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

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.

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Mike Westerdal & Patrick McGuire

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Portions	Preparation Suggestions:
6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630	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.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Item Portions	Preparation Suggestions:
6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	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.
Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories:	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420 Item Portions 9.00 P 4.00 C .50 C 1.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 6.00 A 2.00 P Calories: 602 Item Portions 6.00 A 2.00 P Calories: 307 Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357 Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357

Have you had your Protein Smoothie today?

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

Day:	2
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Notes:

Item	Preparation Suggestions:
3.00 PC 4.00 F 3.00 P 1.00 C Calories:	Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item Portions	Preparation Suggestions:
9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630	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.
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!
Item Portions	Preparation Suggestions:
8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Item Portions	Preparation Suggestions:
4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Orange and Peanuts. A quick snack to keep you going!
Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P	Preparation Suggestions: 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!
	4.00 F 3.00 P 1.00 C Calories: 420 Item Portions 9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P 2.00 C 4.00 C 3.00 F Calories: 602 Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 1.00 F Calories: 602 Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357 Item Portions 2.00 PC 4.00 P 3.00 C

Have a Protein Smoothie, be Empowered

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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat2/3 cup Oatmeal12 Almonds, whole14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 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	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	Preparation Suggestions: Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: 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.
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Portions: Protein:	40 Carbohyo	drates: 27 Fat: 27 Calories: 2821 2 glasses of water per day. **

+ energized + transformed + empowered +

Portions	Preparation Suggestions:
2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511	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.
	Preparation Suggestions:
2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item	Preparation Suggestions:
2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630	Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Item	Preparation Suggestions:
4.00 P 3.00 C 3.00 F 2.00 P	Cheese, Applesauce & Peanuts Enjoy this quick snack.
	2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511 Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420 Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 1.00 PC 3.00 F Calories: 630 Item Portions 4.00 P 3.00 C 3.00 F

Notes:

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Day:	5
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple, wholesome breakfast.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 1 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	Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 F Calories: 602	Preparation Suggestions: Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:4 C:3 F: 3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti- desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 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	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	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beet 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.
Snack - Meal Portions: P:6 C:3 F:3 3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items separately.

Day:	6
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Breakfast - Meal Portions: P:7 C:5 F:5	ltem Portions	Preparation Suggestions:
10 Egg whites6 slices Turkey bacon1 Apple9 Almonds, whole1 slice Whole grain bread1/2 cup Grapes2/3 tsp Butter	5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511	Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 2 cups Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise	Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Preparation Suggestions: Soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630	Preparation Suggestions: Braised Lamb with Beans
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 Egg whites 1 1/4 Bagels 5 tsp Cream cheese 2 oz Cheddar cheese, light/low fat	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with a bagel on the side. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 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	Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Cheese, Peaches & Nuts Enjoy items separately.
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Day:	8
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1 cup Grapes24 Peanuts14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 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 	2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630	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.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
2 2/3 cups Beef and vegetable soup4 oz Cheese, low or non fat1 Orange2/3 tsp Olive or monounsaturated oil	4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat28 grams Protein powder1 cup Strawberries9 Almonds, whole	2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts	2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	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.

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Day:	9
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Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1 cup Blueberries24 Peanuts14 grams Protein powder	Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	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 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries	Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:6 C:3 F:3 4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder	4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420	A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 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 	9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder1 Orange1 cup Raspberries2/3 tsp Olive or monounsaturated oil6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 Oranges1 whole Pita6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Grapes & Almonds A great, quick snack!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Total Daily Portions: Protein:	40 Carbohyo	drates: 27 Fat: 27 Calories: 2821

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

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	Item	
Breakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	
1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	3.00 C 5.00 F	
2 Eggs, whole	2.00 P	
2 2990, William	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 PC	Blend all ingredients together and add ice cubes until
1 1/2 cups Blueberries	3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	420	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
1/3 cup Fruit cocktail	1.00 C	Make a basic chicken salad adding a little celery,
2 1/2 slice Whole grain bread	5.00 C	onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Branavation Suggestions
	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries 1 Orange	1.00 C 2.00 C	Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a
3 Almonds, whole	1.00 C	blender is not available mix protein powder with cold
2/3 tsp Olive or monounsaturated oil	2.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	301	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Turkey breast, skinless	9.00 P	Quick Turkey Dinner
3/4 cup Broccoli	.25 C	Saute and season the vegetables, then sprinkle the
3/4 cup Onions	1.50 C	almonds over them.
2/3 cup Applesauce	2.00 C	
3 tbsp Almonds, slivered	3.00 F	
2/3 cup Rice	2.00 C 3.00 F	
1 tsp Olive or monounsaturated oil	Calories:	
	630	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
3 oz Cheese, low or non fat	3.00 P 3.00 C	Cheese, Blueberries & Almonds
1 1/2 cups Blueberries 9 Almonds, whole	3.00 C 3.00 F	A quick snack to fend off those cravings.
4 1/2 oz Turkey breast, deli style	3.00 P	
	Calories:	
	357	
		drates: 27 Fat: 27 Calories: 2821
** Remember to drink betwe	en 10 and 1	2 glasses of water per day. **

Notes:

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Day: 12

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat3 oz Cheese, low or non fat1 cup Applesauce1 2/3 tsp Olive or monounsaturated oil14 grams Protein powder	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 2 cups Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter	Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Preparation Suggestions: Chili with grated cheese on top and toast on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder2 cups Raspberries1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange	1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise	8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	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.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes	Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301	Preparation Suggestions:
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless2 cups Carrots1 cup Corn, canned2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 4.00 C 6.00 F Calories: 630	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat28 grams Protein powder1 tsp Olive or monounsaturated oil1 cup Raspberries	2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Day:	14	
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	A tasty, yet easy-to-prepare breakfast. Enjoy!
35 grams Protein powder	5.00 P	Triadify, yet each to propare production
1 cup Grapes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1/3 cup Applesauce	1.00 C	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
10	Portions	
42 grams Protein powder	6.00 P	Protein Shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F 1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Grapes	2.00 C	blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container t
2/3 cup Applesauce	Calories:	mix it all together, then eat the fruit on the side.
	420	Enjoy!
Wilmed Med Berline Room Book and	Item	
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese sandwich with fruit and nuts for dessert.
2 slice Whole grain bread	4.00 C	
2 Peaches	2.00 C	
18 Almonds, whole	6.00 F	
6 oz Chicken breast, deli style	4.00 P	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	A refreshing snack. You can mix the yogurt with the
3 oz Cheese, low or non fat	3.00 P	fruit or eat separately.
1/4 cup Blueberries	.50 C	
1/2 cup Strawberries	.50 C	
1/3 cup Fruit cocktail	1.00 C	
9 Almonds, whole	3.00 F	
	Calories:	
	301	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
7 Ohishaa kassat ahialass	Portions	
7 oz Chicken breast, skinless	7.00 P	Chicken Wrap
2 oz Cheese, low or non fat	2.00 P	Cut chicken into strips. In a medium pan heat oil.
2 Peppers (bell or cubanelle)1 whole Pita	1.00 C 2.00 C	Add chicken to oil with desired seasonings and pan
1 cup Salsa	2.00 C 2.00 C	fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
1/2 cup Onions	1.00 C	mem raw. with all myredients into pita and enjoy.
2 tsp Olive or monounsaturated oil	6.00 F	
2 top Olive of Infortourbaturated oil	Calories:	
	630	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
	1.00 C 3.00 F	adding water to create desired consistency. If a
1/2 cup Blueberries	1 3 00 ⊨	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil		Lun tha ramaining ingradicute in a alasad acretain are
	1.00 C	up the remaining ingredients in a closed container t
1 tsp Olive or monounsaturated oil	1.00 C Calories:	mix it all together, then eat the fruit on the side.
1 tsp Ölive or monounsaturated oil 1/2 Pear	1.00 C Calories: 357	

Day:	15	
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1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Blueberries 24 Peanuts 14 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6	Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
24 Peanuts 14 grams Protein powder	4.00 F 2.00 P	
Dinner - Meal Portions: P:9 C:6 F:6	Calories:	
Dinner - Meal Portions: P:9 C:6 F:6	420 Item	
	Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 7 oz Chicken breast, skinless	2.00 P 7.00 P	Chicken Soft Tacos
5 cups Lettuce, romaine	.50 C	Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with topping.
3/4 cup Salsa	1.50 C	for extra crunch. Use the remaining vegetable
1 cup Grapes	2.00 C	ingredients to make a salad.
1 whole Pita	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 630	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
2 Peaches	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories: 301	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	301	Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Pita
2 Oranges	4.00 C	Grill and dice chicken breast. Mix with a little
1 whole Pita	2.00 C	chopped onion and tomato if desired. Stuff mixture
6 tsp Mayonnaise	6.00 F Calories:	into pita and top with a handful of lettuce.
	602	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt, Protein, Strawberries & Almonds
28 grams Protein powder	4.00 P	Mix protein powder and fruit into yogurt. Enjoy!
1 cup Strawberries	1.00 C	
9 Almonds, whole	3.00 F	
	Calories: 357	
Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	Protein Shake with Fruit
1 1/2 Oranges	3.00 C	Blend all ingredients together, except nuts, and add
2 cups Raspberries	2.00 C	ice cubes until desired consistency is reached. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available mix protein powder with cold
12 Peanuts	2.00 F	water and have remaining ingredients on the side.
1 oz Cheese, low or non fat	1.00 P Calories:	Nuts on the side.
	511	
		drates: 27 Fat: 27 Calories: 2821 2 glasses of water per day. **

Day:	1	6
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder	4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420	A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 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 	2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630	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.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Mozzarella cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder	Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
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	2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511	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!
		drates: 27 Fat: 27 Calories: 2821

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

Day:	1	7
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Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat12 Almonds, whole21 grams Protein powder1/2 cup Blueberries	Portions 3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420	Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Snack - Meal Portions: P:6 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Orange and Peanuts. A quick snack to keep you going!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

Burn Fat Build MUSCLE www.empowerednutrition.net

Day:	18
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder2 cups Raspberries1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil 1 Orange	Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420	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 12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise	Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)35 grams Protein powder1 cup Oatmeal1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple, wholesome breakfast.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F:6 4 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style	Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602	Preparation Suggestions: Cheese sandwich with fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 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	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	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add bee 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.
Snack - Meal Portions: P:6 C:3 F:3 3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style	Item Portions 3.00 P 3.00 C 3.00 F 3.00 P Calories: 357	Preparation Suggestions: Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

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Itom	
	Preparation Suggestions:
2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C Calories:	A tasty, yet easy-to-prepare breakfast. Enjoy!
Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	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!
	Preparation Suggestions:
4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Soup with a tuna sandwich on the side. Enjoy!
Item	Preparation Suggestions:
4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Peaches & Nuts Enjoy items separately.
Item	Preparation Suggestions:
9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Item	Preparation Suggestions:
1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	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!
	5.00 P 2.00 C 5.00 F 1.00 C Calories: 511 Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420 Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602 Item Portions 4.00 P 3.00 C 3.00 F Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 3.00 F Calories: 630 Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories:

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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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	3
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 Eggs, whole	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1 1/3 tsp Olive or monounsaturated oil	4.00 F	blender is not available, set aside the fruit and shake
1 Orange	2.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	420	Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
1/3 cup Fruit cocktail	1.00 C	Make a basic chicken salad adding a little celery,
2 1/2 slice Whole grain bread	5.00 C	onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Pistachios
1 1/2 dapo rogan, plani, low lac		
12 Pistachio nuts	1 3.00 F	Mix them together or eat them separately. Lither
12 Pistachio nuts 7 grams Protein powder	3.00 F 1.00 P	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
12 Pistachio nuts 7 grams Protein powder		way, you're on your way to a healthy lifestyle!
	1.00 P	
7 grams Protein powder	1.00 P Calories: 301 Item	way, you're on your way to a healthy lifestyle!
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6	1.00 P Calories: 301 Item Portions	way, you're on your way to a healthy lifestyle! Preparation Suggestions:
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless	1.00 P Calories: 301 Item Portions 9.00 P	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree,
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle)	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree,
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 cup Tomato, puree	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle)	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 cup Tomato, puree	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories:	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 cup Tomato, puree	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy!
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 2.00 C	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Protein Shake
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories:	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	1.00 P Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	way, you're on your way to a healthy lifestyle! Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.

Tremonisor to anim settleon to and 12 glaces of water per day.

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

Day: 2

Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder	4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories: 420	A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 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 	9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
2 2/3 cups Beef and vegetable soup4 oz Cheese, low or non fat1 Orange2/3 tsp Olive or monounsaturated oil	4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Grapes & Almonds A great, quick snack!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	Calories: 511	drates: 27 Fat: 27 Calories: 2821

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

Day:	23
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1 cup Grapes24 Peanuts14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	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	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 F Calories: 602	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:6 C:3 F:3 42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder1 cup Blueberries1 Orange3 Almonds, whole1 1/3 tsp Olive or monounsaturated oil1/2 cup Yogurt, plain, low fat	6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511	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.

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Day:	24
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Apples 24 Peanuts 1/2 cup Yogurt, plain, low fat 7 grams Protein powder	4.00 P 3.00 C 4.00 F 1.00 PC 1.00 P Calories:	A nice, quick snack to satisfy those cravings!
	420	
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630	Preparation Suggestions: Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper garlic, and rosemary if you have it.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 1 cup Yogurt, plain, low fat 9 oz Chicken breast, deli style 1 cup Blueberries 36 Peanuts 1 cup Raspberries 1 cup Strawberries	Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
4 oz Cheese, low or non fat1 cup Applesauce12 Pistachio nuts14 grams Protein powder	Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511	Preparation Suggestions: 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!
	ein: 40 Carbohyo	drates: 27 Fat: 27 Calories: 2821
** Remember to drink be	etween 10 and 1.	2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%)	Portions 2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	A refreshing breaklast.
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 Eggs, whole	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Grapes	1.00 C	blender is not available, set aside the fruit and shake
2/3 cup Applesauce	2.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	420	Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Deli Meat Sandwich
9 oz Turkey breast, deli style	6.00 P	Use ingredients to make a sandwich. Add onion and
2 slice Whole grain bread	4.00 C	a leaf of lettuce for flavour.
6 tsp Mayonnaise	6.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
14 grams Protein powder	2.00 P	Blend all ingredients together and add ice cubes until
1/2 cup Grapes	1.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
•	Calories:	have remaining ingredients on the side. Enjoy!
	301	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken Wrap
2 oz Cheese, low or non fat	2.00 P	Cut chicken into strips. In a medium pan heat oil.
2 Peppers (bell or cubanelle)	1.00 C	Add chicken to oil with desired seasonings and pan
1 whole Pita	2.00 C	fry until cooked. You can fry the vegetables or have
1 cup Salsa	2.00 C	them raw. Mix all ingredients into pita and enjoy.
1/2 cup Onions	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	630	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Applesauce & Peanuts
1 cup Applesauce	3.00 C	Enjoy this quick snack.
18 Peanuts	3.00 F	
3 oz Chicken breast, deli style	2.00 P	
	Calories:	
	357	

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

Day:	26
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Eggs with a bagel on the side. Enjoy!
1 1/4 Bagels	5.00 C	
5 tsp Cream cheese	5.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Grapes	1.00 C	blender is not available, set aside the fruit and shake
2/3 cup Applesauce	2.00 C Calories:	up the remaining ingredients in a closed container to
	420	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Roast Beef Sandwich
7 oz Beef, lean cuts	7.00 P	Use leftover roast beef or purchase lean sliced beef
1 Orange	2.00 C	from the deli counter. Add a slice of onion and a leaf
1 1/2 slice Whole grain bread	3.00 C	of lettuce for flavor.
12 Almonds, whole	4.00 F 2.00 F	
2 tsp Mayonnaise	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder 1 cup Peaches, canned	3.00 P 2.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	301	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts	9.00 P	Steaks with Vegetables
1 cup Tomato, puree	2.00 C	
2 cups Celery	1.00 C	You can season your vegetables with a little salt,
3 cups Carrots	3.00 C	pepper, and basil, if you like.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	630 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	Cheese, Fruit & Nuts
1 Peach	1.00 C	Enjoy items separately.
9 Almonds, whole	3.00 F	
1 cup Yogurt, plain, low fat	2.00 PC	
7 grams Protein powder	1.00 P	
	Calories: 357	
Total Daily Portions, Protoi		l drates: 27 Fat: 27 Calories: 2821
Total Daily Portions: Protein	ii. 40 Carbonyo	DIALES. ZI FAL. ZI CAIUITES. ZOZI

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple, wholesome breakfast.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	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 12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise	Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F: 3 1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	Preparation Suggestions: Yogurt & Pistachios Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Day:	28
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511	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.
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:4 C:3 F: 3 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630	Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Portions: Protein:		1

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Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1 cup Grapes24 Peanuts14 grams Protein powder	Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	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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Item	Preparation Suggestions:
2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories:	Preparation Suggestions: Chicken with fruit and applesauce on the side.
630 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!
Item Portions 6.00 A 2.00 P Calories: 602	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357 Item	Preparation Suggestions: 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.
Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	Portions 2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420 Item Portions 9.00 P 3.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 6.00 A 2.00 P Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 301 Item Portions 6.00 A 2.00 P Calories: 602 Item Portions 1.00 PC 1.00 PC 2.00 C 3.00 F Calories: 357 Item Portions 6.00 P 2.00 C 3.00 F Calories: 357 Item Portions 6.00 P 2.00 C 3.00 F Calories: 357 Item Portions 6.00 P 2.00 C 3.00 F Calories:

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

Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken drumstick1 cup Peas1 cup Tomato sauce2 tsp Olive or monounsaturated oil	9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	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	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder2 cups Raspberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless2 Oranges1 whole Pita6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
42 grams Protein powder1/2 cup Blueberries1 Orange3 Almonds, whole2/3 tsp Olive or monounsaturated oil	6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts	2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	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.
		drates: 27 Fat: 27 Calories: 2821
Remember to arink be	tween 10 and 1.	2 glasses of water per day. **

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Day:	32
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	7 Tonooning Droamach
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 Eggs, whole	2.00 P	
	Calories:	
	511 Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 1/2 cups Raspberries	1.50 C	adding water to create desired consistency. If a
1 1/2 cups Strawberries	1.50 C	blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	up the remaining ingredients in a closed container to
	420	mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions 1.00 PC	Roast Beef Sandwich
1 cup Milk, low fat (1%) 7 oz Beef, lean cuts	7.00 PC	Use leftover roast beef or purchase lean sliced beef
1 Orange	2.00 C	from the deli counter. Add a slice of onion and a lea
1 1/2 slice Whole grain bread	3.00 C	of lettuce for flavor.
12 Almonds, whole	4.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories: 602	
	Item	5 6
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
1 Orange 3 Almonds, whole	2.00 C 1.00 F	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold
2/3 tsp Olive or monounsaturated oil	2.00 F	water and have remaining ingredients on the side.
2/0 top Onve of Monounsaturated on	Calories:	Nuts on the side.
	301	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Cacciatore
1 cup Onions	2.00 C	Chop the vegetables and mix with the tomato puree
1 1/2 cups Tomatoes	1.00 C	then cover the chicken with this mixture and bake.
2 Peppers (bell or cubanelle)	1.00 C	Enjoy!
1 cup Tomato, puree	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	630	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	Cheese, Fruit & Nuts
1 Peach	1.00 C	Enjoy items separately.
9 Almonds, whole	3.00 F	
1 cup Yogurt, plain, low fat	2.00 PC	
7 grams Protein powder	1.00 P	
	Calories: 357	
Total Daily Bortions, Protein		drates: 27 Fat: 27 Calories: 2821

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

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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Day:	34
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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 Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 6 Ca Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	Portions 5.00 P 2.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F alories: 511 Item Portions 6.00 P 4.00 F 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item Portions 8.00 P .50 C 1.00 C .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option. 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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
6 slices Turkey bacon 1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 6 Ca Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F alories: 511 Item Portions 6.00 P 4.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
1 Apple 9 Almonds, whole 1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter 22 Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 6 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	2.00 C 3.00 F 2.00 C 1.00 C 2.00 F alories: 511 Item Portions 6.00 P 4.00 F 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 1.0	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
9 Almonds, whole 1 slice Whole grain bread 2 1/2 cup Grapes 2/3 tsp Butter 22 Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 6 Ca Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	3.00 F 2.00 C 1.00 C 2.00 F alories: 511 Item Portions 6.00 P 4.00 F 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
1 slice Whole grain bread 1/2 cup Grapes 2/3 tsp Butter 2 Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 6 Ca Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	2.00 C 1.00 C 2.00 F alories: 511 Item Portions 6.00 P 4.00 F 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
1/2 cup Grapes 2/3 tsp Butter 2 Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	1.00 C 2.00 F alories: 511 Item Portions 6.00 P 4.00 F 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
2/3 tsp Butter Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	2.00 F alories: 511 Item Portions 6.00 P 4.00 F 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 4.00 C 6.00 F alories: 602 Item	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 4 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	511 Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 6.00 F alories: 602 Item	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 4 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	Item Portions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 6.00 F alories: 602 Item	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
A2 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	rortions 6.00 P 4.00 F 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 4.00 C 6.00 F alories: 602 Item	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 4 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	6.00 P 4.00 F 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	4.00 F 1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C 4.00 C 6.00 F alories: 602 Item	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	1.00 C 1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
1/2 cup Grapes 2/3 cup Applesauce Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	1.00 C 2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
2/3 cup Applesauce 2 Ca Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	2.00 C alories: 420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	alories: 420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	mix it all together, then eat the fruit on the side. Enjoy! Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	420 Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
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 Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602	Beef and vegetable pasta. Enjoy!
1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	.50 C 1.00 C .50 C 4.00 C 6.00 F alories: 602	
1/2 cup Onions 1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	1.00 C .50 C 4.00 C 6.00 F alories: 602 Item	
1/4 cup Tomato, puree 1 cup Pasta 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	.50 C 4.00 C 6.00 F alories: 602 Item	
1 cup Pasta 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	4.00 C 6.00 F alories: 602 Item	
2 tsp Olive or monounsaturated oil 6 Ca Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	6.00 F alories: 602 Item	
Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat	alories: 602 Item	
Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat 4	602 Item	
Snack - Meal Portions: P:4 C:3 F: 3 4 oz Cheese, low or non fat 4	Item	
4 oz Cheese, low or non fat	ı	Danagardian Organizations
	ortions	Preparation Suggestions:
	4.00 P	Cheese, Peaches & Nuts
	3.00 C	Enjoy items separately.
18 Peanuts 3	3.00 F	
Ca	alories:	
	301	
Dinner - Meal Portions: P.9 (2:6 F:6	Item Portions	Preparation Suggestions:
	9.00 P	Quick Turkey Dinner
	.25 C	Saute and season the vegetables, then sprinkle the
	1.50 C	almonds over them.
	2.00 C	annondo ovor trioriti
	3.00 F	
	2.00 C	
	3.00 F	
	alories:	
	630	
Shack - Meal Portions, P.b C.3 F.3	Item	Preparation Suggestions:
Po	ortions	
, , , , , , , , , , , , , , , , , , , ,	.00 PC	Protein Shake
	5.00 P	Put all ingredients in blender over ice and blend.
	2.00 C	Add water to create desired consistency. Enjoy!
	3.00 F	
	alories:	
Total Daily Portions: Protein: 40 C	357 Carbohyd	Irates: 27 Fat: 27 Calories: 2821
** Remember to drink between 1		

Day:	35
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Item Portions	Preparation Suggestions:
2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Very easy to prepare, but balanced to start your day off right!
Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 F Calories: 602	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Item Portions	Preparation Suggestions:
1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Item Portions	Preparation Suggestions:
9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Item Portions	Preparation Suggestions:
1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C	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
	Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420 Item Portions 1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 C 3.00 C 4.00 F 2.00 C 3.00 C 4.00 F 2.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 50 C 1.00 C 3.00 F Calories: 301 Item Portions 9.00 P 25 C 1.50 C 2.00 C 3.00 F Calories: 630 Item Portions 9.00 P 25 C 1.50 C 2.00 C 3.00 F Calories: 630 Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F

Day:	36
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat2/3 cup Oatmeal12 Almonds, whole14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Fruit cocktail	Item Portions 9.00 P 3.00 C	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of
 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 2 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil 	1.00 C .30 C .88 C .92 C 6.00 F Calories: 630	lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans	8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
42 grams Protein powder1/2 cup Blueberries1 Orange3 Almonds, whole2/3 tsp Olive or monounsaturated oil	6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat2/3 cup Oatmeal12 Almonds, whole14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Mozzarella cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 cups Grapes 9 Almonds, whole 3 oz Turkey breast, deli style	4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Grapes & Almonds A great, quick snack!
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	2.00 PC 5.00 P 1.50 C 1.50 C 5.00 F Calories: 511	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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

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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat12 Almonds, whole21 grams Protein powder1/2 cup Blueberries	3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420	Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken drumstick1 cup Peas1 cup Tomato sauce2 tsp Olive or monounsaturated oil	9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	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	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 1/2 cups Watermelon1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat9 oz Chicken breast, deli style1 cup Blueberries36 Peanuts1 cup Raspberries1 cup Strawberries	2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Chicken with yogurt, fruit and nuts on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat28 grams Protein powder1 cup Strawberries9 Almonds, whole	Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 9 Almonds, whole 12 Peanuts	2.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	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.
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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

Day:	39
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat3 oz Cheese, low or non fat1 cup Applesauce1 2/3 tsp Olive or monounsaturated oil14 grams Protein powder	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 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 	1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
 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 	1.00 PC 7.00 P 2.00 C 3.00 C 4.00 F 2.00 F Calories: 602	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 Tangerine1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630	Braised Lamb with Beans
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
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	1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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!

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder2 cups Raspberries1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 4 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style	Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602	Preparation Suggestions: Cheese sandwich with fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Snack - Meal Portions: P:6 C:3 F:3 3 oz Cheese, low or non fat 1 Peach 9 Almonds, whole 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357	Preparation Suggestions: Cheese, Fruit & Nuts Enjoy items 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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1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Grapes 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1/3 cup Applesauce 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1 cup Milk, low fat (1%) 1/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce 1 cup Cap Blueberries 1 cup Milk Meal - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1/3 cup Fruit cocktail 2 cup Stogurt, plain, low fat 1 sp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 1 2 Pistachio nuts 7 grams Protein powder 1 cup Onions 1/2 cup Kidney beans 1 cup Onions 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil Dinner - Meal Portions: P:9 C:6 F:6 1/2 cup Kidney beans 1 cup Olive or monounsaturated oil	Breakfast - Meal Portions: P:7 C:5 F:5	ltem Portions	Preparation Suggestions:
1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1/3 cup Applesauce 1/4 cup Kindey Applesauce 1/4 cup Kindey Applesauce 1/5 cup Kindey Applesauce 1/	35 grams Protein powder	2.00 PC 5.00 P	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4	1 2/3 tsp Olive or monounsaturated oil	5.00 F 1.00 C Calories:	
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 Mid Meal - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1/3 cup Pruit cocktail 1 tsp Olive or monounsaturated oil Make a basic chicken salad dading a little celery, onion and green pepper if desired, and salt and pepper to taste. Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste. Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1 cup Onions 2 Lop C 1 kpple 2 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 3 Sprack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 3 Sgrams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821	Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
## Portions 8 oz Chicken breast, skinless 1/3 cup Fruit cocktail 1.00 C 3 tsp Mayonnaise 5.00 C 3.00 F 1 tsp Olive or monounsaturated oil 5.00 C 3.00 F Calories: 602 Snack - Meal Portions: P:4 C:3 F: 3	1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce	1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories:	Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and
1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 1 2 Pistachio nuts 7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1 /2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:3 F:3 1 Apple 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:3 F:3 1 Trangerine 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821 Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste. Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste. Alou F Calories: 602 Item Portions 3.00 F Calories: 3.00 F Calories: 630 Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	Mid Meal - Meal Portions: P:8 C:6 F:6		Preparation Suggestions:
Shack - Meal Portions: P'4 C:3 F: 3 1 1/2 cups Yogurt, plain, low fat 12 Pistachio nuts 3.00 PC 13 Portions 1 1/2 rigrams Protein powder 7 grams Protein powder Dinner - Meal Portions: P:9 C:6 F:6 9 oz Lamb, lean 1 cup Onions 1 cup Onions 1 /2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:3 F:3 Portions 3.00 PC Calories: 301 Item Portions 9 .00 P 2.00 C 2.00 C 2.00 C 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:3 F:3 I cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821	1/3 cup Fruit cocktail 2 1/2 slice Whole grain bread 3 tsp Mayonnaise	1.00 C 5.00 C 3.00 F 3.00 F Calories:	Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
Preparation Suggestions: 9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821	12 Pistachio nuts	Portions 3.00 PC 3.00 F 1.00 P Calories:	Yogurt & Pistachios Mix them together or eat them separately. Either
9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 2.00 C 1 Apple 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821 Braised Lamb with Beans Add Lamb with Beans Frotein Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	Dinner - Meal Portions: P:9 C:6 F:6		Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821	1 cup Onions 1/2 cup Kidney beans 1 Apple	9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630	Braised Lamb with Beans
35 grams Protein powder 1 Tangerine 2.00 C 1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 40 Carbohydrates: 27 Fat: 27 Calories: 2821	Snack - Meal Portions: P:6 C:3 F:3	Portions	
	35 grams Protein powder 1 Tangerine	5.00 P 2.00 C 3.00 F Calories:	Put all ingredients in blender over ice and blend.

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Portions 2.00 PC 5.00 P 2.00 C 5.00 F 1.00 C 2alories: 511 Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F 2alories: 420	Preparation Suggestions: A tasty, yet easy-to-prepare breakfast. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories:	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Preparation Suggestions: Chili with grated cheese on top and toast on the side. Enjoy!
Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories:	Preparation Suggestions:
Item Portions 9.00 P 2.00 C 4.00 C 6.00 F calories: 630	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
2044222	ortions .00 A .00 P .00 C .00 F alories: 602 Item ortions 00 PC .00 F .00 C alories: 301 Item ortions 00 P .00 C alories: 630 Item ortions 00 P .00 C .00 C .00 F alories: 630 Item ortions 00 P .00 C .00 C .00 C .00 F alories: 630

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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Day:	43
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/2 Apples	4.00 P 3.00 C	A nice, quick snack to satisfy those cravings!
24 Peanuts	4.00 F	
1/2 cup Yogurt, plain, low fat	1.00 PC	
7 grams Protein powder	1.00 P	
	Calories: 420	
	Item	
Dinner - Meal Portions: P:9 C:6 F:6	Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Broccoli-Ginger Chicken Delight
1 1/2 cups Broccoli	.50 C	In a pan heat oil and saute chicken until partially
1 1/2 cups Snow peas	1.00 C	cooked. Add vegetables, ginger and water. Cook
3/4 cup Onions	1.50 C	until chicken is done, then reduce heat for about 20
1 1/2 cups Grapes	3.00 C 6.00 F	minutes. Serve grapes for dessert.
2 tsp Olive or monounsaturated oil	Calories:	
	630	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
28 grams Protein powder	Portions 4.00 P	Protein Shake with Fruit
1 Orange	2.00 C	Blend all ingredients together, except nuts, and add
1 cup Raspberries	1.00 C	ice cubes until desired consistency is reached. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available mix protein powder with col
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	301	
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Chicken with yogurt, fruit and nuts on the side.
9 oz Chicken breast, deli style	6.00 P	Official with yogart, francana hato on the side.
1 cup Blueberries	2.00 C	
36 Peanuts	6.00 F	
1 cup Raspberries	1.00 C	
1 cup Strawberries	1.00 C	
	Calories: 602	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Cheese, Orange and Peanuts.
1 1/2 Oranges	3.00 C	A quick snack to keep you going!
18 Peanuts 3 oz Chicken breast, deli style	3.00 F 2.00 P	
3 02 Chicken breast, dell'style	Calories:	
	357	
Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%) 35 grams Protein powder	2.00 PC 5.00 P	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 1/2 cups Raspberries	1.50 C	adding water to create desired consistency. If a
1 1/2 cups Strawberries	1.50 C	blender is not available, set aside the fruit and shak
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container t
·	Calories:	mix it all together, then eat the fruit on the side.
	511	Enjoy! drates: 27 Fat: 27 Calories: 2821

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Day:	44
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	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 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	Item Portions 9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless, 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	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	Preparation Suggestions: Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Orange and Peanuts. A quick snack to keep you going!
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.

Day:	45
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Item Portions	Preparation Suggestions:
6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630	Preparation Suggestions: Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper garlic, and rosemary if you have it.
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
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	Preparation Suggestions: Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and wate until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
Item Portions	Preparation Suggestions:
	6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420 Item Portions 9.00 P 4.00 C .50 C 1.00 C 6.00 F Calories: 630 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 8.00 P .13 C .50 C 1.00 C 3.00 C 6.00 F Calories: 602 Item Portions 1.00 C 3.00 C 6.00 F 1.00 C 3.00 F Calories: 602

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Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511 Item Portions 1.00 PC 5.00 P 1.50 C 4.00 F Calories: 420 Item	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. Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420	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.
Item	
Portions	Preparation Suggestions:
2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Item	Preparation Suggestions:
1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item	Preparation Suggestions:
9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Item Portions	Preparation Suggestions:
4.00 P 3.00 C 3.00 F	Cheese, Applesauce & Peanuts Enjoy this quick snack.
	Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301 Item Portions 9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630 Item Portions 4.00 P 3.00 C

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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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511	Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)35 grams Protein powder1 cup Strawberries1 cup Peaches, canned1 1/3 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
 4 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style 	4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602	Cheese sandwich with fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder1/2 cup Blueberries1 Orange3 Almonds, whole2/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts1 cup Tomato, puree2 cups Celery3 cups Carrots2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 1.00 C 3.00 C 6.00 F Calories: 630	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:6 C:3 F:3 4 oz Cheese, low or non fat 1 cup Applesauce 18 Peanuts 3 oz Chicken breast, deli style	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.
	337	

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 Egg whites1 1/4 Bagels5 tsp Cream cheese2 oz Cheddar cheese, light/low fat	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with a bagel on the side. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread	Item Portions 2.00 PC 6.00 P 4.00 C	Preparation Suggestions: Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
6 tsp Mayonnaise Snack - Meal Portions: P:4 C:3 F: 3	6.00 F Calories: 602 Item	Preparation Suggestions:
4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	Portions 4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Peaches & Nuts Enjoy items separately.
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 9.00 P .25 C 1.50 C 2.00 C 3.00 F 2.00 C 3.00 F Calories: 630	Preparation Suggestions: Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: 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

Day:	49
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Notes:

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	A refreshing breakfast.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)35 grams Protein powder1 cup Strawberries1 1/3 tsp Olive or monounsaturated oil1 Orange	1.00 PC 5.00 P 1.00 C 4.00 F 2.00 C Calories: 420	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter	4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Chili with grated cheese on top and toast on the side Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes	Item Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301	Preparation Suggestions:
Dinner - Meal Portions: P:9 C:6 F:6 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)35 grams Protein powder2 cups Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	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!
	3.00 F Calories: 357	blender is not available, set aside the fruit and sup the remaining ingredients in a closed contain mix it all together, then eat the fruit on the side. Enjoy!

+ energized + transformed + empowered +

Day:	50

Item Portions	Preparation Suggestions:
2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with fruit and applesauce on the side.
Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C 1.00 C Calories: 602	Preparation Suggestions: Chicken with yogurt, fruit and nuts on the side.
Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	2.00 P 2.00 C 4.00 F 2.00 P Calories: 420 Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630 Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301 Item Portions 2.00 PC 6.00 P 2.00 C 6.00 F 1.00 C Calories: 602 Item Portions 4.00 P 2.00 C 6.00 F 1.00 C Calories: 602 Item Portions 4.00 P 2.00 C 1.00 C Calories: 602 Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357 Item Portions 6.00 P 2.00 C 1.00 F

Notes:

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Day. Ji	Day	/ :	51
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat12 Almonds, whole21 grams Protein powder1/2 cup Blueberries	3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420	Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories:	Preparation Suggestions: Herbed Beef and Bean Stew Cut the beef into cubes, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper garlic, and rosemary if you have it.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	ltem Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 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	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	Preparation Suggestions: Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:3 F:3 42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Day:	52
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Item Portions	Preparation Suggestions:
6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	Preparation Suggestions:
9.00 P 4.00 C .50 C .50 C 1.00 C 6.00 F Calories: 630	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.
Item	Preparation Suggestions:
4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Preparation Suggestions: Soup with grated cheese on top. Enjoy the fruit for dessert.
Item	Preparation Suggestions:
2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories:	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
	Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420 Item Portions 9.00 P 4.00 C .50 C 1.00 C 6.00 F Calories: 630 Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301 Item Portions 4.00 P 2.00 C 2.00 F 1.00 C 2.00 F Calories: 301 Item Portions 4.00 P 2.00 C 2.00 F Calories: 301 Item Portions 4.00 P 2.00 C 2.00 F Calories: 602 Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357 Item Portions 6.00 P 3.00 C 2.00 C 3.00 F Calories: 357

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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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat3 oz Cheese, low or non fat1 cup Applesauce1 2/3 tsp Olive or monounsaturated oil14 grams Protein powder	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 5.00 P 1.50 C 1.50 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
28 grams Protein powder1/2 cup Blueberries1 Orange3 Almonds, whole2/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
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	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	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add bee 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.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat1 Peach9 Almonds, whole1 cup Yogurt, plain, low fat7 grams Protein powder	3.00 P 1.00 C 3.00 F 2.00 PC 1.00 P Calories: 357	Cheese, Fruit & Nuts Enjoy items separately.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat3 oz Cheese, low or non fat1 cup Applesauce1 2/3 tsp Olive or monounsaturated oil14 grams Protein powder	2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 12 oz Salmon steak 2 1/2 slice Whole grain bread 1/2 cup Blueberries 6 tsp Mayonnaise	Item Portions 8.00 P 5.00 C 1.00 C 6.00 F Calories: 602	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F: 3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:3 F:3 3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style	Item Portions 3.00 P 3.00 C 3.00 F 3.00 P Calories: 357	Preparation Suggestions: Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

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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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat28 grams Protein powder2 cups Raspberries1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
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	8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 12 Pistachio nuts 3 oz Mozzarella cheese, light/low fat 1 cup Grapes	Portions 1.00 PC 3.00 F 3.00 P 2.00 C Calories: 301	Preparation Suggestions:
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.00 C 4.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries	Item Portions 2.00 PC 4.00 P 3.00 F 1.00 C Calories: 357	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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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Day:	56
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
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	Portions 5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511	Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
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	1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420	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!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Chili, canned 4 oz Cheese, low or non fat 1 slice Rye bread 2/3 tsp Butter	4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Chili with grated cheese on top and toast on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 3 Peaches 18 Peanuts	4.00 P 3.00 C 3.00 F Calories: 301	Cheese, Peaches & Nuts Enjoy items separately.
Dinner - Meal Portions: P:9 C:6 F:6 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 Pear	Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories: 357	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! Brates: 27 Fat: 27 Calories: 2821

Day:	57
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1 cup Grapes24 Peanuts14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories:	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 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	420 Item Portions 9.00 P 3.00 C 1.00 C .30 C .88 C .92 C 6.00 F Calories: 630	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 F Calories: 602	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Applesauce 12 Pistachio nuts 14 grams Protein powder	Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 1/2 cups Bran cereal, all varieties	Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F	Preparation Suggestions: 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!
5 tbsp Almonds, slivered 7 grams Protein powder	1.00 P Calories: 511	

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Snack - Meal Portions: P:6 C:4 F:4	Item	Proporation Suggestions:
	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Grate the cheese and mix with the remaining
2 oz Cheese, low or non fat	2.00 P	ingredients for a uniquely enjoyable snack.
1 cup Blueberries 24 Peanuts	2.00 C 4.00 F	
14 grams Protein powder	2.00 P	
14 grains i Totelli powdei	Calories:	
	420	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
	Portions	
9 oz Chicken breast, skinless	9.00 P	Broccoli-Ginger Chicken Delight
1 1/2 cups Broccoli	.50 C	In a pan heat oil and saute chicken until partially
1 1/2 cups Snow peas 3/4 cup Onions	1.00 C 1.50 C	cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20
1 1/2 cups Grapes	3.00 C	minutes. Serve grapes for dessert.
2 tsp Olive or monounsaturated oil	6.00 F	minutes. Serve grapes for dessert.
2 top onvo or monoanoataratoa on	Calories:	
	630	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder 1 1/2 cups Watermelon	3.00 P 2.00 C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	Add water to create desired consistency. Enjoy!
1 top onve of monounsaturated on	Calories:	
	301	
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
2.2/2 supe Boof and venetable sour	Portions	
2 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat	4.00 A 4.00 P	Soup with grated cheese on top. Enjoy the fruit for dessert.
1 Orange	2.00 C	dessert.
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	602	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Sweet and Spicy Peaches
35 grams Protein powder	5.00 P	Gently heat peeled, pitted and sliced peaches with
2 Peaches	2.00 C	some vanilla extract, allspice, brown sugar and water
3 tbsp Almonds, slivered	3.00 F	until hot. In a bowl combine yogurt and protein
	Calories:	powder and top with heated fruit.
	357	
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 1/2 cups Raspberries	1.50 C	adding water to create desired consistency. If a
1 1/2 cups Strawberries	1.50 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	511	Enjoy!

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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Day: 5	59
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat2/3 cup Oatmeal12 Almonds, whole14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	Mix yogurt, protein and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless1 cup Applesauce1 cup Fruit cocktail2 tsp Olive or monounsaturated oil	9.00 P 3.00 C 3.00 C 6.00 F Calories: 630	Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat21 grams Protein powder1 cup Raspberries1 cup Strawberries1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
 8 oz Chicken breast, skinless 1 Orange 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Mayonnaise 3 Pecans 	8.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat35 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	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.
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)42 grams Protein powder2 cups Strawberries1 cup Peaches, canned1 2/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 2.00 C 5.00 F Calories: 511	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!
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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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Day: 6

Breakfast - Meal Portions: P:7 C:5 F:5	ltem Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple, wholesome breakfast.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 cup Grapes 2/3 cup Applesauce	6.00 P 4.00 F 1.00 C 1.00 C 2.00 C Calories: 420	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup 4 oz Tuna, canned in water 1 slice Whole grain bread 2 tsp Mayonnaise	4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)21 grams Protein powder1 cup Peaches, canned1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
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	7.00 P 2.00 P 1.00 C 2.00 C 2.00 C 1.00 C 6.00 F Calories: 630	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.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat 1 1/2 cups Blueberries 9 Almonds, whole 4 1/2 oz Turkey breast, deli style	3.00 P 3.00 C 3.00 F 3.00 P	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

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Da۱	/ :	61

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511	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.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F:6 4 oz Cheese, low or non fat 2 slice Whole grain bread 2 Peaches 18 Almonds, whole 6 oz Chicken breast, deli style	Item Portions 4.00 P 4.00 C 2.00 C 6.00 F 4.00 P Calories: 602	Preparation Suggestions: Cheese sandwich with fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F: 3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 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 Snack - Meal Portions: P:6 C:3 F:3 3/4 cup Yogurt, plain, low fat 2 1/2 oz Cheese, low or non fat 3/4 cup Blueberries	Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 2.00 C 6.00 F Calories: 630 Item Portions 1.50 PC 2.50 P 1.50 C	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
18 Peanuts 14 grams Protein powder Total Daily Portions: Protein	3.00 F 2.00 P Calories: 357 in: 40 Carbohyo	drates: 27 Fat: 27 Calories: 2821 2 glasses of water per day. **

Take your vitamins. Be empowered

Day:	62
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 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 	5.00 P 2.00 P 2.00 C 3.00 F 2.00 C 1.00 C 2.00 F Calories: 511	Eggs, bacon and toast with fruit on the side. Try some extra spices with your eggs if you like - oregano is one option.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat28 grams Protein powder1 1/2 cups Watermelon1 1/3 tsp Olive or monounsaturated oil	2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Chicken noodle soup4 oz Tuna, canned in water1 slice Whole grain bread2 tsp Mayonnaise	4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Lamb, lean 1 cup Onions 1/2 cup Kidney beans 1 Apple 2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 2.00 C 2.00 C 6.00 F Calories: 630	Braised Lamb with Beans
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Raspberries	2.00 PC 4.00 P 3.00 F 1.00 C Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

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

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

Day:	64
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	14	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	6.00 P 2.00 C 1.00 C 1.00 C 4.00 F Calories: 420	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
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	9.00 P .50 C 1.00 C 1.50 C 3.00 C 6.00 F Calories: 630	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.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Preparation Suggestions: Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Snack - Meal Portions: P:6 C:3 F:3 4 oz Cheese, low or non fat 1 1/2 Oranges 18 Peanuts 3 oz Chicken breast, deli style	Item Portions 4.00 P 3.00 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Cheese, Orange and Peanuts. A quick snack to keep you going!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 6.00 P 3.00 C 2.00 C 3.00 F 2.00 F 1.00 P Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

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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Day:	65
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat2 oz Cheese, low or non fat1 cup Blueberries24 Peanuts14 grams Protein powder	2.00 PC 2.00 P 2.00 C 4.00 F 2.00 P Calories: 420	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 breast, skinless 1 cup Applesauce 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 3.00 C 3.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6 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	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	Preparation Suggestions: Grilled Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Yogurt, plain, low fat 28 grams Protein powder 1 cup Strawberries 9 Almonds, whole	Item Portions 2.00 PC 4.00 P 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!
Breakfast - Meal Portions: P:7 C:5 F:5 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	Item Portions 2.00 PC 4.00 P 3.00 C 5.00 F 1.00 P Calories: 511	Preparation Suggestions: 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!

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Day:	66
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Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat12 Almonds, whole21 grams Protein powder1/2 cup Blueberries	3.00 PC 4.00 F 3.00 P 1.00 C Calories: 420	Yogurt, Protein, Blueberries & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 2.00 P 7.00 P .50 C 1.50 C 2.00 C 2.00 C 6.00 F Calories: 630	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 2 2/3 cups Beef and vegetable soup 4 oz Cheese, low or non fat 1 Orange 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 A 4.00 P 2.00 C 2.00 F Calories: 602	Preparation Suggestions: Soup with grated cheese on top. Enjoy the fruit for dessert.
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 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	Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 4.00 F 1.00 PC Calories: 511	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.

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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Day:	67
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Breakfast - Meal Portions: P:7 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 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	Item Portions 1.00 PC 1.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6 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	Item Portions 8.00 P .50 C 1.00 C .50 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:4 C:3 F: 3 28 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:9 C:6 F:6 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:3 F:3 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	Item Portions 1.50 PC 2.50 P 1.50 C 3.00 F 2.00 P Calories: 357	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Eggs with a bagel on the side. Enjoy!
1 1/4 Bagels	5.00 C	
5 tsp Cream cheese	5.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories: 511	
	Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
1 Pear	2.00 C	adding water to create desired consistency. If a
1 1/3 tsp Olive or monounsaturated oil	4.00 F	blender is not available, set aside the fruit and shake
	Calories: 420	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	420	Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
12 oz Salmon steak	Portions 8.00 P	Salmon Sandwich
2 1/2 slice Whole grain bread	5.00 C	Mix salmon and mayonnaise, salt and pepper to
1/2 cup Blueberries	1.00 C	taste. For some crunch add a handful of chopped
6 tsp Mayonnaise	6.00 F	lettuce, celery or bean sprouts. Nuts can be include
	Calories:	in the sandwich or on the side.
	602	
Snack - Meal Portions: P:4 C:3 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
14 grams Protein powder	2.00 P	Blend all ingredients together and add ice cubes until
1/2 cup Grapes	1.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F	available mix protein powder with cold water and
	Calories: 301	have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
	Portions	
9 oz Chicken breast, skinless	9.00 P	Chicken with Vegetables
2 cups Carrots 1 cup Corn, canned	2.00 C 4.00 C	Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink
2 tsp Olive or monounsaturated oil	6.00 F	left inside the chicken breast). To boost the flavour,
_ 15p 00 0003000.0100.00	Calories:	add a dash of low-fat, low-sugar barbecue sauce, or
	630	coat with some crushed fresh herbs, salt and pepper.
		Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Applesauce & Peanuts
1 cup Applesauce	3.00 C	Enjoy this quick snack.
18 Peanuts	3.00 F	
3 oz Chicken breast, deli style	2.00 P	
	Calories: 357	

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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Description Mani Destions D.7.0.5 E.5	Item	Dranavation Currentians
Breakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	A tasty, yet easy-to-prepare breakfast. Enjoy!
35 grams Protein powder	5.00 P	
1 cup Grapes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil 1/3 cup Applesauce	5.00 F 1.00 C	
1/3 cup Applesauce	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 P	Blend all ingredients together and add ice cubes until
1 1/2 cups Blueberries	3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
, , , , , , , , , , , , , , , , , , ,	Calories:	have remaining ingredients on the side.
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Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Beef and vegetable pasta. Enjoy!
1 cup Celery	.50 C	
1/2 cup Onions	1.00 C	
1/4 cup Tomato, puree	.50 C	
1 cup Pasta	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Oneste Mark Bartisman B.4 O.0 F. 0	Item	Down and the Occupantion of
Snack - Meal Portions: P:4 C:3 F: 3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	
12 Pistachio nuts	3.00 F	
3 oz Mozzarella cheese, light/low fat	3.00 P	
1 cup Grapes	2.00 C	
	Calories: 301	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
9 oz Lamb, lean	Portions 9.00 P	Braised Lamb with Beans
1 cup Onions	2.00 P	Diaised Lattib With Deatis
1/2 cup Kidney beans	2.00 C	
1 Apple	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
•	Calories:	
	630	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
2 cups Strawberries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	357	mix it all together, then eat the fruit on the side.
	1	Enjoy!

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

WIN Cash and Prizes http://empowerednutrition.net

Day:	7	0
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Breakfast - Meal Portions: P:7 C:5 F:5 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	Portions 2.00 PC 4.00 P 3.00 C 5.00 F	Preparation Suggestions: 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.
7 grams Protein powder	1.00 P Calories: 511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
 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 	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Snack - Meal Portions: P:4 C:3 F: 3 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	Item Portions 1.00 PC 3.00 P .50 C .50 C 1.00 C 3.00 F Calories: 301	Preparation Suggestions: A refreshing snack. You can mix the yogurt with the fruit or eat separately.
Dinner - Meal Portions: P:9 C:6 F:6 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	Item Portions 1.00 PC 8.00 P 1.00 C 1.50 C 2.50 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with Rosemary Rosemary is a great spice to use on chicken; it has a really unique flavor.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)35 grams Protein powder1/2 cup Blueberries1 tsp Olive or monounsaturated oil1/2 Pear	1.00 PC 5.00 P 1.00 C 3.00 F 1.00 C Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

Have you had your Protein Smoothie today?

Grocery List

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

Protein	Carbohydrates	Fats	Other
581 grams Protein powder 31 oz Beef, lean cuts 2 oz Mozzarella cheese, light/low fat 24 oz Cheese, low or non fat 51 oz Chicken breast, skinless 6 oz Chicken breast, deli style 6 oz Cheddar cheese, light/low fat 9 oz Turkey breast, deli style 20 Egg whites 6 slices Turkey bacon 4 oz Tuna, canned in water 9 oz Lamb, lean	2 1/2 cups Blueberries 6 1/2 cups Raspberries 5 1/2 cups Strawberries 1 1/2 cups Kidney beans 4 1/4 cups Onions 1 1/2 cups Tomato, puree 1 cup Salsa 7 Oranges 4 1/2 cups Broccoli 1 1/2 cups Grapes 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	38 1/3 tsp Olive or monounsaturated oil 66 Almonds, whole 66 Peanuts 12 tsp Mayonnaise 3 Pecans 8 tbsp Almonds, slivered 2/3 tsp Butter 12 Pistachio nuts 5 tsp Cream cheese	23 cups Milk, low fat (1%) 5 cups Chicken noodle soup 7 1/2 cups Yogurt, plain, low fat

Grocery List

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

Protein	Carbohydrates	Fats	Other
43 1/2 oz Cheese, low or non fat 623 grams Protein powder 48 oz Chicken breast, skinless 9 oz Chicken drumstick 15 oz Chicken breast, deli style 7 1/2 oz Turkey breast, deli style 6 oz Mozzarella cheese, light/low fat 2 Eggs, whole 9 oz Turkey breast, skinless 9 oz Beef, lean cuts 12 oz Salmon steak	6 cups Grapes 8 cups Lettuce, romaine 1 3/4 cups Salsa 3 whole Pita 8 1/2 cups Raspberries 10 cups Strawberries 7 Oranges 10 1/2 cups Blueberries 1 cup Peas 1 cup Tomato sauce 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	144 Peanuts 36 tsp Olive or monounsaturated oil 69 Almonds, whole 24 Pistachio nuts 15 tsp Mayonnaise 3 tbsp Almonds, slivered 2/3 tsp Butter	11 3/4 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 10 cups Milk, low fat (1%) 2 cups Chili, canned

1/2 Pear

Grocery List

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

Carbohydrates	Fats	Other
6 1/4 cups Blueberries 13 cups Lettuce, romaine 2 cups Salsa 3 1/2 cups Grapes 5 whole Pita 7 Peaches 11 1/2 Oranges 7 cups Strawberries 8 cups Raspberries 1 1/2 Apples 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	126 Peanuts 35 tsp Olive or monounsaturated oil 23 tsp Mayonnaise 57 Almonds, whole 24 Pistachio nuts 5 tbsp Almonds, slivered	9 3/4 cups Yogurt, plain, low fat 17 cups Milk, low fat (1%) 5 cups Chicken noodle soup
	6 1/4 cups Blueberries 13 cups Lettuce, romaine 2 cups Salsa 3 1/2 cups Grapes 5 whole Pita 7 Peaches 11 1/2 Oranges 7 cups Strawberries 8 cups Raspberries 1 1/2 Apples 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	6 1/4 cups Blueberries 13 cups Lettuce, romaine 2 cups Salsa 3 1/2 cups Grapes 5 whole Pita 7 Peaches 11 1/2 Oranges 7 cups Strawberries 8 cups Raspberries 1 1/2 Apples 1 1/3 cups Applesauce 1 1/2 romatoes 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

1 Tangerine

Grocery List

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

Protein	Carbohydrates	Fats	Other
38 oz Cheese, low or non fat 532 grams Protein powder 33 oz Chicken breast, skinless 21 oz Turkey breast, deli style 9 oz Chicken drumstick 25 oz Beef, lean cuts 12 oz Chicken breast, deli style 6 oz Cheddar cheese, light/low fat 3 oz Mozzarella cheese, light/low fat 2 Eggs, whole 10 Egg whites 12 oz Salmon steak 9 oz Turkey breast, skinless	3 Apples 2 1/3 cups Fruit cocktail 4 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 3 1/2 cups Broccoli 6 cups Raspberries 8 1/2 cups Strawberries 5 Oranges 4 cups Grapes 2 cups Peaches, canned 1 cup Peas 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	126 Peanuts 35 2/3 tsp Olive or monounsaturated oil 45 Almonds, whole 22 tsp Mayonnaise 3 Pecans 24 Pistachio nuts 8 tbsp Almonds, slivered 5 tsp Cream cheese	10 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 20 cups Milk, low fat (1%)

Grocery List

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

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

Grocery List

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

Protein	Carbohydrates	Fats	Other
26 1/2 oz Cheese, low or non fat 665 grams Protein powder 49 oz Chicken breast, skinless 5 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style 9 oz Chicken drumstick 15 oz Chicken breast, deli style 7 oz Beef, lean cuts 18 oz Lamb, lean	1 1/3 cups Oatmeal 1 1/3 cups Fruit cocktail 2 Peppers (bell or cubanelle) 8 cups Lettuce, romaine 1 3/4 Tomatoes 5 3/4 cups Broccoli 4 1/2 cups Watermelon 3 Oranges 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	105 Almonds, whole 39 tsp Olive or monounsaturated oil 7 tsp Mayonnaise 3 Pecans 66 Peanuts 24 Pistachio nuts 2/3 tsp Butter	16 1/4 cups Yogurt, plain, low fat 16 cups Milk, low fat (1%) 3 cups Chicken noodle soup 2 cups Chili, canned

Grocery List

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

Protein	Carbohydrates	Fats	Other
40 oz Cheese, low or non fat 539 grams Protein powder 41 oz Chicken breast, skinless 27 oz Chicken breast, deli style 27 oz Beef, lean cuts 18 oz Turkey breast, deli style 20 Egg whites 6 slices Turkey bacon 2 oz Cheddar cheese, light/low fat 9 oz Turkey breast, skinless 6 oz Mozzarella cheese, light/low fat 2 Eggs, whole	2 1/2 Apples 3 3/4 cups Broccoli 3 cups Snow peas 4 cups Onions 5 1/2 cups Grapes 6 Oranges 6 cups Raspberries 4 cups Blueberries 13 cups Strawberries 9 Peaches 1/2 head Lettuce, iceberg 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	192 Peanuts 36 2/3 tsp Olive or monounsaturated oil 39 Almonds, whole 6 tbsp Almonds, slivered 12 tsp Mayonnaise 1 1/3 tsp Butter 5 tsp Cream cheese 12 Pistachio nuts	4 1/2 cups Yogurt, plain, low fat 21 cups Milk, low fat (1%) 2 cups Chili, canned

Grocery List

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

Protein	Carbohydrates	Fats	Other
37 oz Cheese, low or non fat 665 grams Protein powder 41 oz Chicken breast, skinless 9 oz Chicken breast, deli style 40 oz Beef, lean cuts 12 oz Salmon steak 4 1/2 oz Turkey breast, deli style 3 oz Mozzarella cheese, light/low fat 10 Egg whites 6 slices Turkey bacon	2/3 cup Oatmeal 4 1/3 cups Applesauce 1 1/3 cups Fruit cocktail 9 1/2 Oranges 12 1/2 cups Raspberries 7 1/2 cups Blueberries 7 1/2 cups Strawberries 2 cups Kidney beans 2 1/2 cups Onions 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	87 Almonds, whole 40 tsp Olive or monounsaturated oil 78 Peanuts 24 Pistachio nuts 9 tsp Mayonnaise 1 1/3 tsp Butter	12 1/2 cups Yogurt, plain, low fat 7 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup 2 cups Chili, canned

1/2 Pear

Grocery List

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

Protein	Carbohydrates	Fats	Other
or non fat 623 grams Protein powder 68 oz Chicken breast, skinless 4 oz Cheddar cheese, light/low fat 8 oz Tuna, canned in water 4 1/2 oz Turkey breast, deli style 6 oz Chicken breast, deli style 10 Egg whites 6 slices Turkey bacon 9 oz Lamb, lean	3 1/2 cups Grapes 2 1/3 cups Fruit cocktail 8 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 Tomatoes 4 1/4 cups Broccoli 6 cups Blueberries 4 1/2 cups Raspberries 8 cups Strawberries 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	66 Peanuts 37 1/3 tsp Olive or monounsaturated oil 8 tsp Mayonnaise 6 Pecans 24 Pistachio nuts 11 tbsp Almonds, slivered 57 Almonds, whole 1 1/3 tsp Butter	9 1/4 cups Yogurt, plain, low fat 17 cups Milk, low fat (1%) 2 2/3 cups Beef and vegetable soup 4 cups Chicken noodle soup 2 cups Chili, canned
	1 alice Due broad		

1 slice Rye bread 1/2 Pear

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder 66 oz Chicken breast, skinless 32 1/2 oz Cheese, low or non fat 6 oz Chicken breast, deli style 6 oz Cheddar cheese, light/low fat 3 oz Turkey breast, deli style 23 oz Beef, lean cuts 10 Egg whites 12 oz Salmon steak 3 oz Mozzarella cheese, light/low fat 9 oz Lamb, lean	9 1/2 cups Blueberries 10 cups Raspberries 4 1/2 cups Strawberries 4 1/2 cups Broccoli 1 1/2 cups Snow peas 3 1/2 cups Onions 6 1/2 cups Grapes 10 Oranges 3 whole Pita 2 2/3 cups Applesauce 1 2/3 cups Fruit cocktail 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	41 tsp Olive or monounsaturated oil 15 tsp Mayonnaise 96 Peanuts 54 Almonds, whole 5 tbsp Almonds, slivered 5 tsp Cream cheese 12 Pistachio nuts	16 cups Milk, low fat (1%) 8 3/4 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

1 cup Corn, canned 1/2 cup Kidney beans 1 Apple 2 1/4 cups Tomatoes