/4 Tomatoes		
	5 3/4 cups Broccoli		
	8 slice Whole grain bread		
	1 cup Peaches, canned		
	3 3/4 cups Tomatoes		
	2 1/4 Pears		
	1 cup Oatmeal		
	1 1/4 cups Onions		
	2 cups Tomato, puree		
	2 cups Celery		
	3 cups Carrots		
	1 Tangerine		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
38 oz Cheese, low or non fat	3 Apples	126 Peanuts	10 cups Yogurt, plain, low fat
532 grams Protein powder	2 1/3 cups Fruit cocktail	35 2/3 tsp Olive or monounsaturated oil	2 2/3 cups Beef and vegetable soup
33 oz Chicken breast, skinless	4 Peppers (bell or cubanelle)	45 Almonds, whole	20 cups Milk, low fat (1%)
21 oz Turkey breast, deli style	3 cups Lettuce, romaine	22 tsp Mayonnaise	
9 oz Chicken drumstick	1 3/4 Tomatoes	3 Pecans	
25 oz Beef, lean cuts	3 1/2 cups Broccoli	24 Pistachio nuts	
12 oz Chicken breast, deli style	6 cups Raspberries	8 tbsp Almonds, slivered	
6 oz Cheddar cheese, light/low fat	8 1/2 cups Strawberries	5 tsp Cream cheese	
3 oz Mozzarella cheese, light/low fat	5 Oranges		
2 Eggs, whole	4 cups Grapes		
10 Egg whites	2 cups Peaches, canned		
12 oz Salmon steak	1 cup Peas		
9 oz Turkey breast, skinless	1 cup Tomato sauce		
	4 1/4 cups Blueberries		
	10 slice Whole grain bread		
	1 cup Kidney beans		
	1 1/2 cups Onions		
	1 1/4 cups Tomato, puree		
	1 1/2 cups Salsa		
	4 1/3 cups Applesauce		
	3 cups Bran cereal, all varieties		
	1 whole Pita		
	1 1/4 Bagels		
	2 cups Celery		
	5 cups Carrots		
	1 Peach		
	1 cup Oatmeal		
	1 Pear		
	1 cup Corn, canned		
	2/3 cup Rice		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
24 oz Cheese, low or non fat	4 cups Grapes	90 Peanuts	6 cups Yogurt, plain, low fat
602 grams Protein powder	2 cups Peas	32 2/3 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
18 oz Chicken drumstick	2 cups Tomato sauce	96 Almonds, whole	8 cups Chicken noodle soup
7 oz Mozzarella cheese, light/low fat	10 Peaches	9 tbsp Almonds, slivered	
7 1/2 oz Turkey breast, deli style	9 1/4 cups Blueberries	12 tsp Mayonnaise	
34 oz Chicken breast, skinless	4 cups Applesauce	5 tsp Cream cheese	
2 Eggs, whole	2 1/3 cups Fruit cocktail	2/3 tsp Butter	
22 oz Beef, lean cuts	8 Oranges		
20 Egg whites	4 1/2 cups Raspberries		
2 oz Cheddar cheese, light/low fat	6 cups Strawberries		
4 oz Tuna, canned in water	1 whole Pita		
6 slices Turkey bacon	5 slice Whole grain bread		
18 oz Turkey breast, skinless	3 cups Onions		
	3 3/4 cups Tomatoes		
	2 Peppers (bell or cubanelle)		
	1 1/4 cups Tomato, puree		
	1 1/4 Bagels		
	1 cup Peaches, canned		
	4 1/2 cups Broccoli		
	1 3/4 Pears		
	1 Apple		
	1 cup Celery		
	1 cup Pasta		
	1 1/3 cups Rice		
	1 Tangerine		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
26 1/2 oz Cheese, low or non fat	1 1/3 cups Oatmeal	105 Almonds, whole	16 1/4 cups Yogurt, plain, low fat
665 grams Protein powder	1 1/3 cups Fruit cocktail	39 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
49 oz Chicken breast, skinless	2 Peppers (bell or cubanelle)	7 tsp Mayonnaise	3 cups Chicken noodle soup
5 oz Mozzarella cheese, light/low fat	8 cups Lettuce, romaine	3 Pecans	2 cups Chili, canned
3 oz Turkey breast, deli style	1 3/4 Tomatoes	66 Peanuts	
9 oz Chicken drumstick	5 3/4 cups Broccoli	24 Pistachio nuts	
15 oz Chicken breast, deli style	4 1/2 cups Watermelon	2/3 tsp Butter	
7 oz Beef, lean cuts	3 Oranges		
18 oz Lamb, lean	8 slice Whole grain bread		
	5 1/4 cups Blueberries		
	8 1/2 cups Raspberries		
	7 1/2 cups Strawberries		
	3/4 cup Salsa		
	5 1/2 cups Grapes		
	1 whole Pita		
	1 cup Peas		
	1 cup Tomato sauce		
	2 cups Applesauce		
	4 Tangerines		
	2 cups Onions		
	1 cup Kidney beans		
	2 Apples		
	3 Peaches		
	2 1/4 cups Tomatoes		
	2 1/4 Pears		
	1 slice Rye bread		
	2 cups Carrots		
	1 cup Corn, canned		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
40 oz Cheese, low or non fat	2 1/2 Apples	192 Peanuts	4 1/2 cups Yogurt, plain, low fat
539 grams Protein powder	3 3/4 cups Broccoli	36 2/3 tsp Olive or monounsaturated oil	21 cups Milk, low fat (1%)
41 oz Chicken breast, skinless	3 cups Snow peas	39 Almonds, whole	2 cups Chili, canned
27 oz Chicken breast, deli style	4 cups Onions	6 tbsp Almonds, slivered	
27 oz Beef, lean cuts	5 1/2 cups Grapes	12 tsp Mayonnaise	
18 oz Turkey breast, deli style	6 Oranges	1 1/3 tsp Butter	
20 Egg whites	6 cups Raspberries	5 tsp Cream cheese	
6 slices Turkey bacon	4 cups Blueberries	12 Pistachio nuts	
2 oz Cheddar cheese, light/low fat	13 cups Strawberries		
9 oz Turkey breast, skinless	9 Peaches		
6 oz Mozzarella cheese, light/low fat	1/2 head Lettuce, iceberg		
2 Eggs, whole	4 Peppers (bell or cubanelle)		
	5 cups Peaches, canned		
	4 cups Cherry tomatoes		
	6 cups Celery		
	1 cup Kidney beans		
	2 1/4 cups Tomato, puree		
	1 1/2 cups Salsa		
	3 cups Watermelon		
	1 1/2 cups Bran cereal, all varieties		
	7 slice Whole grain bread		
	1 Tangerine		
	6 cups Carrots		
	2 2/3 cups Applesauce		
	1 1/4 Bagels		
	2/3 cup Rice		
	1 cup Fruit cocktail		
	1 slice Rye bread		
	1 whole Pita		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
37 oz Cheese, low or non fat	2/3 cup Oatmeal	87 Almonds, whole	12 1/2 cups
665 grams Protein powder	4 1/3 cups Applesauce	40 tsp Olive or monounsaturated oil	Yogurt, plain, low fat
41 oz Chicken breast, skinless	1 1/3 cups Fruit cocktail	78 Peanuts	7 cups Milk, low fat (1%)
9 oz Chicken breast, deli style	9 1/2 Oranges	24 Pistachio nuts	2 2/3 cups Beef and vegetable soup
40 oz Beef, lean cuts	12 1/2 cups Raspberries	9 tsp Mayonnaise	2 cups Chili, canned
12 oz Salmon steak	7 1/2 cups Blueberries	1 1/3 tsp Butter	
4 1/2 oz Turkey breast, deli style	7 1/2 cups Strawberries		
3 oz Mozzarella cheese, light/low fat	2 cups Kidney beans		
10 Egg whites	2 1/2 cups Onions		
6 slices Turkey bacon	3/4 cup Tomato, puree		
	3 cups Salsa		
	1/4 head Lettuce, iceberg		
	4 Peppers (bell or cubanelle)		
	3 1/2 cups Peaches, canned		
	2 cups Cherry tomatoes		
	2 cups Celery		
	6 slice Whole grain bread		
	3 whole Pita		
	1 Tomato		
	4 Peaches		
	1 Tangerine		
	1 1/2 cups Watermelon		
	1 cup Pasta		
	1 1/2 cups Grapes		
	2 cups Carrots		
	1 cup Corn, canned		
	1 Apple		
	1 slice Rye bread		
	1/2 Pear		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
36 1/2 oz Cheese, low or non fat	3 1/2 cups Grapes	66 Peanuts	9 1/4 cups Yogurt, plain, low fat
623 grams Protein powder	2 1/3 cups Fruit cocktail	37 1/3 tsp Olive or monounsaturated oil	17 cups Milk, low fat (1%)
68 oz Chicken breast, skinless	8 Peppers (bell or cubanelle)	8 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
4 oz Cheddar cheese, light/low fat	3 cups Lettuce, romaine	6 Pecans	4 cups Chicken noodle soup
8 oz Tuna, canned in water	1 3/4 Tomatoes	11 tbsp Almonds, slivered	2 cups Chili, canned
4 1/2 oz Turkey breast, deli style	4 1/4 cups Broccoli	57 Almonds, whole	
6 oz Chicken breast, deli style	6 cups Blueberries	1 1/3 tsp Butter	
10 Egg whites	4 1/2 cups Raspberries		
6 slices Turkey bacon	8 cups Strawberries		
9 oz Lamb, lean	3 Oranges		
	9 slice Whole grain bread		
	2 2/3 cups Applesauce		
	3 cups Bran cereal, all varieties		
	1 1/2 cups Snow peas		
	4 1/4 cups Onions		
	3 cups Watermelon		
	6 Peaches		
	2 2/3 cups Oatmeal		
	4 cups Peaches, canned		
	1 whole Pita		
	1 cup Salsa		
	3 cups Tomatoes		
	2 cups Tomato, puree		
	2 Apples		
	1/2 cup Kidney beans		
	1 slice Rye bread		
	1/2 Pear		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2821 Calories

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	9 1/2 cups Blueberries	41 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
66 oz Chicken breast, skinless	10 cups Raspberries	15 tsp Mayonnaise	8 3/4 cups Yogurt, plain, low fat
32 1/2 oz Cheese, low or non fat	4 1/2 cups Strawberries	96 Peanuts	2 2/3 cups Beef and vegetable soup
6 oz Chicken breast, deli style	1 1/2 cups Snow peas	54 Almonds, whole	
6 oz Cheddar cheese, light/low fat	3 1/2 cups Onions	5 tbs Almonds, slivered	
3 oz Turkey breast, deli style	6 1/2 cups Grapes	5 tsp Cream cheese	
23 oz Beef, lean cuts	10 Oranges	12 Pistachio nuts	
10 Egg whites	3 whole Pita		
12 oz Salmon steak	2 2/3 cups Applesauce		
3 oz Mozzarella cheese, light/low fat	1 2/3 cups Fruit cocktail		
9 oz Lamb, lean	1/4 head Lettuce, iceberg		
	1 1/2 Peppers (bell or cubanelle)		
	1 1/2 cups Peaches, canned		
	2 cups Cherry tomatoes		
	3 cups Celery		
	3 cups Bran cereal, all varieties		
	5 cups Lettuce, romaine		
	1 1/4 cups Salsa		
	1/2 cup Tomato, puree		
	2 cups Pasta		
	1/2 Tomato		
	1 1/4 Bagels		
	2 3/4 Pears		
	5 slice Whole grain bread		
	2 cups Carrots		
	1 cup Corn, canned		
	1/2 cup Kidney beans		
	1 Apple		
	2 1/4 cups Tomatoes		