Hey Lean Muscle Builder:

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

I have never been able to build such stacks of muscle so fast in my life. I am losing fat while gaining muscle. Jeff Smith, Real Estate Agent, Burlington, Ontario

I just wanted to let you know that I have gained 8 pounds of muscle and lost 18 pounds of fat in 8 weeks! John Jackson, University Student, Miami, Florida

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

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

Day: '	1
--------	---

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	2.00 PC 3.00 P 3.00 C 5.00 F	A refreshing breakfast.
3 oz Chicken breast, deli style	2.00 P Calories: 511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries	2.00 PC 4.00 P 1.00 C 1.00 C	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories: 420	blender is not available, set aside the 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	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:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat	1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329	Simple, quick and balanced.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 5 cups Celery 2 Kiwis	9.00 P 2.50 C	Chinese Sautéed Beef and Celery
2 Kiwis1/2 cup Mandarin orange, canned2 tsp Olive or monounsaturated oil	2.00 C 1.50 C 6.00 F Calories: 630	Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 12 Almonds, whole	4.00 PC 4.00 F	Yogurt & Almonds Mix them together or eat them separately. Either
2 oz Cheddar cheese, light/low fat	2.00 P Calories: 420	way, you're on your way to a healthy lifestyle!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Have you l		2 graddod dr water per day.

Day: 2		
Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Your favorite cereal mixed with fruit. Enjoy the
4 oz Cheddar cheese, light/low fat	4.00 P	cheese on the side.
1 cup Cereal, cold	2.00 C	
1/3 Banana	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 Egg, whole	1.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item 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 blender over ice and blend.
2/3 cup Mango	2 00 C	Add water to create desired consistency Enjoy!

Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Applesauce 9 Cashews 3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style	3.00 C 3.00 F 3.00 P 2.00 P Calories: 329	Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	9.00 P 6.00 C 6.00 F Calories: 630	Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts	6.00 P 4.00 C 4.00 F Calories: 420	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
Total Daily Portions: Protein ** Remember to drink betw		drates: 28 Fat: 28 Calories: 2940

Have a Protein Smoothie, be Empowered

Notes:

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Applesauce 1 cup Mushrooms 1 cup Broccoli 1 cup Cauliflower 18 Almonds, whole 2 oz Cheddar cheese, light/low fat 	7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630	Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Ham, deli style 1 Cantaloupe	4.00 P 4.00 C	Melon Wrapped in Ham
12 Olives 2 oz Cheddar cheese, light/low fat	4.00 F 2.00 P Calories: 420	This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Notes:

Day: 4

Enter the challenge and	d WIN! + <u>wwv</u>	v.empowerednutrition.net
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter	Portions 6.00 P 4.00 C 4.00 F Calories: 420	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
Snack - Meal Portions: P:6 C:4 F:4	Calories: 630	Preparation Suggestions:
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil	Portions 9.00 P 5.00 C 1.00 C 6.00 F	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:5 C:3 F: 3 3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329 Item	Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1/2 Cantaloupe 1/2 cup Blueberries 1 Kiwi 1 cup Raspberries 8 Cherries 2 tsp Olive or monounsaturated oil	Portions 9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Preparation Suggestions: Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 1 1/2 oz Ham, deli style	Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Dreakfoot Meel Dertiens: D.7 O.5 E.5	Item	Dreveration Commontion

Day:	5
------	---

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A simple breakfast. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 2/3 Banana 1/3 tsp Olive or monounsaturated oil 	2.00 PC 4.00 P 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil	9.00 P 1.50 C 1.25 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:4 F:4	Item Portions	Preparation Suggestions:
6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives	6.00 P 4.00 C 4.00 F Calories: 420	Sometimes the simplest snacks are the best.
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		vw.empowerednutrition.net
Be BIG. Be HOGE. E	e Empowered <u>wy</u>	ww.empowerednatmion.net

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	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Won ton soup 3 oz Cheddar cheese, light/low fat	6.00 A 3.00 P Calories: 630	A simple meal of soup. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style	4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Another tasty snack!
 Snack - Meal Portions: P:5 C:3 F: 3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered 	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories:	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.
Dinner - Meal Portions: P:9 C:6 F:6	329 Item	Preparation Suggestions:
9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil	Portions 9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630	A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 4.00 P 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!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Propagation Suggestions
3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Cook egg whites any style for a nutritious breakfast.
Mid Meal - Meal Portions: P:9 C:6 F:6 5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat	Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Snack - Meal Portions: P:5 C:3 F: 3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
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 unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
5 Eggs, whole	5.00 P	Toasted egg sandwich with fruit.
1/2 cup Peaches, canned	1.00 C	Toasted egg sandwich with huit.
2 slice Whole grain bread	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 oz Mozzarella cheese, light/low fat	2.00 P	
	Calories:	
	511	
Durale Martines D.C.O.4 F.4	Item	Brannatian Organization and
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
2 Kiwis	2.00 C	blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Breast Sandwich
3 slice Sourdough bread	6.00 C	Mix your favorite seasonings with oil and brush on
2/3 tsp Olive or monounsaturated oil	2.00 F	chicken breast. Cook chicken until done, then slice
4 tsp Mayonnaise	4.00 F	and make a sandwich!
	Calories:	
	630	
	Item	
Snack - Meal Portions: P:5 C:3 F: 3	Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	Milk & Cashews
9 Cashews	3.00 F	A cold, refreshing glass of milk, topped off with a
2 oz Cheddar cheese, light/low fat	2.00 P	handful of cashews!
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken drumstick	9.00 P	Italian-Style Chicken
1 cup Peas	4.00 C	Roast chicken in the oven with tomato sauce poured
1 cup Tomato sauce	2.00 C	over top of it. The addition of some fresh basil can
2 tsp Olive or monounsaturated oil	6.00 F	make all the difference in this meal! Enjoy the
2 isponive of monoursaturated on	Calories:	vegetables on the side.
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
Shack - Meal Pollions. P.o C.4 F.4	Portions	Freparation Suggestions.
4 oz Cheddar cheese, light/low fat	4.00 P	A quick and tasty snack.
2 oz Pretzels	4.00 C	
12 Walnuts	4.00 F	
3 oz Turkey breast, deli style	2.00 P	
	Calories:	
Total Daily Portions: Prot	420 ein: 42 Carbobyr	drates: 28 Fat: 28 Calories: 2940
		2 glasses of water per day. **
Dutur oficht be ener	owered and visit	
Put up a fight, be emp	owered and visit	www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Cook eggs any style. Enjoy the fruit 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 5 Almonds, whole 5 Cashews 4 Peanuts	Item Portions 1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420	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.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	9.00 P 6.00 C 3.00 F 3.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat	1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329	Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 10 1/2 oz Ground beef (< 10% fat) 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	7.00 P .50 C .50 C 1.00 C 3.00 C 6.00 F 2.00 P Calories: 630	Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat	Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
	in: 42 Carbohyd	Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
	etween to and 1.	powerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 Cantaloupe 2/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil 	1.00 PC 5.00 P 2.00 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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil	9.00 P 2.50 C 3.50 C 6.00 F Calories: 630	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 9 oz Chicken breast, skinless 2 1/2 cups Mushrooms 3 Peppers (bell or cubanelle) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil 	9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630	Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style 	1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420	Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
	in: 42 Carbohyd	Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		www.empowerednutrition.net
rake your vitamins, be a		www.empowereunutition.net

Day:	1	1
------	---	---

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3	Item Portions	Preparation Suggestions:
 2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat 	2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Mix all the ingredients together and enjoy cold.
	: 42 Carbohyd	drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2/3 tsp Butter 	Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Fruit cocktail	9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	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:
 9 oz Pork chop 1 1/3 cups Applesauce 1 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 	9.00 P 4.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Broiled Pork Chops with Basil Green Beans Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		- graddod of water per day.

Dav:	13

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes	2.00 PC 5.00 P 3.00 C	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
5 tbsp Almonds, slivered	5.00 F 5.00 F Calories: 511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Tuna, canned in water	9.00 P	Tuna Stuffed Pita & Fruit
2 whole Pita 1 Pear	4.00 C 2.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	2.00 C 6.00 F	bean sprouts. Have fruit for dessert.
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1/3 Grapefruit	.67 C	Grapefruit Winter Fruit Compote
1/4 cup Mandarin orange, canned 1/3 Apple	.75 C .67 C	In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange
4 tbsp Almonds, slivered	4.00 F	grapefruit, orange sections, apple pieces and nuts
1 cup Yogurt, plain, low fat	2.00 PC	around cheese. Sprinkle paprika and enjoy!
4 oz Cheddar cheese, light/low fat	4.00 P Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Grate the cheese and mix with the rest of the
1/3 cup Applesauce	1.00 C	ingredients for a quick snack that's easy to pop into a
9 Almonds, whole	3.00 F	container and take along to work or elsewhere.
3 oz Cheddar cheese, light/low fat	3.00 P Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Kabobs
3 1/2 cups Broccoli	1.17 C	
3 1/2 cups Mushrooms	1.75 C	Skewer the chicken and vegetables together, then
2 1/2 cups Cucumber 1 1/2 Peppers (bell or cubanelle)	.63 C .75 C	baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
3 1/2 cups Cherry tomatoes	1.75 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	Protein Shake with Fruit
1 cup Blueberries	2.00 C	Blend all ingredients together, except nuts, and add
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole1 tsp Olive or monounsaturated oil	1.00 F 3.00 F	blender is not available mix protein powder with cold water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	420	
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		_ <u></u>

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
8 Egg whites	Portions 4.00 P	Eggs Any Style Breakfast
2 Grapefruits	4.00 C	Cook eggs any style in olive oil. Enjoy grapefruit on
1 1/3 tsp Olive or monounsaturated oil	4.00 F	the side.
3 oz Cheddar cheese, light/low fat	3.00 P	
1/2 Tangerine	1.00 C	
3 Cashews	1.00 F	
	Calories:	
	511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt, Pears & Nuts
42 grams Protein powder	6.00 P	Mix all ingredients and enjoy!
1 1/2 Pears	3.00 C	
36 Peanuts	6.00 F	
	Calories:	
	630 Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Grate the cheese and mix with the remaining
1 cup Blueberries	2.00 C	ingredients for a uniquely enjoyable snack.
24 Peanuts	4.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat	1.50 PC	Grate the cheese and mix with the remaining
1 1/2 cups Raspberries	1.50 C	ingredients for a uniquely enjoyable snack.
9 Almonds, whole	3.00 F	
3 1/2 oz Mozzarella cheese, light/low fat	3.50 P	
, 3	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Turkey breast, skinless	9.00 P	Baked turkey breast with vegetables and applesauce
2 cups Beans, green or yellow	1.33 C	on the side.
2 1/4 cups Broccoli	.75 C	on the side.
4 cups Cauliflower	1.00 C	
1 cup Applesauce	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 Orange	2.00 C	Blend all ingredients together, except nuts, and add
2 cups Raspberries	2.00 C	ice cubes until desired consistency is reached. If a
 tsp Olive or monounsaturated oil Peanuts 	3.00 F 1.00 F	blender is not available mix protein powder with cold water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	420	
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		empowerednutrition.net

Day:	15	
------	----	--

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	
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 C	
3 oz Chicken breast, deli style	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 our Mills low fot (10()	Portions 1.00 PC	Protein Shake with Fruit
1 cup Milk, low fat (1%) 35 grams Protein powder	5.00 PC	
1 1/2 cups Blueberries	3.00 P	Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.
5 Almonds, whole	1.67 F	Blender not available? Mix protein powder with cold
5 Cashews	1.67 F	water and have remaining ingredients on the side.
4 Peanuts	.67 F	Eat nuts separately.
i i oundo	Calories:	
	420	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
	Portions	
9 oz Chicken breast, skinless	9.00 P	Chicken Salad Sandwich
2 1/2 slice Whole grain bread	5.00 C	Make a basic chicken salad adding a little celery,
1/2 cup Blueberries 3 tsp Mayonnaise	1.00 C 3.00 F	onion and green pepper if desired, and salt and pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
T isp Onve of monourisaturated on	Calories:	
	630	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%)	3.00 PC	Milk & Cashews
9 Cashews	3.00 F 2.00 P	A cold, refreshing glass of milk, topped off with a handful of cashews!
2 oz Cheddar cheese, light/low fat	Calories:	nandiul of cashews!
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
Diffiel - Meal Foldons. F.5 C.0 F.0	Portions	
9 oz Chicken breast, skinless	9.00 P	Chicken Stir Fry
2 1/2 cups Mushrooms	1.25 C	Cube chicken and set aside. Chop 1 clove of garlic
3 Peppers (bell or cubanelle)	1.50 C	and saute, then add chicken. Add chopped
3 cups Beans, green or yellow	2.00 C	vegetables, soy sauce and seasonings (salt and
3 3/4 cups Broccoli	1.25 C	cayenne pepper should do it). Stir until vegetables
2 tsp Olive or monounsaturated oil	6.00 F	are tender and enjoy!
	Calories: 630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Propagation Suggestions:
	Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat	6.00 P	A simple crunchy snack to munch on when you have
4 Pickles	4.00 C	a spare moment can make all the difference during
12 Walnuts	4.00 F	your day.
	Calories: 420	
	in: 42 Carbohyd	l drates: 28 Fat: 28 Calories: 2940
** Remember to drink be	tween 10 and 1	2 glasses of water per day. **
Take yo	our vitamins. Be	empowered

|--|

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions 4.00 P	
8 Egg whites 2 Grapefruits	4.00 P 4.00 C	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on
	4.00 C	the side.
1 1/3 tsp Olive or monounsaturated oil	4.00 F 3.00 P	the side.
3 oz Cheddar cheese, light/low fat		
1/2 Tangerine 3 Cashews	1.00 C 1.00 F	
5 Cashews	Calories:	
	511	
	Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
2 Kiwis	2.00 C	blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	420	Enjoy!
Nid Meal - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
9 oz Chickon broast skiploss	Portions 9.00 P	Marinara Chicken
9 oz Chicken breast, skinless 5 cups Mushrooms	9.00 P 2.50 C	Sauté the mushrooms and season to taste, then add
3 1/2 cups Tomato, canned	2.50 C 3.50 C	the canned tomatoes and simmer. Grill the chicken
2 tsp Olive or monounsaturated oil	6.00 F	and serve covered in the sauce. Enjoy!
2 isp Olive of monourisaturated of	Calories:	and serve covered in the sauce. Enjoy:
	630	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Applesauce	3.00 C	Turkey Breast, Cheese, Applesauce & Cashews
9 Cashews	3.00 F	A nice light snack. Why not try dipping the cashews
3 oz Mozzarella cheese, light/low fat	3.00 P	in the applesauce?
3 oz Turkey breast, deli style	2.00 P	
	Calories: 329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Propagation Suggestions
	Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken with Grapes
2 cups Mushrooms	1.00 C	
2 cups Grapes	4.00 C	A simple grilled chicken breast with sauteed
1/3 cup Applesauce	1.00 C	mushrooms over top and some fruit on the side.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	630 Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Mix yogurt and oatmeal together, topping with nuts.
2/3 cup Oatmeal	2.00 C	Enjoy cheese on the side or grate and mix together.
12 Almonds, whole	4.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	420	
		trates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
roday s checklist: 1	i.Fiotein 2. Wulti	3. Eat 4. Train 5. GROW!

|--|

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 1 1/2 oz Ham, deli style	Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless3 slice Whole grain bread1 tsp Olive or monounsaturated oil3 tsp Mayonnaise	9.00 P 6.00 C 3.00 F 3.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3 1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 1.50 C 1.25 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:4 F:4	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat	Portions 4.00 PC 4.00 F 2.00 P Calories: 420	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	tein: 42 Carbohyd	Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Burn Fat Build	MUSCLE <u>www.en</u>	npowerednutrition.net

Day: '	18
--------	----

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	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:6 C:4 F:4 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 Cantaloupe 2/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 1.00 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:9 C:6 F:6 9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	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:5 C:3 F: 3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat	Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Preparation Suggestions: Mix all the ingredients together and enjoy cold.
	in: 42 Carbohyc	drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
All The Essentials, No	Hype, NO BS <u>w</u>	ww.empowerednutrition.net

Day:	19
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Cook eggs any style. Enjoy the fruit 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 Nectarines 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6 9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3 1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630	Preparation Suggestions: Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:6 C:4 F:4 4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style	Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Preparation Suggestions: A quick and tasty snack.
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Explosive, Strong	& Powerful <u>www.</u>	empowerednutrition.net

Day:	20
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Cook egg whites any style for a nutritious breakfast.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 1 1/2 Pears 36 Peanuts	3.00 PC 6.00 P 3.00 C 6.00 F Calories: 630	Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:6 C:4 F:4 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat	Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Simple, quick and balanced.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	9.00 P 6.00 C 6.00 F Calories: 630	Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 42 grams Protein powder 1 Orange 2 cups Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts 	6.00 P 2.00 C 2.00 C 3.00 F 1.00 F Calories: 420	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.
	in: 42 Carbohyd	rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
	t www.empowere	

Day:	21
------	----

	drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Calories: 420	available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
4.00 P 2.00 C	Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not
Item Portions	Preparation Suggestions:
Calories: 630	
4.00 C 1.00 C	A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Portions 9.00 P	Preparation Suggestions: Chicken with Grapes
Calories: 329 Item	Proposition Suggestion
3.00 F 2.00 P	A tall glass of milk and a handful of peanuts. Enjoy!
Item Portions 3.00 PC	Preparation Suggestions: Milk & Peanuts
Calories: 420	
4.00 C 4.00 F	
Portions 4.00 P	Preparation Suggestions: Another tasty snack!
Calories: 630	
6.00 P 3.00 C	Mix all ingredients and enjoy!
Item Portions 3.00 PC	Preparation Suggestions: Yogurt, Pears & Nuts
1.00 C 1.00 F Calories: 511	
4.00 C 4.00 F 3.00 P	Cook eggs any style in olive oil. Enjoy grapefruit on the side.
Portions 4.00 P	Preparation Suggestions: Eggs Any Style Breakfast
	4.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 511 Item Portions 3.00 PC 6.00 P 3.00 C 6.00 F Calories: 630 Item Portions 4.00 P 4.00 F 2.00 P Calories: 420 Item Portions 3.00 PC 3.00 F 2.00 P Calories: 320 Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329 Item Portions 9.00 P 1.00 C 4.00 C 1.00 C 4.00 F Calories: 630 Item Portions 2.00 PC 4.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A simple breakfast. Enjoy the fruit on the side.
10 Egg whites	5.00 P	
1 cup Mandarin orange, canned	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in blender over ice and blend.
1 1/2 cups Watermelon	2.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	420	
Aid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Breast Sandwich
3 slice Sourdough bread	6.00 C	Mix your favorite seasonings with oil and brush on
2/3 tsp Olive or monounsaturated oil	2.00 F	chicken breast. Cook chicken until done, then slice
4 tsp Mayonnaise	4.00 F	and make a sandwich!
	Calories:	
	630	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Applesauce	3.00 C	Turkey Breast, Cheese, Applesauce & Cashews
9 Cashews	3.00 F	A nice light snack. Why not try dipping the cashews
3 oz Mozzarella cheese, light/low fat	3.00 P	in the applesauce?
3 oz Turkey breast, deli style	2.00 P	
	Calories: 329	
	Item	
Dinner - Meal Portions: P:9 C:6 F:6	Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat)	7.00 P	Beef and Vegetable Stirfry
1 1/2 cups Broccoli	.50 C	Stir fry beef and vegetables together with your choic
2 cups Cauliflower	.50 C	of seasonings. Enjoy fruit for dessert.
2 cups Celery 2 Peppers (bell or cubanelle)	1.00 C 1.00 C	
1 1/2 cups Grapes	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
-	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat	4.00 P	A quick and tasty snack.
2 oz Pretzels	4.00 C	
12 Walnuts	4.00 F	
3 oz Turkey breast, deli style	2.00 P	
	Calories:	
Tatal Ballin Balling Ball	420	
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
	Powerful Proven	Results. http://empowerednutrition.com/critical-bench
	nutrition	

Day: 2	23
--------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Enjoy your preferred, non-sugary cereal with milk
4 oz Mozzarella cheese, light/low fat	4.00 P	and fruit. Have a slice of cheese on the side, or on
1 cup Cereal, cold	2.00 C	your way to work.
1 Peach	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 1/2 oz Ham, deli style	1.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
	Portions	
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 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Pineapple	1.00 C	blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	420 Item	Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Salad Sandwich
1 cup Grapes	2.00 C	Make a basic chicken salad adding a little celery and
2 slice Whole grain bread	4.00 C	onion if desired, and salt and pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
3 tsp Mayonnaise	3.00 F	
	Calories:	
	630	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Simple, quick and balanced.
1 cup Yogurt, plain, low fat	2.00 PC	
18 Peanuts	3.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken drumstick	9.00 P	Italian-Style Chicken
1 cup Peas	4.00 C	Roast chicken in the oven with tomato sauce poured
1 cup Tomato sauce	2.00 C	over top of it. The addition of some fresh basil can
2 tsp Olive or monounsaturated oil	6.00 F	make all the difference in this meal! Enjoy the
	Calories:	vegetables on the side.
	630 Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
6 oz Ham, deli style	4.00 P	Melon Wrapped in Ham
1 Cantaloupe	4.00 C	
12 Olives	4.00 F	This makes a great snack, but it can be pretty filling,
2 oz Cheddar cheese, light/low fat	2.00 P	so reduce the amount of melon if you want,
	Calories: 420	especially if the melon you're using is large.
	ein: 42 Carbohyd	I Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
WIN Cash and	Prizes http://emp	powerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	Portions 5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 1 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 a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless3 slice Whole grain bread1 tsp Olive or monounsaturated oil3 tsp Mayonnaise	9.00 P 6.00 C 3.00 F 3.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Applesauce 9 Cashews 3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style	Item Portions 3.00 C 3.00 F 3.00 P 2.00 P Calories: 329	Preparation Suggestions: Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Pork chop 1 1/3 cups Applesauce 1 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 4.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Preparation Suggestions: Broiled Pork Chops with Basil Green Beans Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if
	Item	you've got it!
Snack - Meal Portions: P:6 C:4 F:4 6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts	Portions 6.00 P 4.00 C 4.00 F Calories: 420	Preparation Suggestions: A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Have you had	our Protein	Smoothie today?

Day: 25		
Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered	Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 1.00 C 1.00 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	329 Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630	Preparation Suggestions: Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat	Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Preparation Suggestions: Mix all the ingredients together and enjoy cold.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
	rotein Smoothie,	

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Enjoy your preferred, non-sugary cereal with milk
4 oz Mozzarella cheese, light/low fat	4.00 P	and fruit. Have a slice of cheese on the side, or on
1 cup Cereal, cold	2.00 C	your way to work.
1 Peach	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 1/2 oz Ham, deli style	1.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 our Mille low fot $(19/)$	1.00 PC	Protein Shake with Fruit
1 cup Milk, low fat (1%) 35 grams Protein powder	5.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 Nectarines		
	3.00 C 4.00 F	adding water to create desired consistency. If a
1 1/3 tsp Olive or monounsaturated oil		blender is not available, set aside the fruit and shake
	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:9 C:6 F:6	Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Breast Sandwich
2 slice Whole grain bread	4.00 C	Mix your favourite seasonings with oil and brush on
2/3 tsp Olive or monounsaturated oil	2.00 F	chicken breast. Cook chicken throughly. Slice and
4 tsp Mayonnaise	4.00 F	top with mayonnaise. You may also wish to add
2/3 cup Fruit cocktail	2.00 C	lettuce for crunch.
	Calories:	
	630	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
Shack - Mear Fortions. F.J C.J T. J	Portions	
2 Pickles	2.00 C	Slice the pickles and the cheese and serve on
4 Crackers	1.00 C	crackers. Enjoy the nuts separately.
18 Peanuts	3.00 F	
4 1/2 oz Ham, deli style	3.00 P	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
10.1/2 or Cround heaf (100 fot)	Portions	Liltra Fast Bast Dispar with Varatables
10 1/2 oz Ground beef (< 10% fat)	7.00 P	Ultra-Fast Beef Dinner with Vegetables
1 2/3 cups Applesauce	5.00 C	Brown ground beef and mix with chopped vegetables
1 cup Mushrooms	.50 C	and nuts. Enjoy the applesauce on the side.
1 cup Broccoli 1 cup Cauliflower	.33 C .25 C	
18 Almonds, whole	6.00 F	
	2.00 P	
18 Almonds, whole	2.00 P Calories:	
18 Almonds, whole 2 oz Cheddar cheese, light/low fat	2.00 P	
18 Almonds, whole 2 oz Cheddar cheese, light/low fat	2.00 P Calories: 630	Preparation Suggestions:
18 Almonds, whole 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:4 F:4	2.00 P Calories: 630 Item	Preparation Suggestions: Melon Wrapped in Ham
18 Almonds, whole	2.00 P Calories: 630 Item Portions	
 18 Almonds, whole 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:4 F:4 6 oz Ham, deli style	2.00 P Calories: 630 Item Portions 4.00 P	
 18 Almonds, whole 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:4 F:4 6 oz Ham, deli style 1 Cantaloupe 	2.00 P Calories: 630 Item Portions 4.00 P 4.00 C	Melon Wrapped in Ham
 18 Almonds, whole 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:4 F:4 6 oz Ham, deli style 1 Cantaloupe 12 Olives 	2.00 P Calories: 630 Item Portions 4.00 P 4.00 C 4.00 F	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling,
 18 Almonds, whole 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:4 F:4 6 oz Ham, deli style 1 Cantaloupe 12 Olives 	2.00 P Calories: 630 Item Portions 4.00 P 4.00 C 4.00 F 2.00 P	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want,
 18 Almonds, whole 2 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:4 F:4 6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat Total Daily Portions: Protein	2.00 P Calories: 630 Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420 : 42 Carbohyo	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want,

+ energized + transformed + empowered +

Day:	27
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%)	Portions 2.00 PC	A simple breakfast. Enjoy the fruit on the side.
10 Egg whites	5.00 P	A simple breaklast. Enjoy the null on the side.
1 cup Mandarin orange, canned	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1	Calories:	
	511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
2 gung Was tan gaup	Portions 6.00 A	A simple meal of soup. Enjoy!
3 cups Won ton soup 3 oz Cheddar cheese, light/low fat	3.00 P	A simple meal of soup. Enjoy!
o oz oneddar oneese, nghl/low lat	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
	Portions	
4 oz Mozzarella cheese, light/low fat	4.00 P 4.00 C	Another tasty snack!
8 cups Popcorn 1 1/3 tsp Butter	4.00 C	
3 oz Ham, deli style	2.00 P	
	Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC 1.00 C	Mix oatmeal and top with cashews and enjoy! Enjoy
1/2 cup Blueberries 1/3 cup Oatmeal	1.00 C	a cool glass of milk on the side.
9 Cashews	3.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
9 oz Pork chop	Portions 9.00 P	Broiled Pork Chops with Basil Green Beans
1 1/3 cups Applesauce	4.00 C	Coat the pork with a pinch of crushed cloves, salt,
1 1/2 cups Beans, green or yellow	1.00 C	pepper and some rosemary, then bake at 350
2 Peppers (bell or cubanelle)	1.00 C	degrees for about 25 minutes or until done (for
2 tsp Olive or monounsaturated oil	6.00 F	something this small, you can use a toaster oven if
	Calories:	you have one). Steam the beans with a little salt,
	630	pepper and some basil - fresh from the garden if
	ltere	you've got it!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 cup Blueberries	2.00 C	Blend all ingredients together, except nuts, and add
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole	1.00 F	blender is not available mix protein powder with cold
1 tsp Olive or monounsaturated oil	3.00 F	water and have remaining ingredients on the side.
	Calories: 420	Nuts on the side.
Total Daily Portions: Prot		Irates: 28 Fat: 28 Calories: 2940
		2 glasses of water per day. **
		*
Enter the challenge	e and WIN! + <u>wwv</u>	v.empowerednutrition.net
Notes:		

2 cups Milk, low fat (1%) 2.00 PC 1 cup Mandarin orange, canned 3.00 C 1 z/3 tsp Olive or monounsaturated oil 5.00 P 3 cups Won ton soup 6.00 A 3 cups Won ton soup 6.00 A 3 cups Von ton soup 6.00 A 3 cup Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 4 oz Cheddar cheese, light/low fat 2.00 PC 4 oz Cheddar cheese, light/low fat 2.00 PC 2 for yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 2 for yogurt, plain, low fat 2.00 PC 2 for yogurt, plain, low fat 2.00 PC 3 ucp Yogurt, plain, low fat 2.00 PC 3 ucp Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 2 for grams Protein powder 3.00 P 1 /2 cups Backberries 1.00 C 3 loz cups Broccoli 1.00 C 3 loz cups Mus	Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:	
10 Egg whites 5.00 P 1 cup Mandarin orange, canned 3.00 C 1 2/3 tsp Olive or monounsaturated oil 5.00 P Calories: 511 Mid Meal - Meal Portions: P:9 C:6 F:6 Portions 3 cups Won ton soup 3.00 C 3 cup Yogurt, plain, low fat 3.00 P 1 cup Blueberries 4.00 P 2 - Peanutis 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 PC Calories: 630 Snack - Meal Portions: P:5 C:3 F: 3 Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC 2 or Cheddar cheese, light/low fat 2.00 PC Calories: 420 9 cable berries 3.00 P 1 cup Yogurt, plain, low fat 2.00 PC 2 grams Protein powder 3.00 P 1 cup Yogurt, plain, low fat 2.00 PC 2 grams Protein powder 3.00 P 1/2 cups Blackberries 3.00 P 3 tup Almonds, slivered 3.00 P Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P <	2 cups Milk low fat (1%)	Portions		
1 cup Mandarin orange, canned 3.00 C 1 2/3 tsp Olive or monounsaturated oil 5.00 F Calories: 511 Wid Meal - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 3 cups Won ton soup 6.00 A 3 oz Cheddar cheese, light/low fat Calories: 630 Freparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC 2 A Peanuts 4.00 P 4 oz Cheddar cheese, light/low fat 4.00 P Calories: 420 4 oz Cheddar cheese, light/low fat 4.00 P Calories: 420 C 24 Peanuts 4.00 P 4 oz Cheddar cheese, light/low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 1 cup Suecheries 3.00 P 1 cup Suecheries 3.00 P 2 cup Blackberries 3.00 P 3 tub p Almonds, slivered 3.00 P 2 cup Blackberries 3.00 P 3 1/2 cups Blackberries 9.00 PC 3 1/2 cups Blackberries 9.00 P 2 cup Suecordi 1.17 C 3 1/2 cups Blackberries 9.00 P 2 cup Cucumb				
Calories: 511 Mid Meal - Meal Portions: P:9 C:6 F:6 Perparation Suggestions: 3 cups Won ton soup 6.00 A 3 oz Cheddar cheese, light/low fat Calories: 630 Rem 1 cup Yogurt, plain, low fat 2.00 PC 24 Peanuts 4.00 F 4 oz Cheddar cheese, light/low fat 4.00 F 24 Peanuts 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 C 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1 cup Yogurt, plain, low fat 2.00 PC 2 grams Protein powder 3.00 P 1 2 cups Backberries 1.00 C 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Broccoli 1.75 C 3 1/2 cups Cucumber 6.30 C 1 2/2 cups Cu		3.00 C		
Wid Meal - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 3 cups Won ton soup 6.00 A A simple meal of soup. Enjoy! 5.00 P Calories: 630 1 cup Yogurt, plain, low fat 2.00 PC 2.4 Peanutis 4.00 F 4 oz Cheddar cheese, light/low fat 4.00 F Calories: 420 2 up Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 2 up Taps Protein powder 3.00 P 1/2 cup Blackberries 3.00 F 2 dornes: 3229 Dinner - Meal Portions: P:9 C:6 F:6 Item 9 ac Chicken breast, skinless 9.00 F 3 1/2 cups Broccoli 1.75 C 3 1/2 cups Mushrooms 1.75 C 1 2/2 cups Cherry tomatoes 1.75 C 2 1/2 cups Cherry tomatoes 1.75 C 2 tup Milk, low fat (1%)<	1 2/3 tsp Olive or monounsaturated oil	5.00 F		
Wid Meal - Meal Portions: P:9 C:6 F:6 Item Portions Preparation Suggestions: A simple meal of soup. Enjoy! 3 cups Won ton soup 3 oz Cheddar cheese, light/low fat 6.00 A 3.00 P Calories: A simple meal of soup. Enjoy! Snack - Meal Portions: P:6 C:4 F:4 Item Portions Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1 cup Yogurt, plain, low fat 4 oz Cheddar cheese, light/low fat 2.00 C 4.00 F 4 oz Cheddar cheese, light/low fat 4.00 P Calories: 1 cup Yogurt, plain, low fat 12 cup Blackberries 2.00 PC 3.00 F 1 cup Yogurt, plain, low fat 22 or PC 3 tbsp. Almonds, slivered 2.00 PC Calories: 3.00 F 2 figrams Protein powder 12 cup Blackberries 3.00 F Calories: 3.00 F 9 oz Chicken breast, skinless 12 cups Burocoli 9.00 F 1.17 C 9 oz Chicken breast, skinless 12 cups Burocoli 9.00 F 1.17 C 1 /2 cups Burocoli 1.75 C 6.30 F 1 /2 cups Burocoli 1.75 C 6.30 F 1 /2 cups Cucumber 1 /2 cups Burocoli 1.75 C 1.75 C Snack - Meal Portions: P:9 C:6 F:4 Item Portions 9 oz Chicken breast, skinless 3 0.00 F 9.00 F Calories: 9 oz Chicken breast, skinless				
Wind Meal Portions: P:9 C:6 P:6 Preparation Suggestions: 3 cups Won ton soup 6.00 A 3 oz Cheddar cheese, light/low fat 6.00 A Snack - Meal Portions: P:6 C:4 F:4 Perions 1 cup Yogurt, plain, low fat 2.00 PC 2.4 Peanuts 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 PC 2 and Samuts 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 PC 2 and Samuts 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 PC 2 and Samuts 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 PC 2 and Samuts 4.00 F 2 and Samuts 5.00 P 2 and Samuts 1.00 C 3 basp Almonds, slivered 3.00 F 2 and Samuts 1.75 C 3 1/2 cups M				
3 cups Won ton soup 6.00 A 3 oz Cheddar cheese, light/low fat 6.00 A Snack - Meal Portions: P:6 C:4 F:4 Item Portions 1 cup Yogurt, plain, low fat 2.00 C 24 Peanuts 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 C Snack - Meal Portions: P:5 C:3 F: 3 Item Portions 1 cup Yogurt, plain, low fat 2.00 C 4 oz Cheddar cheese, light/low fat 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 C Snack - Meal Portions: P:5 C:3 F: 3 Item Portions 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1/2 cup Blackberries 3.00 P 3 tusp Almonds, slivered 3.00 F 21/2 cups Buschorns 1.00 C 3 1/2 cups Buschorns 1.75 C 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Buschorns 1.75 C 1/2 cups Buschorns 1.75 C 1/2 cups Buschorns 1.75 C 1/2 cups Cherry tomatoes 1.75 C 2 targe Sthery tomatoes 1.75 C 3 1/2 cups Brother powder 1.75 C 1/2 cups	Mid Meal - Meal Portions: P:9 C:6 F:6		Preparation Suggestions:	
3 oz Cheddar cheese, light/low fat 3.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item Portions 1 cup Yogurt, plain, low fat 2.00 PC 2.4 Peanuts 4.00 P 4 oz Cheddar cheese, light/low fat 4.00 P Snack - Meal Portions: P:5 C:3 F:3 Item Portions 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1/2 cup Blackberries 1.00 C 3 tbsp Almonds, slivered 3.00 P 2 1/2 cups Borcooli 1.175 C 3 1/2 cups Borcooli 1.775 C 3 1/2 cups Borcooli 1.775 C 3 1/2 cups Porty tomatoes 7.75 C 3 1/2 cups Portons: P:6 C:4 F:4 Item Portions: 1 1/2 cup Subrocoli 1.775 C 3 1/2 cups Portoni 1.775 C 3 1/2 cups Porty tomatoes 1.775 C 3 1/2 cups Rushrooms 1.776 C 6 30 C F 2 tap Dline or monounsaturated oil 6.00 F 3 1/2 cups Cucumber 6.00 F 3 1/2 cups Rushrooms 1.776 C 6 30 C F 2 tap Dline	3 cups Won ton soup		A simple meal of soup. Enjoy!	
630 Snack - Meal Portions: P:6 C:4 F:4 Item Portions 1 cup Yogurt, plain, low fat 2.00 PC Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 4 oz Cheddar cheese, light/low fat 4.00 P 4 oz Cheddar cheese, light/low fat 4.00 P Calories: 4 oz Cheddar cheese, light/low fat 4.00 P Snack - Meal Portions: P:5 C:3 F:3 Item Portions 1 cup Yogurt, plain, low fat 2 (grams Protein powder 3.00 P 1/2 cup Blackberries 3.00 F 21 grams Protein powder 3.00 F 1/2 cups Blackberries 1.00 C 3 tbsp Almonds, slivered 1.07 C 5 oz Chicken breast, skinless 9.00 P 9 oz Chicken breast, skinless 9.00 P 1/2 cups Broccoli 1.17 C 1/2 cups Broccoli 1.17 C 1/2 cups Cherry tomatoes 1.75 C 2 tap Olive or monounsaturated oil 6.00 F 2 tap Miki, low fat (1%) 1.00 Pc 3 up Straberries 1.00 C 3 up Straberries 1.00 C 3 trac ups Cherry tomatoes 1.75 C 6 300 F 6:00 F Calories: 6:30 </td <td></td> <td>3.00 P</td> <td></td>		3.00 P		
Snack - Meal Portions: P:6 C:4 F:4 Item Portions Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1 cup Blueberries 2.00 C 24 Peanuts 4.00 F 4 oz Cheddar cheese, light/low fat 4.00 F 2 remains 4.00 F 4 oz Cheddar cheese, light/low fat 4.00 F 2 remains 4.00 F 4 oz Cheddar cheese, light/low fat 2.00 PC Snack - Meal Portions: P:5 C:3 F: 3 Item Portions 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1/2 cup Blackberries 1.00 C 3 thsp Almonds, slivered 3.00 P 21/2 cups Buscherries 9.00 P 3 1/2 cups Mushrooms 1.75 C 3 1/2 cups Mushrooms 1.75 C 3 1/2 cups Cherry tomatoes 1.75 C 3 1/2 cups Cherry tomatoes 1.75 C 3 1/2 cups Cherry tomatoes 1.00 P 1 1/2 Peppers (bell or cubanelle) .75 C 3 1/2 cups Cherry tomatoes 1.70 C 3 1/2 cups Almonds, slivered 6.00 F 3 1/2 cups Cherry tomatoes 1.70 C				
Snack - Meal Portions: P:9 C:4 F:4 Portions 1 cup Vogurt, plain, low fat 2.00 PC 24 Peanuts 4.00 F 4 oz Cheddar cheese, light/low fat 4.00 F Snack - Meal Portions: P:5 C:3 F:3 Portions: 1 cup Vogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 F 1 cup Vogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 F 1 cup Succuber 3.00 F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Pertoins 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Mushrooms 1.75 C 3 1/2 cups Cherry tomatoes 1.75 C 3 1/2 cups Cherry tomatoes 1.75 C 3 1/2 cups Cherry tomatoes 1.76 C 3 1/2 cups Cherry tomatoes 1.76 C 3 1/2 cups Cherry tomatoes 1.00 C 3 1/2 cups Cherry tomatoes 1.00 F Calories: 630 C Graines: 9.00 P 3 1/2 cups Cherry tomatoes 1.75 C Graines: 630 C Calories:<				
1 cup Yogurt, plain, low fat 2.00 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 4 cup Blueberries 2.00 C Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 4 oz Cheddar cheese, light/low fat 4.00 P Calories: 4 20 Item Preparation Suggestions: 9 cup Yogurt, plain, low fat 2.00 PC Yogurt, Fruit & Nuts 1 cup Yogurt, plain, low fat 2.00 PC Yogurt, Fruit & Nuts 1 cup Yogurt, plain, low fat 2.00 PC Yogurt, Fruit & Nuts 1 cup Yogurt, plain, low fat 2.00 PC Yogurt, Fruit & Nuts 1 cup Yogurt, plain, low fat 3.00 P Mix all ingredients and enjoy! 1/2 cup Backberries 1.00 C Sup Almonds, slivered 3.00 F 21/2 cups Broccoli 1.17 C Sup Almonds Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarrago 9 oz Chicken breast, skinless 9.00 P 1.75 C C 1 /2 cups Mushrooms 1.75 C Siggrams Cherry tomatoes 1.75 C 2 tap Olive or monounsaturated oil 6.00 F Calories: 630 Freparation Suggestions: 1	Snack - Meal Portions: P:6 C:4 F:4		Preparation Suggestions:	
1 cup Blueberries 2.00 C ingredients for a uniquely enjoyable snack. 24 Peanuts 4.00 P 4 oz Cheddar cheese, light/low fat 2.00 C Snack - Meal Portions: P:5 C:3 F: 3 Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 P 21 grams Protein powder 3.00 P 1/2 cup Blackberries 1.00 C 3 tbsp Almonds, slivered 3.00 F Dinner - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 2 1/2 cups Cucumber .63 C 2 1/2 cups Cucumber .63 C 2 1/2 cups Cucumber .63 C 3 1/2 cups Cucumber .63 C 3 1/2 cups Cucumber .63 C 3 1/2 cups Cucumber .63 C 1 1/2 Peppers (bell or cubanelle) .75 C 3 1/2 cups Mushrooms 1.75 C 630 Freation Suggestions: 9 cup Strawberries 1.00 PC 1 cup Milk, low fat (1%) 1.00 PC 3 for up Milk, low fat (1%) 1.00 PC 3 for up Milk, low fat (1%) 1.00 PC	1 cup Yogurt, plain, low fat		Grate the cheese and mix with the remaining	
4 oz Cheddar cheese, light/low fat 4.00 P Calories: 420 Snack - Meal Portions: P:5 C: 3 F: 3 Item Portions Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1/2 cup Blackberries 1.00 C 3 tbsp Almonds, slivered 3.00 F Dinner - Meal Portions: P:9 C:6 F:6 Perparation Suggestions: 0 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Cucumber .63 C 2 1/2 cups Cucumber .63 C 2 1/2 cups Cherry tomatoes 1.75 C 2 1/2 cups Cherry tomatoes 1.75 C 3 1/2 cups Cherry tomatoes 1.75 C 630 Fratation Suggestions: 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Cucumber .63 C 1/2 cups Cucumber .63 C 2 tap Olive or monounsaturated oil Cho Fe 630 Calories: 631 .00 F Calories: 630 1 cup Milk, low fat (1%) 5.00 P				
Calories: 420 Item Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1/2 cup Blackberries 1.00 C 3 tbsp Almonds, slivered 3.00 F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Mushrooms 1.57 C 1 2/2 cups Cucumber 63 C 1/2 cups Cherry tomatees 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 1.00 PC 1 cup Strawberries 1.00 PC 1 cup Strawberries 1.00 PC 1 cup Strawberies 1.00 PC 1 cup				
420 Snack - Meal Portions: P:5 C:3 F: 3 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered 3 on F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1/2 cups Cherry tomatoes	4 oz Cheddar cheese, light/low fat			
Snack - Meal Portions: P:5 C:3 F: 3 Item Portions Preparation Suggestions: 1 cup Yogurt, plain, low fat 21 grams Protein powder 3.00 P Yogurt, Fruit & Nuts 1/2 cup Blackberries 3.00 F Yogurt, Fruit & Nuts 3 tbsp Almonds, slivered 1.00 C 3.00 F 2.00 ner - Meal Portions: P:9 C:6 F:6 Portions Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P Chicken Kabobs 3 1/2 cups Broccoli 1.17 C Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarrago 1 1/2 cups Cherry tomatoes 7.75 C Grill or bake, then enjoy! 1 /2 cup Shorcons 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarrago 1 1/2 cups Cherry tomatoes 1.75 C Groll or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.00 F Preparation Suggestions: 2 tup Olive or monounsaturated oil 630 Preparation Suggestions: 1 cup Strawberries 1.00 P Store Strawberries 1.00 C 1 cup Strawberries 2.00 F 2.00 F available mix protein powder with cold w				
Snack - Meal Portions: P:5 C:3 F: 3 Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC 21 grams Protein powder 3.00 P 1/2 cup Blackberries 1.00 C 3 tbsp Almonds, slivered 3.00 F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Mushrooms 1.75 C 3 1/2 cups Cucumber 6.3 C 1 /2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 630 Freparation Suggestions: 1 cup Nilk, low fat (1%) 1.00 PC 3 trap Protein powder 5.00 P 1 cup Strawberries 1.00 C 1 cup Strawberries 1.00 C 2 calories: 420 Yearseries 1.00 C 2 calories: 420 Yearseries 1.00 C 2 cup Strawberries 1.00 C 2 cup Strawberries 1.00 C 2 cup Peaches, canned 2.00 C <td></td> <td></td> <td></td>				
21 grams Protein powder 3.00 P 1/2 cup Blackberries 3.00 F 3 tbsp Almonds, slivered 3.00 F Dinner - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Cucumber 63 C 2 1/2 cups Cherry tomatoes 1.75 C 3 1/2 cups Cherry tomatoes 1.75 C 630 Freparation Suggestions: 9 oz trawberries 1.00 PC 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 5.00 P 1 cup Peaches, canned 2.00 C 1 /3 tsp Olive or monounsaturated oil 2.00 C 1 /3 tsp Olive or monounsaturated oil 2.00 C 1 /3 tsp Olive or monounsaturated oil 2.00 C 1 /3 tsp Olive or monounsaturated oil 2.00 C 2 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P:5 C:3 F: 3		Preparation Suggestions:	
1/2 cup Blackberries 1.00 C 3 tbsp Almonds, slivered 3.00 F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Mushrooms 1.75 C 6 32 C 6 32 C 1 1/2 Peppers (bell or cubanelle) 7.75 C 3 1/2 cups Cherry tomatoes 1.75 C 6 30 C 6 30 C 2 tsp Olive or monounsaturated oil 6 00 F Snack - Meal Portions: P:6 C:4 F:4 Item 1 cup Milk, low fat (1%) 1.00 PC 3 to grams Protein powder 5.00 P 1 cup Strawberries 1.00 C 1 cup Strawberries 2.00 C 1 1/3 tsp Olive or monounsaturated oil 2.00 F Calories: 420 420 420		2.00 PC		
3 tbsp Almonds, slivered 3.00 F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: Portions 9 oz Chicken breast, skinless 9.00 P 3 1/2 cups Bustrooms 1.75 C 3 1/2 cups Cucumber 63 C 1 1/2 Peppers (bell or cubanelle) 75 C 3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Snack - Meal Portions: P:6 C:4 F:4 Item Portions 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 5.00 P 1 cup Strawberries 1.00 C 2 tsp Olive or monounsaturated oil 2.00 C 1 /2 sp Olive or monounsaturated oil 4.00 F Calories: 420 4 cup Strawberries 2.00 C 1 u/3 tsp Olive or monounsaturated oil 2.00 C 2 strade or monounsaturated oil 2.00 F Calories: 420 420 420 Yereparation Suggestions: protein powder 2.00 F 1 up Strawberries 1.00 C 2 strawberries 1.00 C 2 cup Strawberries 1.00 C 2 cup Strawberries	o	0.00	Mix all ingredients and enjoy!	
Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item Portions Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P Chicken Kabobs 3 1/2 cups Broccoli 1.17 C Chicken Kabobs 3 1/2 cups Mushrooms 1.75 C Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarrago 1 1/2 Peppers (bell or cubanelle) 75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 630 Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 1 up Peaches, canned 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
329Dinner - Meal Portions: P:9 C:6 F:6Item Portions9 oz Chicken breast, skinless9.00 P3 1/2 cups Broccoli1.75 C3 1/2 cups Mushrooms1.75 C2 1/2 cups Cucumber.63 C1 1/2 Peppers (bell or cubanelle).75 C3 1/2 cups Cherry tomatoes1.75 C2 tsp Olive or monounsaturated oil630Preparation Suggestions: Calories: 630Olive or monounsaturated oilSnack - Meal Portions: P:6 C:4 F:41 cup Milk, low fat (1%) 35 grams Protein powder1 cup Strawberries1.00 C1 cup Strawberries1.00 C1 1/3 tsp Olive or monounsaturated oil2.00 C4 1/3 tsp Olive or monounsaturated oil4.00 FCalories: 420220Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	3 tbsp Almonds, slivered			
Dinner - Meal Portions: P:9 C:6 F:6 Item Preparation Suggestions: 9 oz Chicken breast, skinless 9.00 P 1.17 C 3 1/2 cups Broccoli 1.75 C Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarrago 1 1/2 Peppers (bell or cubanelle) 7.75 C Grill or bake, then enjoy! 3 1/2 cups Cucumber 630 Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.00 F Bortions: 2 tsp Olive or monounsaturated oil 1.00 PC Stare to the cubes under to the cubes undesired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
9 oz Chicken breast, skinless 9.00 P Chicken Kabobs 3 1/2 cups Broccoli 1.17 C 3 1/2 cups Mushrooms 1.75 C 2 1/2 cups Cucumber .63 C 1 1/2 Peppers (bell or cubanelle) .75 C 3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 630 Preparation Suggestions: 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 1.00 PC 1 cup Peaches, canned 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	Dinnor - Moal Portions: D:0 C:6 E:6		Propagation Suggestions:	
3 1/2 cups Broccoli 1.17 C 3 1/2 cups Mushrooms 1.75 C 2 1/2 cups Cucumber .63 C 1 1/2 Peppers (bell or cubanelle) .75 C 3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 1.00 C 1 cup Peaches, canned 1.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Autor Peaches, canned 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
3 1/2 cups Mushrooms 1.75 C Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarrago Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes .75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! 3 1/2 cups Cherry tomatoes 1.75 C Grill or bake, then enjoy! Standard tarrago 1.75 C Galories: Galories: 630 1.00 PC Sigrams Protein powder 1.00 C desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 <td colises:<="" td="" td<=""><td></td><td></td><td>Chicken Kabobs</td></td>	<td></td> <td></td> <td>Chicken Kabobs</td>			Chicken Kabobs
2 1/2 cups Cucumber .63 C 1 1/2 Peppers (bell or cubanelle) .75 C 3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item Portions 1.00 PC 35 grams Protein powder 5.00 P 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 5.00 P 1 cup Peaches, canned 1.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420			Skower the chicken and vegetables tegether then	
1 1/2 Peppers (bell or cubanelle) .75 C 3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 5.00 P 1 cup Strawberries 1.00 C 2 cup Peaches, canned 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
3 1/2 cups Cherry tomatoes 1.75 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 5.00 P 1 cup Strawberries 1.00 C 2 cup Peaches, canned 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420				
Calories: G30 Snack - Meal Portions: P:6 C:4 F:4 Item 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 1.00 PC 1 cup Strawberries 1.00 C 1 cup Peaches, canned 1.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **		1.75 C		
630 Snack - Meal Portions: P:6 C:4 F:4 Item 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 1.00 PC 1 cup Strawberries 5.00 P 1 cup Peaches, canned 1.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	2 tsp Olive or monounsaturated oil			
Item Preparation Suggestions: 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 1.00 PC 1 cup Strawberries 5.00 P 1 cup Peaches, canned 1.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
1 cup Milk, low fat (1%) Portions 35 grams Protein powder 1.00 PC 1 cup Strawberries 1.00 C 1 cup Peaches, canned 1.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
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 undesired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 1 cup Peaches, canned 2.00 C 4.00 F 1 1/3 tsp Olive or monounsaturated oil 4.00 F have remaining ingredients on the side. Enjoy! Calories: 420 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P:6 C:4 F:4		Preparation Suggestions:	
1 cup Strawberries 1.00 C desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 1 1/3 tsp Olive or monounsaturated oil 4.00 F have remaining ingredients on the side. Enjoy! Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	1 cup Milk, low fat (1%)			
1 cup Peaches, canned 2.00 C available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 1 1/3 tsp Olive or monounsaturated oil 4.00 F have remaining ingredients on the side. Enjoy! Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			Blend all ingredients together and add ice cubes unt	
1 1/3 tsp Olive or monounsaturated oil 4.00 F have remaining ingredients on the side. Enjoy! Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	1 1/3 tsp Olive or monounsaturated oli		nave remaining ingredients on the side. Enjoy!	
Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **				
	Total Daily Portions: Prote		drates: 28 Fat: 28 Calories: 2940	
Be BIG. Be HUGE. Be Empowered www.empowerednutrition.net	** Remember to drink be	etween 10 and 1	2 glasses of water per day. **	
be big, be hode, be empowered <u>www.empowerednutintion.net</u>		Empowered wa	www.empowerednutrition.pet	
	De DIG. De HOGE. De		ww.empowerednutmon.net	

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2/3 tsp Butter 	Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511	Scrambled eggs with toast. A homestyle favorite.
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:9 C:6 F:6 3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 3.00 P Calories: 630	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat	Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 5.00 C 1.00 C 6.00 F Calories: 630	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:6 C:4 F:4 4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style	Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Preparation Suggestions: A quick and tasty snack.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Check your Vitals -	+ GROW <u>www.e</u>	empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered	Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Snack - Meal Portions: P:6 C:4 F:4 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 Cantaloupe 2/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 1.00 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
 2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat 	2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 10 1/2 oz Ground beef (< 10% fat) 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 	7.00 P .50 C .50 C 1.00 C 3.00 C 6.00 F 2.00 P Calories: 630	Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choic of seasonings. Enjoy fruit for dessert.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style 	1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420	Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts 	1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420	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.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3	Item Portions	Preparation Suggestions:
3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat	1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	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:
 9 oz Turkey breast, skinless 2 cups Beans, green or yellow 2 1/4 cups Broccoli 4 cups Cauliflower 1 cup Applesauce 2 tsp Olive or monounsaturated oil 	9.00 P 1.33 C .75 C 1.00 C 3.00 C 6.00 F Calories: 630	Baked turkey breast with vegetables and applesauce on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style	4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	A quick and tasty snack.
	42 Carbohyo	rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		vww.empowerednutrition.net
Fut up a light, be empowe		

Day:	32
------	----

3 cups Milk, low fat (1%) 3.00 PC Cook egg whites any style for a nutritious breakfast 8 Egg whites 4.00 P 2.00 C 1 2/3 tsp Olive or monounsaturated oil 5.00 F Calories: 511 Preparation Suggestions: Preparation Suggestions: 1 cup Milk, low fat (1%) 5.00 P Protein Shake 3 prums 5.00 P Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and sha up the remaining ingredients in a closed container mix it all together, then eat the fruit on the side. Enjoyl Mid Meal - Meal Portions: P:9 C:6 F:6 Protions 9.00 P 9 oz Chicken breast, skinless 9.00 P Chicken Breast Sandwich 3 slice Sourdough bread 2.00 F Chicken Breast Sandwich 0 20 F Litem Proparation Suggestions: 3 cups Milk, low fat (1%) 3.00 PC Milk & Cashews 3 cups Milk, low fat (1%) 3.00 PC Milk & Cashews 2 oz Cheddar cheese, light/low fat 2.00 F Milk & Cashews! 3 cups Milk, low fat (1%) 9.00 PC Acol, refreshing glass of milk, topped off with a handful of cashews! 3 cups Malk, low fat (1%) 9.00 PC Cook chicken until done, (tor somet	Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
Shack - Meal Portions: P:9 C:4 F:4 Portions Proparation Suggestions: 1 cup Milk, low fat (1%) 1.00 PC 35 grams Protein powder 3.00 PC 3 Plums 1.00 PC 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 dot file 1.00 PC 8 dot file 1.00 PC 9 oz Chicken breast, skinless 9.00 P 3 stice Sourdough bread 6.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F 4 tsp Mayonnaise 9.00 P Snack - Meal Portions: P:5 C:3 F:3 9.00 P 3 cups Milk, low fat (1%) 3.00 PC 3 cups Milk, low fat (1%) 3.00 PC 9 cashews 3.00 PC 3 cups Milk, low fat (1%) 3.00 PC 9 oz Pork chop 3.00 PC 1 1/3 cups Applesauce 1.00 PC 1 1/2 cups Beans, green or yellow 2.00 P 2 reppers (bell or cubanelle) 1.00 C 1 1/2 cups Applesauce 1.00 C 1 1/2 cups Applesauce 1.00 C 1 1/2 cups Beans, green or yellow 1.00 C 2 reppers (bell or cubanelle) 1.00 C 2 reppers (bell or cubane	8 Egg whites 1/2 Cantaloupe	3.00 PC 4.00 P 2.00 C 5.00 F Calories:	Cook egg whites any style for a nutritious breakfast.
Wind Meal - Meal Portions: P:9 C:6 F:6 Portions 9 oz Chicken breast, skinless 9.00 P 3 slice Sourdough bread 6.00 C 2/3 tsp Olive or monounsaturated oil 2.00 F 4 tsp Mayonnaise 6.00 C Snack - Meal Portions: P:5 C:3 F: 3 Item 9 oz Chicken breast, low fat (1%) 3.00 PC 9 cashews 3.00 PC 2 oz Cheddar cheese, light/low fat 3.00 PC 2 oz Cheddar cheese, light/low fat 2.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Dinner - Meal Portions: P:9 C:6 F:6 Item 9 oz Pork chop 1.00 C 1 1/3 cups Applesauce 4.00 C 2 tsp Olive or monounsaturated oil 1.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 tsp Olive or monounsaturated oil 6.00 F 2 tsp Olive or monounsaturated oil 6.00 F 3 cups Celery 1.50 C 3 cups Celery 2.00 P 3 cups Celery 2.00 P	1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums	Portions 1.00 PC 5.00 P 3.00 C 4.00 F 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.
9 oz Chicken breast, skinless 9.00 P Chicken Breast Sandwich 3 silce Sourdough bread 2/0 tsp Or P Mix your favorite seasonings with oil and brush on 4 tsp Mayonnaise 2/0 tsp Cook chicken until done, then slice and make a sandwich! 5 tsp Mayonnaise 4.00 F 6 and make a sandwich! and make a sandwich! 9 cz Shews 3.00 PC 3 cups Milk, low fat (1%) 3.00 PC 9 cz Cheddar cheese, light/low fat 3.00 F 2 oz Cheddar cheese, light/low fat 3.00 F 2 oz Cheddar cheese, light/low fat 3.00 PC 1 1/2 cups Applesauce 9.00 P 1 1/2 cups Beans, green or yellow 1.00 C 2 reports chop 9.00 P 1 1/2 cups Beans, green or yellow 1.00 C 2 tsp Olive or monounsaturated oil Calories: 630 1.00 C 2 tsp Olive or monounsaturated oil Calories: 3 cups Celery 1.50 C 3 cups Celery 1.50 C 3 cups Celery 1.50 C 3 cups Cucumber 1.50 C 3 cups Calories: 9.00 P 4 oz Mozzarella cheese, light/low fat 2.00 P	Mid Meal - Meal Portions: P:9 C:6 F:6		Preparation Suggestions:
Shack - Meal Portions: P:5 C:3 F: 3 Portions 3 cups Milk, low fat (1%) 3.00 PC 9 Cashews 3.00 PC 2 oz Cheddar cheese, light/low fat 3.00 PC Dinner - Meal Portions: P:9 C:6 F:6 Jtem 9 oz Pork chop 1.1/3 cups Applesauce 1 1/2 cups Beans, green or yellow 9.00 P 2 tsp Olive or monounsaturated oil 1.00 C 630 Foreparation Suggestions: 9 cups Clery 1.00 C 3 cups Celery 1.50 C 3 cups Cucumber 7.5 C 3 peppers (bell or cubanelle) 1.50 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 oz Defery 1.50 C 3 cups Celery 1.50 C 3 cups Cucumber 7.5 C 3 oz Ham, deli style 2.00 P Calories: 4.00 P 2.00 P 2.00 P Calories: 420	3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil	9.00 P 6.00 C 2.00 F 4.00 F Calories:	Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice
9 Cashews 3.00 F 2 oz Cheddar cheese, light/low fat 3.00 F 9 oz Pork chop 9.00 P 1 1/3 cups Applesauce 4.00 C 1 1/2 cups Beans, green or yellow 4.00 C 2 Peppers (bell or cubanelle) 1.00 C 2 tsp Olive or monounsaturated oil 6.00 F Calories: 630 3 cups Celery 1.50 C 3 cups Cucumber 1.50 C 3 oz Ham, deli style 4.00 F 4 oz Mozzarella cheese, light/low fat 2.00 P 2 oz Mam, deli style 2.00 P Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940		Portions	
Dinner - Mear Portions: P:9 C:6 F:6 Portions Preparation Suggestions: 9 oz Pork chop 1 1/3 cups Applesauce 9.00 P Broiled Pork Chops with Basil Green Beans 1 1/2 cups Beans, green or yellow 1.00 C Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 2 Peppers (bell or cubanelle) 1.00 C degrees for about 25 minutes or until done (for 6.00 F 2 tsp Olive or monounsaturated oil 6.00 F something this small, you can use a toaster oven i Calories: 3 cups Celery 1.50 C .50 C 3 cups Cucumber 1.50 C .75 C 3 peppers (bell or cubanelle) 1.50 C .75 C 1 1/3 tsp Olive or monounsaturated oil 4.00 P .50 C 3 cups Cucumber 1.50 C .75 C 3 cups Cucumber 2.00 P Sliced vegetables with olive oil and balsamic vineged dip. Feel free to reduce the quantity of vegetables you'd like. Enjoy! 1 1/3 tsp Olive or monounsaturated oil 4.00 P 2.00 P 3 oz Ham, deli style 2.00 P Calories: 420	9 Cashews	3.00 F 2.00 P Calories:	A cold, refreshing glass of milk, topped off with a
9 oz Pork chop9.00 PBroiled Pork Chops with Basil Green Beans1 1/3 cups Applesauce4.00 CCCat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 3502 Peppers (bell or cubanelle)1.00 C6.00 FSomething this small, you can use a toaster oven i you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!Snack - Meal Portions: P:6 C:4 F:4Item PortionsPreparation Suggestions:3 cups Celery1.50 CSiced vegetables with olive oil and balsamic vineg dip. Feel free to reduce the quantity of vegetables you'd like. Enjoy!1 1/3 tsp Olive or monounsaturated oil4.00 F4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style2.00 P2 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 420	Dinner - Meal Portions: P:9 C:6 F:6		Preparation Suggestions:
Shack - Meal Portions: P:6 C:4 F:4 Portions 3 cups Celery 1.50 C 3 cups Cucumber 1.50 C 3 Peppers (bell or cubanelle) 75 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 4 oz Mozzarella cheese, light/low fat 2.00 P 3 oz Ham, deli style 2.00 P Calories: 420	1 1/3 cups Applesauce 1 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle)	4.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if
3 cups Celery 1.50 C Sliced vegetables with olive oil and balsamic vineg 3 cups Cucumber .75 C dip. Feel free to reduce the quantity of vegetables 3 Peppers (bell or cubanelle) 1.50 C you'd like. Enjoy! 1 1/3 tsp Olive or monounsaturated oil 4.00 F 4 oz Mozzarella cheese, light/low fat 2.00 P 3 oz Ham, deli style 2.00 P Calories: 420	Snack - Meal Portions: P:6 C:4 F:4		Preparation Suggestions:
	3 cups Cucumber 3 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style	1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420	
Save money, look great! www.empowerednutrition.net	Save money, loc	ok great! www.en	npowerednutrition.net

Day:	33

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil 	2.00 PC 4.00 P 2.00 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Fruit cocktail	9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 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:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat	4.00 PC 4.00 F 2.00 P Calories: 420	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		drates: 28 Fat: 28 Calories: 2940
** Remember to drink b	between 10 and 1	2 glasses of water per day. **

Notes:

Dav:	34

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Cook egg whites any style for a nutritious breakfast.
Mid Meal - Meal Portions: P:9 C:6 F:6 1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder	Item Portions 3.00 PC 6.00 P	Preparation Suggestions: Yogurt, Pears & Nuts Mix all ingredients and enjoy!
1 1/2 Pears 36 Peanuts	3.00 C 6.00 F Calories: 630	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style	4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Another tasty snack!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 2 1/2 cups Mushrooms 3 Peppers (bell or cubanelle) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630	Preparation Suggestions: Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil 	6.00 P 2.00 C 2.00 C 1.00 F 3.00 F Calories: 420	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.
	ein: 42 Carbohyc	rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Meal Plans That Work	Are Empowered	www.empowerednutrition.net

Day:	35
------	----

2 cups Milk, low fat (1%) 2 cups Milk, low fat (1%) Your favorite cereal mixed with fruit. Enjoy the cheese on the side. 4 oz Cheddar cheese, light/low fat 2.00 PC Your favorite cereal mixed with fruit. Enjoy the cheese on the side. 1 2/3 tsp Olive or monounsaturated oil 5.00 F 1.00 P 1 2/3 tsp Olive or monounsaturated oil 5.00 F 1.00 P 1 1/2 cups Yogurt, plain, low fat 3.00 PC Yogurt, Pears & Nuts 3 cap Fortein powder 3.00 F Sono F 3 frack - Meal Portions: P: 6 C: 4 F:4 Item Preparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 F Zalories: 3 cap Yogurt, plain, low fat 4.00 F Zalories: 2 cup Yogurt, plain, low fat 4.00 F Yogurt & Slivered Almonds 1 cup Yogurt, plain, low fat 2.00 FC Yogurt & Slivered Almonds 2 cup Yogurt, plain, low fat 2.00 FC Yogurt & Slivered Almonds 1 cup Yogurt, plain, low fat 2.00 FC Yogurt & Slivered Almonds 1 cup Yogurt, plain, low fat 2.00 FC Slow F 2 cup Yogurt, plain, low fat 2.00 FC Yogurt & Slivered Almonds 1 cup Yogurt, plain, low fat 2.00 FC Yogurt & Slow F	Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
4 ac Zcheddar cheese, light/low fat 1 cup Create, cold 1 223 tsp Olive or monounsaturated oil 4 00 P 1 cup Create, cold 1 20 to or monounsaturated oil 4 00 P 2 cup Create cheese on the side. 1 122 tsp Olive or monounsaturated oil 1 223 tsp Olive or monounsaturated oil 2 cup Srogurt, plain, low fat 2 grams Protein powder 5 00 F 3 00 PC Perparation Suggestions: Yogurt, Pears & Aluts 3 00 PC 1 1/2 cups Yogurt, plain, low fat 2 cups Yogurt, plain, low fat 4 tbsp Almonds, silvered 2 up Srogurt, plain, low fat 4 tbsp Almonds, silvered 2 oz Mozzarella cheese, light/low fat 2 cup Srogurt, plain, low fat 4 tbsp Almonds, silvered 2 oz Mozzarella cheese, light/low fat 2 cup Grapes 1 1/2 cup Grapes 1 0 tr/2 cup Graud beel (< 10% fat) 1 1/2 cup Strocoli 3 oz Cheddar cheese, light/low fat 2 cup Scaliflower 2 cup Scale (bell or cubanelle) 1 1/2 cups Strocoli 2 cup Scale (bell or cubanelle) 1 1/2 cup Strocoli 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powder 1 cup Grapes 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powder 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powder 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powder 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powder 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powder 2 cup Scale (bell or cubanelle) 1 1/2 cup Strotein powde			
1 oup Cereal, cold 2.00 C 1/3 Banana 1.00 C 1 2/3 tsp Olive or monounsaturated oil 5.00 F 1 Egg, whole 5.00 F Wild Meal - Meal Portions: P:9 C:6 F:6 Item Portions 1 1/2 cups Yogurt, plain, low fat 3.00 PC 42 grams Protein powder 6.00 F 36 Peanuts Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 2 cups Yogurt, plain, low fat 4.00 FC 4 tbsp Almonds, Silvered 2.00 P 2 cups Yogurt, plain, low fat 4.00 FC 4 tbsp Almonds, Silvered 2.00 P 2 cup Yogurt, plain, low fat 2.00 P 2 cup Yogurt, plain, low fat 2.00 P 1 cup Streaction 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 2 cup Streactifiower 50 C 2 cup Streachifiower			
17.3 Benana 1.00 C 1 2/3 tsp Olive or monounsaturated oil 1.00 C 1 2/3 tsp Olive or monounsaturated oil 1.00 C 1 1/2 cups Vogurt, plain, low fat 3.00 PC 2 grans Protein powder 6.00 P 1 1/2 Pears 3.00 PC 3 Preparation Suggestions: Yogurt, Pears & Nuts Mix all ingredients and enjoy! Mix all ingredients and enjoy! 1 1/2 pears 3.00 PC 3 Preparation Suggestions: Yogurt, Pears & Nuts 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, Silvered 4.00 F 2 oz Mozzarelia cheese, light/low fat 2.00 PC 4 tbsp Almonds, Silvered 2.00 PC 4 tbsp Almonds, Silvered 2.00 PC 4 up Yogurt, plain, low fat 2.00 PC 4 up Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 1.00 C 1 (2 cup Grapes 1.00 C 1 2 cup Grapes 3.00 P Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item Portions Portions 1 1/2 cup Grapes 1.00 C 1 1/2 cup Grapes 3.00 P </td <td></td> <td></td> <td>cheese on the side.</td>			cheese on the side.
1 23 tsp Olive or monounsaturated oil 5.00 F 1 Egg, whole 100 P Calories: 511 Mid Meal - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 1 1/2 cups Yogurt, plain, low fat 3.00 PC 42 grams Protein powder 6.00 P 36 Peanuts 6.00 F Calories: 6300 Calories: 6300 Stack - Meal Portions: P:6 C:4 F:4 Portions 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almods, slivered 4.00 F 2 cups Yogurt, plain, low fat 2.00 P Calories: 420 Stack - Meal Portions: P:5 C:3 F: 3 Portions 1 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Crapes 1.00 C 1 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Crapes 3.00 C 3 oz Cheddar cheese, light/low fat 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P 2 cups Califower 5.0 C 3 oz Cheddar cheese, light/low fat 3.00 P 2 cups Cellfower 5.0 C 1 /2 oz Ground beef (< 10% fat)			
1 Egg, whole 1.00 P Calories: 511 Wid Meal - Meal Portions: P:9 C:6 F:6 Preparation Suggestions: 1 1/2 cups Yogurt, plain, low fat 3.00 PC 2 grams Frotein powder 6.00 F 36 Peanuts 6.00 F Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Preparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 PC 2 tops Yogurt, plain, low fat 2.00 P 2 oups Yogurt, plain, low fat 2.00 P 2 oups Yogurt, plain, low fat 2.00 PC 2 oups Yogurt, plain, low fat 2.00 PC 2 oups Yogurt, plain, low fat 2.00 PC 3 oz Cheddar cheese, light/low fat 2.00 PC 3 oz Cheddar cheese, light/low fat 3.00 P 1/2 cup Grapes 1.00 C 13 Peanuts 3.00 P 2 cub Cellory 3.00 P 2 cup S Callflower 5.0 C 1 1/2 cups Broccoli 7.00 P 1 1/2 cups Clear cheese, light/low fat 3.00 F 2 cup S Callflower 5.0 C 2 cups Cellery 1.00 C 1 1/2 cups Grapes 3.00 C <t< td=""><td></td><td></td><td></td></t<>			
Calories: 5111 Mid Meal - Meal Portions: P:9 C:6 F:6 Item Portions Preparation Suggestions: 1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 6.00 F Kalories: 36 Peanuts Calories: Galories: Yogurt, Pears & Nuts 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 4 tbsp Almonds, slivered 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! Snack - Meal Portions: P:5 C:3 F:3 Item Portions 1 cup Yogurt, plain, low fat 2 cup Grapes 2.00 PC 1.00 C 13 Peanuts 3 oz Cheddar cheese, light/low fat 3 oz Cheddar cheese, light/low fat 2.00 PC 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 2 cups Calificver 5.0 C 2 cups Calificver 5.0 C 2.00 PC 1 1/2 cups Brocoli .50 C 2.00 PC 5.0 C 2.00 PC 2 holl we or monounsaturated oil 6.00 F 2 reppers (bell or cubanelle) 1.00 C 1 1/2 cups Grapes 3.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 cups Milk, low fat (1%)			
Mid Meal - Meal Portions: P:9 C:6 F:6 Profitons 1 1/2 cups Yogurt, plain, low fat 3.00 PC 2 grams Protein powder 3.00 PC 11/2 Pears 3.00 C 36 Peanuts 6.00 P 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 4.00 PC 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 2.00 P 2 cup Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 2.00 P 2 cup Yogurt, plain, low fat 2.00 P 2 cup Yogurt, plain, low fat 2.00 PC 3 cup Yogurt, plain, low fat 2.00 PC 1 2 cup Samuts 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 2 cups Calufflower 5.0 C 2 cups Calufflower 5.0 C 2 cups Calufflower 5.0 C 2 cups Calufflower 5.0	1 Egg, whole		
Mid Meal - Meal Portions: P:9 C:6 F:6 Item Preparation Suggestions: 1 1/2 cups Yogurt, plain, low fat 3.00 PC 42 grams Protein powder 6.00 F 36 Peanuts 6.00 F Snack - Meal Portions: P:6 C:4 F:4 Preparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 F 2 tups Yogurt, plain, low fat 2.00 P 2 tups Yogurt, plain, low fat 2.00 PC 2 cups Yogurt, plain, low fat 2.00 PC 3 cack - Meal Portions: P:5 C:3 F: 3 Portions: 1 /2 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 3.00 P 2 cabries: 3.00 P 2 cabries: 3.00 P Calories: 3.00 P 2 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 5.0 C 1/2 cups Calery 1.00 C 2 cups Califilower 5.0 C 2 cups Calery 1.00 C 2 cups Calery			
With Meal Portions: P:9 C: 6 P:0 Portions 1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 3.00 PC 6.00 P 36 Peanuts 6.00 F 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 4.00 PC 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 4.00 PC 2 oz Mozzarella cheese, light/low fat 2.00 P 2 cup Yogurt, plain, low fat 4 tbsp Almonds, slivered 4.00 PC 3 Dack - Meal Portions: P:5 C:3 F:3 Preparation Suggestions: Yogurt & Slivered Almonds 1 cup Yogurt, plain, low fat 1 cup Yogurt, plain, low fat 2.00 P 1 cup Yogurt, plain, low fat 1 cup Yogurt, plain, low fat 2.00 PC 1 2 cup Grapes 1.00 C 1 2 cup Stoccoli 2.00 PC 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 2 cups Cauliflower 5.0 C 2 cups Califilower 5.0 C 2 cups Kik, low fat (1%) 2.00 PC 2 cups Kik, low fat (1%) 2.00 PC 2 tup Olive or monounsaturated oil 6.00 F </td <td></td> <td>-</td> <td></td>		-	
1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 3.00 PC 6.00 P Yogurt, Pears & Nuts Mix all ingredients and enjoy! 1 1/2 Pears 3.00 C 6.00 P 36 Peanuts Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item Portions 2 cups Yogurt, plain, low fat 4 tbsp Almonds, silvered 4.00 PC 4 tbsp Almonds, silvered 4.00 PC 2 oz Mozzarella cheese, light/low fat 2.00 PC Snack - Meal Portions: P:5 C:3 F: 3 Item Portions 1 cup Yogurt, plain, low fat 1/2 cup Grapes 2.00 PC 1 cup Yogurt, plain, low fat 1/2 cup Grapes 2.00 PC 3 oz Cheddar cheese, light/low fat 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P 2 cups Cargues 1.00 C 1 1/2 cups Broccoli 50 C 2 cups Califlower 50 C	Mid Meal - Meal Portions: P:9 C:6 F:6		Preparation Suggestions:
42 grams Protein powder 6.00 P 1 1/2 Pears 3.00 C 36 Peanuts 6.00 F Galaxies 6.00 F Snack - Meal Portions: P:6 C:4 F:4 Item 2 oz Mozzarella cheese, light/low fat Preparation Suggestions: Yogurt & Slivered Almonds 1 cup Yogurt, plain, low fat 2.00 P Calories: 420 1 cup Yogurt, plain, low fat 2.00 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1 cup Yogurt, plain, low fat 2.00 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 3 oz Cheddar cheese, light/low fat 3.00 F Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 10 1/2 cup Grapes 3.00 F Sti fry beef and Vegetable Stirfry 1 1/2 cups Broccoli .50 C Sti fry beef and Vegetables together with your choic of seasonings. Enjoy fruit for dessert. 2 ups Caluffower .00 C .00 C 1 1/2 cups Grapes 3.00 C 2 oz Cheddar cheese, light/low fat 2.00 PC	1.1/2 augo Vogurt, plain, low fat		Vagurt Dooro & Nuto
1 1/2 Pears 3.00 C 36 Peanuts 3.00 C Snack - Meal Portions: P:6 C:4 F:4 Item Portions 2 cups Yogurt, plain, low fat 4.00 PC 2 togs Mix hem together or eat them separately. Either way, you're on your way to a healthy lifestyle! Yogurt & Slivered Almonds 3 cups Yogurt, plain, low fat 4.00 PC 2 cups Vogurt, plain, low fat 2.00 P 3 cack - Meal Portions: P:5 C:3 F:3 Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 1 1/2 cups Ground beef (< 10% fat)			
36 Peanuts 6.00 F Snack - Meal Portions: P:6 C:4 F:4 Perparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 4.00 PC 2 oz Mozzarella cheese, light/low fat 2.00 PC Snack - Meal Portions: P:5 C:3 F:3 Item 1 cup Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 1 cup Yogurt, plain, low fat 2.00 PC 3 oz Cheddar cheese, light/low fat 3.00 P 2 cups Capes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 P Calories: 3.00 P 2 cups Cauliflower 3.00 P 2 cups Cauliflower 5.0 C 1 1/2 cups Broccoli 5.0 C 2 cups Califlower 5.0 C 2 cups Calery 1.00 C 2 tup Cleary 1.00 C 2 cups Califlower 2.00 P 2 calories: 630 3 00 C 6.00 F			
Calories: G30 Snack - Meal Portions: P:6 C:4 F:4 Portions 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 2.00 PC 2 cup Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 2.00 PC Snack - Meal Portions: P:5 C:3 F:3 Item 1 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P 1/2 cup Structories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item 10 1/2 oz Ground beef (< 10% fat)			
630 Snack - Meal Portions: P:6 C:4 F:4 Preparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, stivered 2.00 PC 2 oz Mozzarella cheese, light/low fat 2.00 P Snack - Meal Portions: P:5 C:3 F:3 Tem 1 cup Yogurt, plain, low fat 2.00 PC 1 Cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 F 2 cups Calliflower 5.0 C 2 cups Calliflower 5.0 C 2 cups Calliflower 5.0 C 2 cups Calliflower 5.00 C 2 cups Chell or cubanelle) 1.00 C 1 1/2 cups Grapes 3.00 C 2 tup Grapes 3.00 C 2 tup Softape 3.00 C 2 tup Grapes 3.00 C 2 cups Califfower 2.00 PC	So realities		
Snack - Meal Portions: P:6 C:4 F:4 Item Preparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 PC Yogurt & Slivered Almonds Yogurt & Slivered Almonds 2 oz Mozzarella cheese, light/low fat 2.00 PC Yogurt & Slivered Almonds Wax, you're on your way to a healthy lifestyle! Snack - Meal Portions: P:5 C:3 F: 3 Item Preparation Suggestions: Yogurt way, you're on your way to a healthy lifestyle! 1 cup Yogurt, plain, low fat 2.00 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 18 Peanuts 3.00 F 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 10 1/2 oz Ground beef (< 10% fat)			
Shack - Meal Portions: P:6 C:4 F:4 Portions Preparation Suggestions: 2 cups Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 2.00 P 2 cup Yogurt, plain, low fat 4.00 PC 4 tbsp Almonds, slivered 2.00 P Snack - Meal Portions: P:5 C:3 F: 3 Item 1 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 P 2 calories: 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P Calories: 3.22 P Dinner - Meal Portions: P:9 C:6 F:6 Item 1 1/2 cups Broccoli 5.0 C 2 cups Caleries 5.0 C 2 cups Calery 1.00 C 2 cups Calery 1.00 C 2 cups Calery 5.0 C 2 cups Calery 5.0 C 2 tap Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 PC 2 tap Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 PC 2 cups Milk, low fat (1%) 2.00 PC 2 cups Milk, low fat	• • • • • • • • • • • • • • • • • • •		
2 cups Yogurt, plain, low fat 4 tbsp Almonds, silvered 4.00 PC 4.00 F Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! 2 oz Mozzarella cheese, light/low fat 2.00 PC calories: 420 Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 3 nor P 3 oz Cheddar cheese, light/low fat 3.00 F 3.00 P Calories: 329 Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1 1/2 cups Grapes 1.00 C 3.00 F 1.00 C 3.00 F 1 01/2 oz Ground beef (< 10% fat)	Snack - Meal Portions: P:6 C:4 F:4		Preparation Suggestions:
4 tbsp Almonds, slivered 4.00 F 2 oz Mozzarella cheese, light/low fat 4.00 F Snack - Meal Portions: P:5 C:3 F: 3 Portions 1 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 1 /2 cup Grapes 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 1 /1/2 cups Broccoli 3.00 F 1 /1/2 cups Broccoli 7.00 P 1 /1/2 cups Grapes 1.00 C 1 /1/2 cups Broccoli 7.00 P 2 cups Celery 1.00 C 2 cups Celery 1.00 C 2 lipo Grapes 3.00 C 2 sp Olive or monounsaturated oil 6.00 F 2 cups Milk, low fat (1%) 2.00 P 2 cups Milk, low fat (1%) 2.00 P 2 cups Grapes 3.00 C 2 cups Grapes 3.00 C 2 cups Milk, low fat (1%) 2.00 P 2 cups Milk, low fat (1%) 2.00 P 2 cups Milk, low fat (1%) 2.00 PC 2 cups Grapes 2.00 PC 2 lipt/low fat </td <td>2 cups Yogurt, plain, low fat</td> <td></td> <td></td>	2 cups Yogurt, plain, low fat		
2 oz Mozzarella cheese, light/low fat 2.00 P way, you're on your way to a healthy lifestyle! Snack - Meal Portions: P:5 C:3 F:3 Item Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 P Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 18 Peanuts 3.00 P Calories: 329 2 oup S Calorides: 3.00 P Calories: 329 10 1/2 oz Ground beef (< 10% fat)		4.00 F	
Calories: 420 Snack - Meal Portions: P:5 C:3 F: 3 Tem Portions 1 cup Yogurt, plain, low fat 1/2 cup Grapes 2.00 PC 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F Calories: 3 oz Cheddar cheese, light/low fat 3.00 F Dinner - Meal Portions: P:9 C:6 F:6 Item Portions 10 1/2 oz Ground beef (< 10% fat)			
Snack - Meal Portions: P:5 C:3 F: 3 Item Portions Preparation Suggestions: 1 cup Yogurt, plain, low fat 2.00 PC Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 3 oz Cheddar cheese, light/low fat 3.00 F 3.00 P 2 cup Scalers: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item Portions Preparation Suggestions: 10 1/2 oz Ground beef (< 10% fat)		Calories:	
Snack - Meal Portions: P:5 C:3 F: 3 Portions 1 cup Yogurt, plain, low fat 2.00 PC 1/2 cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 P Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item 1 1/2 cups Broccoli 7.00 P 2 cups Cauliflower 50 C 2 cups Cauliflower 50 C 2 cups Calery 1.00 C 1 1/2 cups Grapes 3.00 F 2 sup Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Preparation Suggestions: 2 cups Milk, low fat (1%) 2.00 P 2 cups Milk, low fat (1%) 2.00 P 2 cups Milk, low fat (1%) 2.00 PC 2 sup Olive or monounsaturated oil 2.00 P 2 cups Grapes 2.00 PC 2 cups Milk, low fat (1%) 2.00 PC 2 cups Milk, low fat (1%) 2.00 PC 2 cups Grapes 2.00 PC 2 cups Milk, low fat (1%) 2.00 PC		420	
1 cup Yogurt, plain, low fat 1/2 cup Grapes 2.00 PC 1/2 cup Grapes 1.00 C 3 oz Cheddar cheese, light/low fat 3.00 F 2 cup Scaler 3.00 P 10 1/2 oz Ground beef (< 10% fat)	Snack - Meal Portions: P:5 C:3 F: 3		Preparation Suggestions:
1/2 cup Grapes 1.00 C 18 Peanuts 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 2 cups Calcries: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item Portions 10 1/2 oz Ground beef (< 10% fat)			
18 Peanuts 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F 3 oz Cheddar cheese, light/low fat 3.00 F Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item 10 1/2 oz Ground beef (< 10% fat)			
3 oz Cheddar cheese, light/low fat 3.00 P Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item Portions 10 1/2 oz Ground beef (< 10% fat)			ingredients for a uniquely enjoyable snack.
Calories: 329 Dinner - Meal Portions: P:9 C:6 F:6 Item Portions 10 1/2 oz Ground beef (< 10% fat)			
329 Dinner - Meal Portions: P:9 C:6 F:6 Item Preparation Suggestions: 10 1/2 oz Ground beef (< 10% fat)	3 oz Cheddar cheese, light/low fat		
Dinner - Meal Portions: P:9 C:6 F:6 Item Portions Preparation Suggestions: 10 1/2 oz Ground beef (< 10% fat)			
Dinner - Meal Portions: P:9 C:6 F:6 Portions 10 1/2 oz Ground beef (< 10% fat)			
10 1/2 oz Ground beef (< 10% fat)	Dinner - Meal Portions: P:9 C:6 F:6		Preparation Suggestions:
1 1/2 cups Broccoli .50 C 2 cups Cauliflower .50 C 2 cups Celery 1.00 C 1 1/2 cups Grapes 3.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Grapes 2.00 PC 2 cups Milk, low fat (1%) 2.00 PC 2 sg grams Protein powder 4.00 P 1 cup Grapes 2.00 PC 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cups Milk, low fat (1%) 2.00 PC 2 how far the server monounsaturated oil 4.00 F 2 cups Grapes 2.00 PC 4 cup Grapes 2.00 PC<	10 1/2 oz Ground beef (< 10% fat)		Beef and Vegetable Stirfry
2 cups Cauliflower .50 C of seasonings. Enjoy fruit for dessert. 2 cups Celery 1.00 C 1 1/2 cups Grapes 3.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Milk, low fat (1%) 2.00 PC 28 grams Protein powder 4.00 P 1 1/3 tsp Olive or monounsaturated oil 4.00 P 2 cup Grapes 2.00 C 4 doi 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! 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
2 cups Celery 1.00 C 2 Peppers (bell or cubanelle) 1.00 C 1 1/2 cups Grapes 3.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Milk, low fat (1%) 2.00 PC 2 s grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cups Milk, low fat (1%) 2.00 C 2 cups Milk, low fat (1%) 2.00 PC 2 how Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cup Grapes 2.00 C 4 20 available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 420 420			
2 Peppers (bell or cubanelle) 1.00 C 1 1/2 cups Grapes 3.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Milk, low fat (1%) 2.00 PC 28 grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cups Milk polive or monounsaturated oil 4.00 F 2 cup Grapes 2.00 C 4 20 Blend all ingredients together and add ice cubes unt 1 desired consistency is reached. If a blender is not 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cups Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
1 1/2 cups Grapes 3.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Milk, low fat (1%) 2.00 PC 28 grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cups Milk, low fat (1%) 2.00 CC 2 resp Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 cups Calories: 4.00 F 2 cup Grapes 2.00 C 4.00 F available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 420 420			
2 tsp Olive or monounsaturated oil 6.00 F 2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Milk, low fat (1%) 2.00 PC 28 grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
2 oz Cheddar cheese, light/low fat 2.00 P Calories: 630 Snack - Meal Portions: P:6 C:4 F:4 Item Portions 2 cups Milk, low fat (1%) 2.00 PC 28 grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories: Gao Snack - Meal Portions: P:6 C:4 F:4 Item 2 cups Milk, low fat (1%) 2.00 PC 28 grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
630 Snack - Meal Portions: P:6 C:4 F:4 Item Preparation Suggestions: 2 cups Milk, low fat (1%) 2.00 PC Protein Shake with Fruit 28 grams Protein powder 4.00 P Blend all ingredients together and add ice cubes unt 1 cup Grapes 2.00 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 420 have remaining ingredients on the side. Enjoy! Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	,		
Snack - Meal Portions: P:6 C:4 F:4 Item Preparation Suggestions: 2 cups Milk, low fat (1%) 2.00 PC Protein Shake with Fruit 28 grams Protein powder 4.00 P Protein Shake with Fruit 1 cup Grapes 2.00 C 4.00 F 1 1/3 tsp Olive or monounsaturated oil 4.00 F Calories: 420 420 Yreparation 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! 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
2 cups Milk, low fat (1%) 2.00 PC Protein Shake with Fruit 28 grams Protein powder 4.00 P Blend all ingredients together and add ice cubes unt 1 cup Grapes 2.00 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: 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P-6 C-4 E-4	Item	Prenaration Suggestions:
28 grams Protein powder 4.00 P 1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 28 grams Protein powder 4.00 P 2.00 C 4.00 F 2.00 C 4.00 F 4.00 F available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! 420 420			
1 cup Grapes 2.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F 2 calories: available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
1 1/3 tsp Olive or monounsaturated oil 4.00 F available mix protein powder with cold water and have remaining ingredients on the side. Enjoy! Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			Blend all ingredients together and add ice cubes unti
Calories: have remaining ingredients on the side. Enjoy! 420 420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			
420 Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day.	1 1/3 tsp Olive or monounsaturated oil		
Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **			have remaining ingredients on the side. Enjoy!
		: 42 Carbohyd	
Subry Like www.empowereununuon.net			
	Strong Like	www.empow	ereunumuon.net

Day:	36
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 1.00 C 1.00 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:9 C:6 F:6 9 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 9.00 P 6.00 C 2.00 F 4.00 F Calories: 630	Preparation Suggestions: Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Snack - Meal Portions: P:5 C:3 F: 3 3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630	Preparation Suggestions: Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:6 C:4 F:4 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style	Item Portions 1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420	Preparation Suggestions: Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Feel the burn & incir	erate the fat. ww	w.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread	Portions 5.00 P 1.00 C 4.00 C	Toasted egg sandwich with fruit.
1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat	5.00 F 2.00 P Calories: 511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 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:9 C:6 F:6	Item	Preparation Suggestions:
4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat	1.00 PC 2.00 PC 3.00 F 2.00 P Calories:	Simple, quick and balanced.
Dinner - Meal Portions: P:9 C:6 F:6	329 Item	Preparation Suggestions:
9 oz Beef, lean cuts 3/4 cup Tomato, puree	Portions 9.00 P 1.50 C	Steaks with Vegetables
2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil	1.25 C 3.00 C 6.00 F Calories: 630	You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Mix these ingredients together to create a simple and delicious snack.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 Cantaloupe 2/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 1.00 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:9 C:6 F:6 3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 3.00 P Calories: 630	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Simple, quick and balanced.
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:6 C:4 F:4 2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 8 Egg whites 2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 1/2 Tangerine 3 Cashews 	4.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 511	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 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:9 C:6 F:6 9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.50 C 3.50 C 6.00 F Calories: 630	Preparation Suggestions: Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Yogurt & Cashews Enjoy this quick snack!
Dinner - Meal Portions: P:9 C:6 F:6 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Applesauce 1 cup Mushrooms 1 cup Broccoli 1 cup Cauliflower 18 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630	Preparation Suggestions: Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:6 C:4 F:4 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style	Item Portions 1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420	Preparation Suggestions: Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		3. Eat 4. Train 5. GROW!

Dav:	40	

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	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:6 C:4 F:4 42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 C 1.00 C 2.00 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:9 C:6 F:6 9 oz Chicken breast, skinless 2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Fruit cocktail	Item Portions 9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:6 C:4 F:4 6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives	Item Portions 6.00 P 4.00 C 4.00 F Calories: 420	Preparation Suggestions: Sometimes the simplest snacks are the best.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Burn Fat Build M	IUSCLE <u>www.en</u>	npowerednutrition.net

Day: 41

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
Mid Meal - Meal Portions: P:9 C:6 F:6 9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	Preparation Suggestions: Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:4 F:4 1/3 Grapefruit 1/4 cup Mandarin orange, canned 1/3 Apple 4 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 4 oz Cheddar cheese, light/low fat	Item Portions .67 C .75 C .67 C 4.00 F 2.00 PC 4.00 P Calories: 420	Preparation Suggestions: Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and nutmeg. Mound onto serving dish then arrange grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat	Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329	Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Applesauce 1 cup Mushrooms 1 cup Broccoli 1 cup Cauliflower 18 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630	Preparation Suggestions: Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
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:	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!
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
All The Essentials, No	o Hype, NO BS <u>w</u>	ww.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
10 Egg whites	Portions 5.00 P	Scrambled eggs with toast. A homestyle favorite.
1 1/2 cups Grapes	3.00 C	Schampled eggs with toast. A nonnestyle lavonite.
1 slice Whole grain bread	2.00 C	
	3.00 F	
1 tsp Olive or monounsaturated oil	2.00 P	
2 oz Cheddar cheese, light/low fat	2.00 P 2.00 F	
2/3 tsp Butter		
	Calories:	
	511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
5 cups Vegetable soup	5.00 A	A bowl of soup and a glass of milk - simple but
1 cup Milk, low fat (1%)	1.00 PC	healthful. Enjoy the nuts for dessert.
3 Almonds, whole	1.00 F	healthui. Enjoy the nuts for dessent.
3 oz Cheddar cheese, light/low fat	3.00 P	
3 02 Cheddal cheese, light/low lat	Calories:	
	630	
	ltem	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Grate the cheese and mix with the remaining
1 cup Blueberries	2.00 C	ingredients for a uniquely enjoyable snack.
24 Peanuts	4.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Mix all the ingredients together and enjoy cold. This
1 cup Strawberries	1.00 C	dish refrigerates well so you can prepare it well in
3 tbsp Almonds, slivered	3.00 F	advance.
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
0 oz Chickon brocat akinlana	Portions	Chicken Kabobs
9 oz Chicken breast, skinless	9.00 P	Chicken Kabobs
3 1/2 cups Broccoli	1.17 C	Olympian the chicken and venetables to rether then
3 1/2 cups Mushrooms	1.75 C	Skewer the chicken and vegetables together, then
2 1/2 cups Cucumber	.63 C	baste with olive oil, salt, pepper, garlic and tarragon.
1 1/2 Peppers (bell or cubanelle)	.75 C	Grill or bake, then enjoy!
3 1/2 cups Cherry tomatoes	1.75 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	630	
	Item	
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 cup Blueberries	2.00 C	Blend all ingredients together, except nuts, and add
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole	1.00 F	blender is not available mix protein powder with cold
1 tsp Olive or monounsaturated oil	3.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	420	
		trates: 28 Fat: 28 Calories: 2940
** Remember to drink be	etween 10 and 1	2 glasses of water per day. **

Day:	43
------	----

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 3 oz Chicken breast, deli style	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 powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts 	1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420	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.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat	2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	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:
9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil	9.00 P 5.00 C 1.00 C 6.00 F Calories: 630	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Mix these ingredients together to create a simple and delicious snack.
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Fight Fa	at <u>www.empowere</u>	<u>anutnuon.net</u>

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6 9 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 9.00 P 6.00 C 2.00 F 4.00 F Calories: 630	Preparation Suggestions: Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat28 grams Protein powder1 Grapefruit18 Peanuts	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts	Item Portions 9.00 P	Preparation Suggestions: Steaks with Vegetables
3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil	1.50 C 1.25 C 3.00 C 6.00 F Calories: 630	You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Mix all the ingredients together and enjoy cold.
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		://empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder	Portions 3.00 PC 4.00 P	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	2.00 C 5.00 F Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C 1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon 2 Kiwis	2.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	420	Enjoy!
Nid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 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	into pita and top with a handful of lettuce.
	Calories: 630	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Yogurt, Fruit & Nuts
21 grams Protein powder	3.00 P	Mix all ingredients and enjoy!
1/2 cup Blackberries	1.00 C	
3 tbsp Almonds, slivered	3.00 F	
	Calories: 329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
	Portions	
9 oz Turkey breast, skinless	9.00 P	Baked turkey breast with vegetables and applesauc
2 cups Beans, green or yellow 2 1/4 cups Broccoli	1.33 C .75 C	on the side.
4 cups Cauliflower	1.00 C	
1 cup Applesauce	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Mix yogurt and oatmeal together, topping with nuts.
2/3 cup Oatmeal	2.00 T C	Enjoy cheese on the side or grate and mix together.
12 Almonds, whole	4.00 F	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories: 420	
	ein: 42 Carbohyc	l drates: 28 Fat: 28 Calories: 2940
** Remember to drink b	petween 10 and 12	2 glasses of water per day. **
Meal plans work. Personalized Nutrition Delivers	Powerful Proven nutrition	Results. http://empowerednutrition.com/critical-bench

|--|

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole	Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 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:9 C:6 F:6 9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 9.00 P 6.00 C 3.00 F 3.00 F Calories: 630	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Preparation Suggestions: Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat	Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		powerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329	Preparation Suggestions: Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil	9.00 P 1.50 C 1.25 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:4 F:4	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter	6.00 P 4.00 C 4.00 F Calories: 420	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Have you h	ad your Protein S	Smoothie today?

Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Cook eggs any style. Enjoy the fruit on the side.
Mid Meal - Meal Portions: P:9 C:6 F:6 5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 1 cup Blueberries 24 Peanuts 4 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Snack - Meal Portions: P:5 C:3 F: 3 3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat	Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 2 1/2 cups Mushrooms 3 Peppers (bell or cubanelle) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630	Preparation Suggestions: Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and 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 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!
	1: 42 Carbohy	drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2/3 tsp Butter 	Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511	Scrambled eggs with toast. A homestyle favorite.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat	5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630	A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 cup Blueberries 24 Peanuts 4 oz Cheddar cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
 9 oz Chicken breast, skinless 2 1/2 cups Mushrooms 3 Peppers (bell or cubanelle) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil 	Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630	Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 Orange 2 cups Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts	6.00 P 2.00 C 2.00 C 3.00 F 1.00 F Calories: 420	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.
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
+ energized	d + transformed	+ empowerea +

Day:	50
------	----

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	A teresting breaklast.
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
3 oz Chicken breast, deli style	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unti
2/3 Banana	2.00 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. Enjoy!
	420 Item	
Mid Meal - Meal Portions: P:9 C:6 F:6	Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 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	into pita and top with a handful of lettuce.
	Calories:	
	630	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Mix oatmeal and top with cashews and enjoy! Enjoy
1/2 cup Blueberries	1.00 C	a cool glass of milk on the side.
1/3 cup Oatmeal 9 Cashews	1.00 C 3.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
4 02 Cheddal Cheese, light/low lat	Calories:	
	329	
Disease March Destinger D.0.0.0 F.0	Item	Browney time Oceanie atting a
Dinner - Meal Portions: P:9 C:6 F:6	Portions	Preparation Suggestions:
9 oz Turkey breast, skinless	9.00 P	Baked turkey breast with vegetables and applesauce
2 cups Beans, green or yellow	1.33 C	on the side.
2 1/4 cups Broccoli	.75 C	
4 cups Cauliflower	1.00 C	
1 cup Applesauce	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat	Portions 6.00 P	A simple crunchy snack to munch on when you have
4 Pickles	4.00 C	a spare moment can make all the difference during
12 Walnuts	4.00 C	your day.
	Calories:	your day.
	420	
Total Daily Portions: Protein		drates: 28 Fat: 28 Calories: 2940
		2 glasses of water per day. **
Enter the challenge	and WIN! + www	v.empowerednutrition.net

Day:	51
------	----

Be BIG. Be HUGE. Be E	Empowered <u>w</u>	ww.empowerednutrition.net
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
4 oz Mozzarella cheese, light/low fat	4.00 P Calories: 420	trates: 28 Eat: 28 Calories: 2040
16 Cherries 24 Peanuts	2.00 C 4.00 F	
1 cup Yogurt, plain, low fat	2.00 PC	Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat	6.00 F 3.00 P Calories: 630	
9 oz Ground beef (< 10% fat) 2 cups Potato	6.00 P 6.00 C	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
	Calories: 329	
3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style	3.00 P 2.00 P	in the applesauce?
1 cup Applesauce 9 Cashews	3.00 C 3.00 F	Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
	Calories: 630	
1 whole Pita 6 tsp Mayonnaise	2.00 C 6.00 F	chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
9 oz Chicken breast, skinless 2 Oranges	4.00 C	Grill and dice chicken breast. Mix with a little
Mid Meal - Meal Portions: P:9 C:6 F:6	Portions 9.00 P	Preparation Suggestions: Grilled Chicken Pita
	420 Item	
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	
1 1/2 cups Watermelon	2.00 C	Add water to create desired consistency. Enjoy!
1 cup Yogurt, plain, low fat 28 grams Protein powder	2.00 PC 4.00 P	Protein Shake Put all ingredients in blender over ice and blend.
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
	511 Item	Provide Output the second
	Calories:	
1 2/3 tsp Olive or monounsaturated oil 3 oz Chicken breast, deli style	5.00 F 2.00 P	
1 cup Fruit cocktail	3.00 C	
3 oz Mozzarella cheese, light/low fat	3.00 P	A renearing breaklast.
2 cups Milk, low fat (1%)	Portions 2.00 PC	A refreshing breakfast.
Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 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:9 C:6 F:6	Item	Preparation Suggestions:
 9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 	Portions 9.00 P 6.00 C 3.00 F 3.00 F Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
 cup Yogurt, plain, low fat 1/3 cup Applesauce Almonds, whole 3 oz Cheddar cheese, light/low fat 	2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 6.00 C 6.00 F Calories: 630	Preparation Suggestions: Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter	6.00 P 4.00 C 4.00 F Calories: 420	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		empowerednutrition.net

Day:	53
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 1 1/2 oz Ham, deli style	2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 3.00 C 4.00 F 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Fruit cocktail	9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
 2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat 	2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives	6.00 P 4.00 C 4.00 F Calories: 420	Sometimes the simplest snacks are the best.
	ein: 42 Carbohyd	rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
3 steps for success	s locay: inutrition +	Training + Supplements

Day: \$	54
---------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1/2 Cantaloupe 1/2 cup Blueberries 1 Kiwi 1 cup Raspberries 8 Cherries 2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat	3.00 PC 3.00 F 2.00 P Calories: 329	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 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:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat	2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Mix these ingredients together to create a simple and delicious snack.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		www.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	This one is pretty straight forward. Scrambled eggs
10 Egg whites	5.00 P	and grapes! Season with salt and pepper to taste
1 1/2 cups Grapes	3.00 C	and enjoy the nuts on the side.
5 tbsp Almonds, slivered	5.00 F	
	Calories:	
	511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Won ton soup	6.00 A	A simple meal of soup. Enjoy!
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1/2 Cronofruit	Portions .67 C	
1/3 Grapefruit 1/4 cup Mandarin orange, canned	.67 C .75 C	Grapefruit Winter Fruit Compote In a bowl, mix cottage cheese with cinnamon and
1/3 Apple	.67 C	nutmeg. Mound onto serving dish then arrange
4 tbsp Almonds, slivered	4.00 F	grapefruit, orange sections, apple pieces and nuts
1 cup Yogurt, plain, low fat	2.00 PC	around cheese. Sprinkle paprika and enjoy!
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	Milk & Cashews
9 Cashews	3.00 F	A cold, refreshing glass of milk, topped off with a
2 oz Cheddar cheese, light/low fat	2.00 P	handful of cashews!
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Kabobs
3 1/2 cups Broccoli	1.17 C	
3 1/2 cups Mushrooms	1.75 C	Skewer the chicken and vegetables together, then
2 1/2 cups Cucumber	.63 C	baste with olive oil, salt, pepper, garlic and tarragon.
1 1/2 Peppers (bell or cubanelle)	.75 C	Grill or bake, then enjoy!
3 1/2 cups Cherry tomatoes	1.75 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	630	
Durante Maral Dardianas D.C.O.4 E.4	Item	Presenting Organizations
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 cup Blueberries	2.00 C	Blend all ingredients together, except nuts, and add
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole1 tsp Olive or monounsaturated oil	1.00 F 3.00 F	blender is not available mix protein powder with colo water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	420	
		trates: 28 Fat: 28 Calories: 2940
** Remember to drink	between 10 and 1	2 glasses of water per day. **
Save money, lo	ook great! <u>www.en</u>	npowerednutrition.net
, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	-	·

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC 4.00 P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
4 oz Cheddar cheese, light/low fat	4.00 P 2.00 C	cheese on the side.
1 cup Cereal, cold 1/3 Banana	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 Egg, whole	1.00 P	
r Lyg, whole	Calories:	
	511	
	Item	
Mid Meal - Meal Portions: P:9 C:6 F:6	Portions	Preparation Suggestions:
9 oz Tuna, canned in water	9.00 P	Tuna Stuffed Pita & Fruit
2 whole Pita	4.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
1 Pear	2.00 C	extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F	bean sprouts. Have fruit for dessert.
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
1/2 Oran afmit	Portions	
1/3 Grapefruit	.67 C	Grapefruit Winter Fruit Compote
1/4 cup Mandarin orange, canned	.75 C	In a bowl, mix cottage cheese with cinnamon and
1/3 Apple 4 tbsp Almonds, slivered	.67 C 4.00 F	nutmeg. Mound onto serving dish then arrange
4 tosp Almonds, silvered 1 cup Yogurt, plain, low fat	4.00 F 2.00 PC	grapefruit, orange sections, apple pieces and nuts around cheese. Sprinkle paprika and enjoy!
4 oz Cheddar cheese, light/low fat	4.00 P	around cheese. Sprinkle paprika and enjoy!
4 02 Cheddar cheese, light/low lat	Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Propagation Suggestions:
Shauk - Medi Futhunis: F:3 U:3 F: 3	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Grate the cheese and mix with the rest of the
1/3 cup Applesauce	1.00 C	ingredients for a quick snack that's easy to pop into a
9 Almonds, whole	3.00 F	container and take along to work or elsewhere.
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
9 oz Ground beef (< 10% fat)	Portions 6.00 P	
2 cups Potato	6.00 P	Beef Patty Dinner Prepare a beef patty using your favorite spices.
2 tsp Olive or monounsaturated oil	6.00 C	ו ופימוב מ טבבו למנגי עשווע זיטעו ומיטוונג צוונצג.
3 oz Cheddar cheese, light/low fat	3.00 P	
o oz oneddar oneoso, lightnow lat	Calories:	
	630	
Speek Meel Portioner Dif Cid Fid	Item	Propagation Suggestions:
Snack - Meal Portions: P:6 C:4 F:4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 Orange	2.00 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
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
Total Daily Dartiana, Destain	420	 Iratas: 28 Eat: 28 Calarias: 2040
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Take your vitamins, be ac	tive & eat well.	www.empowerednutrition.net

	l#	
Breakfast - Meal Portions: P:7 C:5 F:5 3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 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: Cook egg whites any style for a nutritious breakfast.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 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 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1/2 Cantaloupe 1/2 cup Blueberries 1 Kiwi 1 cup Raspberries 8 Cherries 2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil 	9.00 P 5.00 C 1.00 C 6.00 F Calories: 630	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat	4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2/3 tsp Butter 	Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories:	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:6 C:4 F:4	511 Item Portions	Preparation Suggestions:
42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	6.00 P 1.00 C 1.00 C 2.00 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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1/2 Cantaloupe 1/2 cup Blueberries 1 Kiwi 1 cup Raspberries 8 Cherries 2 tsp Olive or monounsaturated oil	9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 6.00 C 6.00 F Calories: 630	Preparation Suggestions: Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat	Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
	in: 42 Carbohyd	drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat	Portions 2.00 PC 4.00 P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
1 cup Cereal, cold 1/3 Banana	2.00 C 1.00 C	
1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole	5.00 F 1.00 P	
	Calories: 511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder	2.00 PC 4.00 P	Protein Shake Put all ingredients in a blender over ice and blend,
1 cup Strawberries	4.00 P 1.00 C	adding water to create desired consistency. If a
1/2 cup Pineapple	1.00 C	blender is not available, set aside the fruit and shake
1 1/3 tsp Olive or monounsaturated oil	4.00 F	up the remaining ingredients in a closed container to
	Calories: 420	mix it all together, then eat the fruit on the side. Enjoy!
Nid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless	9.00 P	Chicken Salad Sandwich
2 1/2 slice Whole grain bread 1/2 cup Blueberries	5.00 C 1.00 C	Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 630	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Yogurt, Fruit & Nuts
28 grams Protein powder	4.00 P	Mix all ingredients and enjoy!
1 Grapefruit 18 Peanuts	2.00 C 3.00 F	
To Teanus	Calories:	
	329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Pork chop	9.00 P	Broiled Pork Chops with Basil Green Beans
1 1/3 cups Applesauce	4.00 C	Coat the pork with a pinch of crushed cloves, salt,
1 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle)	1.00 C 1.00 C	pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for
2 tsp Olive or monounsaturated oil	6.00 F	something this small, you can use a toaster oven if
	Calories:	you have one). Steam the beans with a little salt,
	630	pepper and some basil - fresh from the garden if you've got it!
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Mix yogurt and oatmeal together, topping with nuts.
2/3 cup Oatmeal 12 Almonds, whole	2.00 C 4.00 F	Enjoy cheese on the side or grate and mix together.
4 oz Cheddar cheese, light/low fat	4.00 F 4.00 P	
	Calories:	
Tatal Dalla Destance Dest	420	
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Notos

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6 9 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	Item Portions 9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630	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:5 C:3 F: 3 2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat	Item Portions 2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630	Preparation Suggestions: Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat	Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420	Preparation Suggestions: Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Powerful Proven I	Results @ <u>www.e</u>	empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:6 C:4 F:4 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil	9.00 P 2.50 C 3.50 C 6.00 F Calories: 630	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives	6.00 P 4.00 C 4.00 F Calories: 420	Sometimes the simplest snacks are the best.
		Irates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
	our vitamins. Be	

Day:	62
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat 	Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat	4.00 PC 4.00 F 2.00 P Calories: 420	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat28 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream	9.00 P 1.00 C 5.00 C 6.00 F Calories: 630	Chicken breast with baked potato and vegetables.
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 cup Peaches, canned 1 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 until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		2 glasses of water per day.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 8 Egg whites	3.00 PC 4.00 P	Cook egg whites any style for a nutritious breakfast.
1 Apple	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
5 cups Vegetable soup	5.00 A	A bowl of soup and a glass of milk - simple but
1 cup Milk, low fat (1%)	1.00 PC	healthful. Enjoy the nuts for dessert.
 3 Almonds, whole 3 oz Cheddar cheese, light/low fat 	1.00 F 3.00 P	
3 02 Cheddar cheese, light/low lat	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
1/3 Grapefruit	.67 C	Grapefruit Winter Fruit Compote
1/4 cup Mandarin orange, canned	.07 C	In a bowl, mix cottage cheese with cinnamon and
1/3 Apple	.67 C	nutmeg. Mound onto serving dish then arrange
4 tbsp Almonds, slivered	4.00 F	grapefruit, orange sections, apple pieces and nuts
1 cup Yogurt, plain, low fat	2.00 PC	around cheese. Sprinkle paprika and enjoy!
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories: 420	
	ltem	
Snack - Meal Portions: P:5 C:3 F: 3	Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	Milk & Cashews
9 Cashews	3.00 F	A cold, refreshing glass of milk, topped off with a
2 oz Cheddar cheese, light/low fat	2.00 P	handful of cashews!
	Calories: 329	
Dinner - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
	Portions	
10 1/2 oz Ground beef (< 10% fat)	7.00 P	Ultra-Fast Beef Dinner with Vegetables
1 2/3 cups Applesauce	5.00 C	Brown ground beef and mix with chopped vegetable
1 cup Mushrooms 1 cup Broccoli	.50 C .33 C	and nuts. Enjoy the applesauce on the side.
1 cup Cauliflower	.33 C .25 C	
18 Almonds, whole	6.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	Protein Shake with Fruit
1 Orange	2.00 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
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
	Calories: 420	Nuts on the side.
	n: 42 Carbohyd	Irates: 28 Fat: 28 Calories: 2940
		2 glasses of water per day. **
Burn Fat Build Ml	USCLE <u>www.en</u>	npowerednutrition.net

Day: 6	64
--------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F	Cook eggs any style. Enjoy the fruit on the side.
	Calories: 511	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 Cantaloupe 2/3 cup Honeydew melon 1 1/3 tsp Olive or monounsaturated oil 	1.00 PC 5.00 P 2.00 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!
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat28 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil	9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat	4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Melon Wrapped in Ham This makes a great snack, but it can be pretty filling, so reduce the amount of melon if you want, especially if the melon you're using is large.
	ein: 42 Carbohyd	drates: 28 Fat: 28 Calories: 2940
** Remember to drink b	etween 10 and 1	2 glasses of water per day. **
All The Essentials, No	o Hype, NO BS <u>w</u>	ww.empowerednutrition.net

Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item	Preparation Suggestions:
 cup Yogurt, plain, low fat grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil 	Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420	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:9 C:6 F:6	Item Portions	Preparation Suggestions:
 9 oz Chicken breast, skinless 1/2 Cantaloupe 1/2 cup Blueberries 1 Kiwi 1 cup Raspberries 8 Cherries 2 tsp Olive or monounsaturated oil 	9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630	Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.
Snack - Meal Portions: P:5 C:3 F: 3 3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat	Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:9 C:6 F:6 10 1/2 oz Ground beef (< 10% fat) 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat	Item Portions 7.00 P .50 C .50 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 P Calories: 630	Preparation Suggestions: Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choic of seasonings. Enjoy fruit for dessert.
Snack - Meal Portions: P:6 C:4 F:4 6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives	Item Portions 6.00 P 4.00 C 4.00 F Calories: 420	Preparation Suggestions: Sometimes the simplest snacks are the best.
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 cup Mandarin orange, canned 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 breakfast. Enjoy the fruit 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 Nectarines 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 Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the 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:9 C:6 F:6	Item Portions	Preparation Suggestions:
4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat	6.00 A 3.00 P Calories: 630	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
 9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil 	9.00 P 5.00 C 1.00 C 6.00 F Calories: 630	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter	6.00 P 4.00 C 4.00 F Calories: 420	Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
		L glasses of water per day.

Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Cook egg whites any style for a nutritious breakfast.
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!
Item Portions 6.00 A 3.00 P Calories: 630	Preparation Suggestions: A tasty and simple meal of soup. Enjoy!
Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329	Preparation Suggestions: Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
Item Portions 9.00 P 6.00 C 6.00 F Calories: 630	Preparation Suggestions: Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Item Portions 6.00 P 4.00 C 4.00 F Calories: 420	Preparation Suggestions: A simple crunchy snack to munch on when you hav a spare moment can make all the difference during your day.
	Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511 Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420 Item Portions 6.00 A 3.00 P Calories: 630 Item Portions 2.00 PC 1.00 C 3.00 P Calories: 630 Item Portions 9.00 P 6.00 C 6.00 F Calories: 329 Item Portions 9.00 P 6.00 C 6.00 F Calories: 630 Item Portions 9.00 P 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 9.00 P 6.00 C 6.00 F Calories: 630 Item Portions 9.00 P 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 630 Item Portions 6.00 C 6.00 F Calories: 6.00 F Calories: 6.00 C 6.00 F Calories: 6.00

Day:	68
------	----

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
 8 Egg whites 2 Grapefruits 1 1/3 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat 1/2 Tangerine 3 Cashews 	Portions 4.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 511	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit 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 5 Almonds, whole 5 Cashews 4 Peanuts	Item Portions 1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420	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.
Mid Meal - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 2.50 C 3.50 C 6.00 F Calories: 630	Preparation Suggestions: Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat	Item Portions 1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329	Preparation Suggestions: Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Chicken breast, skinless 3 1/2 cups Broccoli 3 1/2 cups Mushrooms 2 1/2 cups Cucumber 1 1/2 Peppers (bell or cubanelle) 3 1/2 cups Cherry tomatoes 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 1.17 C 1.75 C .63 C .75 C 1.75 C 6.00 F Calories: 630 Item	Preparation Suggestions: Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
Snack - Meal Portions: P:6 C:4 F:4 6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter	Portions 6.00 P 4.00 C 4.00 F Calories: 420	Preparation Suggestions: Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder	Portions 2.00 PC 5.00 P	Combine over heat and enjoy this stick-to-your-ribs breakfast.
1 cup Oatmeal	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 511	
Mid Meal - Meal Portions: P:9 C:6 F:6	Item	Preparation Suggestions:
3 cups Won ton soup	Portions 6.00 A	A simple meal of soup. Enjoy!
3 oz Cheddar cheese, light/low fat	3.00 P	A simple meal of soup. Enjoy!
	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Mozzarella cheese, light/low fat	4.00 P	Another tasty snack!
8 cups Popcorn	4.00 C	
1 1/3 tsp Butter 3 oz Ham, deli style	4.00 F 2.00 P	
	Calories:	
	420	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	Portions 3.00 PC	Yogurt & Cashews
9 Cashews	3.00 F	Enjoy this quick snack!
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories: 329	
Dinner - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Beef, lean cuts	9.00 P	Chinese Sautéed Beef and Celery
5 cups Celery	2.50 C	
2 Kiwis	2.00 C	Saute the beef and celery in a wok if you have one.
1/2 cup Mandarin orange, canned	1.50 C 6.00 F	Add chopped kiwi and orange, season and enjoy.
2 tsp Olive or monounsaturated oil	Calories:	
	630	
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unti
1 cup Grapes	2.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	420	
		rates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **

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	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Mid Meal - Meal Portions: P:9 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	9.00 P 4.00 C 2.00 C 6.00 F Calories: 630	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat	4.00 PC 4.00 F 2.00 P Calories: 420	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat28 grams Protein powder2 Peaches3 tbsp Almonds, slivered	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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.
Dinner - Meal Portions: P:9 C:6 F:6 9 oz Turkey breast, skinless 2 cups Beans, green or yellow 2 1/4 cups Broccoli 4 cups Cauliflower 1 cup Applesauce 2 tsp Olive or monounsaturated oil	Item Portions 9.00 P 1.33 C .75 C 1.00 C 3.00 C 6.00 F Calories: 630	Preparation Suggestions: Baked turkey breast with vegetables and applesauce on the side.
Snack - Meal Portions: P:6 C:4 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 4.00 P 2.00 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!
		drates: 28 Fat: 28 Calories: 2940 2 glasses of water per day. **
Have you h		2 giassos of water per day.

Grocery List

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

Carbohydrates

27 oz Mozzarella cheese, light/low fat 3 oz Chicken breast, deli style 322 grams Protein powder 36 oz Chicken breast, skinless 38 oz Cheddar cheese, light/low fat 36 oz Beef, lean cuts 1 Egg, whole 3 oz Turkey breast, deli style 26 Egg whites 19 1/2 oz Ground beef (< 10% fat) 10 1/2 oz Ham, deli style

1 cup Fruit cocktail 2 cups Strawberries 1/2 cup Pineapple 2 Oranges 1 whole Pita 7 1/2 cups Celery 3 Kiwis 1 1/2 cups Mandarin orange, canned 2 cups Cereal, cold 1 Banana 2/3 cup Mango 3 cups Applesauce 4 cups Potato 8 Pickles 1 Apple 1 1/2 cups Watermelon 1/2 cup Blackberries 3 cups Mushrooms 4 cups Broccoli 1 cup Cauliflower 2 Cantaloupes 3 Peaches 3 Plums 1/2 cup Blueberries 1 cup Raspberries 8 Cherries 1 2/3 cups Sweet potato 16 cups Popcorn 4 cups Grapes 2 slice Whole grain bread 3/4 cup Tomato, puree 3 cups Carrots 1 cup Oatmeal 1 Grapefruit 1 cup Peaches, canned

Fats

36 tsp Olive or

monounsaturated oil

9 tsp Mayonnaise

54 Peanuts

33 Almonds, whole

18 Cashews

12 Walnuts

10 tbsp Almonds,

slivered

24 Olives

2 2/3 tsp Butter

Other

29 cups Milk, low fat (1%) 10 1/2 cups Yogurt, plain, low fat 3 cups Chicken noodle soup 4 cups Beef and vegetable soup 3 cups Won ton soup 5 cups Vegetable soup

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

Carbohydrates

5 Eggs, whole 19 1/2 oz Mozzarella cheese, light/low fat 329 grams Protein powder 72 oz Chicken breast, skinless 40 oz Cheddar cheese, light/low fat 9 oz Chicken drumstick 3 oz Turkey breast, deli style 48 Egg whites 10 1/2 oz Ground beef (< 10% fat) 7 1/2 oz Ham, deli style 9 oz Pork chop 9 oz Tuna, canned in water 9 oz Turkey breast, skinless

1/2 cup Peaches, canned 11 1/2 slice Whole grain bread 3/4 Cantaloupe 1 1/3 cups Honeydew melon 2 Kiwis 3 slice Sourdough bread 1 cup Peas 1 cup Tomato sauce 2 oz Pretzels 6 cups Blueberries 2 2/3 cups Oatmeal 11 cups Broccoli 6 cups Cauliflower 5 cups Celery 11 1/2 Peppers (bell or cubanelle) 5 cups Grapes 5 1/2 cups Raspberries 11 cups Mushrooms 3 1/2 cups Tomato, canned 1 cup Strawberries 8 cups Beans, green or yellow 5 1/2 cups Cucumber 1 1/2 Nectarines 2 Pickles 4 Crackers 1 2/3 cups Potato 16 Cherries 1 cup Pineapple 2/3 cup Fruit cocktail 2 2/3 cups Applesauce 2 whole Pita 2 1/2 Pears 2 1/3 Grapefruits 1/4 cup Mandarin orange, canned 1/3 Apple 3 1/2 cups Cherry tomatoes 2 Oranges 1/2 Tangerine

Fats

36 1/3 tsp Olive or monounsaturated oil 20 tsp Mayonnaise 26 Cashews 12 Walnuts 38 Almonds, whole 130 Peanuts 12 tbsp Almonds, slivered 3 tbsp Sour cream 2/3 tsp Butter

Other

12 cups Milk, low fat (1%) 12 1/4 cups Yogurt, plain, low fat

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

Carbohydrates

22 oz Mozzarella cheese, light/low fat 3 oz Chicken breast, deli style 392 grams Protein powder 72 oz Chicken breast, skinless 34 oz Cheddar cheese, light/low fat 34 Egg whites 6 oz Turkey breast, deli style 4 1/2 oz Ham, deli style 27 oz Beef, lean cuts 9 oz Ground beef (< 10% fat)

1 cup Fruit cocktail 3 1/2 cups Blueberries 7 1/2 slice Whole grain bread 11 1/2 cups Mushrooms 3 Peppers (bell or cubanelle) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 4 Pickles 5 Grapefruits 1 Tangerine 3/4 Cantaloupe 1 1/3 cups Honeydew melon 4 Kiwis 3 1/2 cups Tomato, canned 1 2/3 cups Applesauce 6 cups Grapes 1 2/3 cups Oatmeal 1 cup Cereal, cold 1 Peach 2/3 cup Mango 3/4 cup Tomato, puree 7 1/2 cups Celery 3 cups Carrots 3 Oranges 1 whole Pita 4 cups Potato 16 Cherries 1 1/2 Nectarines 1 cup Strawberries 1/2 cup Mandarin orange, canned 2 oz Pretzels 1 Apple 3 Pears 2 cups Raspberries 8 cups Popcorn

Fats

Other

37 2/3 tsp Olive or monounsaturated oil
29 Almonds, whole 38 Cashews 160 Peanuts
15 tsp Mayonnaise 24 Walnuts
7 tbsp Almonds, slivered
1 1/3 tsp Butter 24 cups Milk, Iow fat (1%) 13 1/2 cups Yogurt, plain, Iow fat

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

40 Egg whites 266 grams Protein powder 45 oz Chicken breast, skinless 27 oz Mozzarella cheese, light/low fat 9 oz Turkey breast, deli style 21 oz Ground beef (< 10% fat) 36 oz Cheddar cheese, light/low fat 22 1/2 oz Ham, deli style 9 oz Chicken drumstick 5 Eggs, whole 18 oz Pork chop 9 oz Beef, lean cuts

Carbohydrates 3 1/2 cups Mandarin orange, canned 1 1/2 cups Watermelon 3 slice Sourdough bread 6 1/3 cups Applesauce 6 cups Broccoli 3 cups Cauliflower 7 cups Celery 7 1/2 Peppers (bell or cubanelle) 4 cups Grapes 2 oz Pretzels 2 cups Cereal, cold 2 Peaches 3 cups Strawberries 2 cups Pineapple 9 slice Whole grain bread 1 cup Peas 1 cup Tomato sauce 2 Cantaloupes 1 1/2 cups Peaches, canned 3 cups Beans, green or yellow 6 Pickles 1 cup Blackberries 2 Kiwis 16 Cherries 1 1/2 Nectarines 2/3 cup Fruit cocktail 4 Crackers 4 1/2 cups Mushrooms 8 cups Popcorn 2 1/2 cups Blueberries 1/3 cup Oatmeal 1 Orange 2 1/2 cups Cucumber

3 1/2 cups Cherry tomatoes

34 1/3 tsp Olive or monounsaturated oil 14 tsp Mayonnaise 27 Cashews 24 Walnuts 84 Peanuts 24 Olives 11 tbsp Almonds, slivered 21 Almonds, whole

Fats

21 Almonds, whole 1 1/3 tsp Butter

Other

22 cups Milk, low fat (1%) 6 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup 6 cups Won ton soup

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

Carbohydrates

44 Egg whites 38 oz Cheddar cheese, light/low fat 343 grams Protein powder 21 oz Mozzarella cheese, light/low fat 9 oz Beef, lean cuts 6 oz Turkey breast, deli style 13 1/2 oz Ham, deli style 21 oz Ground beef (< 10% fat) 36 oz Chicken breast, skinless 9 oz Turkey breast, skinless 9 oz Pork chop 9 oz Chicken drumstick 1 Egg, whole

7 1/2 cups Grapes 6 1/2 slice Whole grain bread 1 1/2 cups Watermelon 3 cups Raspberries 1 2/3 cups Sweet potato 12 cups Broccoli 4 oz Pretzels 2 Cantaloupes 2/3 cup Honeydew melon 2 Pickles 4 Crackers 8 cups Cauliflower 10 cups Celery 15 Peppers (bell or cubanelle) 6 cups Cucumber 3 cups Blueberries 6 1/2 cups Beans, green or yellow 2 1/3 cups Applesauce 3 Plums 3 slice Sourdough bread 1 Banana 2/3 cup Fruit cocktail 1 cup Strawberries 1 cup Peas 1 cup Tomato sauce 3 Pears 8 cups Popcorn 2 1/2 cups Mushrooms 1 Orange 1 cup Cereal, cold

Fats

36 tsp Olive or monounsaturated oil 2 tsp Butter 38 Almonds, whole 24 Walnuts 12 tbsp Almonds, slivered 112 Peanuts 23 Cashews 11 tsp Mayonnaise Other

16 cups Yogurt, plain, low fat 6 cups Chicken noodle soup 20 cups Milk, low fat (1%)

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

Carbohydrates

48 Egg whites 31 oz Mozzarella cheese, light/low fat 273 grams Protein powder 45 oz Chicken breast, skinless 30 oz Ground beef (< 10% fat) 40 oz Cheddar cheese, light/low fat 6 oz Ham, deli style 5 Eggs, whole 9 oz Beef, lean cuts 9 oz Chicken drumstick 9 oz Tuna, canned in water

4 1/3 cups Oatmeal 3 cups Strawberries 1/2 cup Pineapple 3 slice Sourdough bread 2 cups Potato 8 1/2 cups Celery 8 1/2 cups Cucumber 7 1/2 Peppers (bell or cubanelle) 1 1/2 cups Peaches, canned 5 slice Whole grain bread 1 1/2 cups Watermelon 3/4 cup Tomato, puree 3 cups Carrots 2 cups Raspberries 3/4 Cantaloupe 1 1/3 cups Honeydew melon 1 cup Peas 1 cup Tomato sauce 2 1/3 Grapefruits 1/2 Tangerine 2/3 cup Mango 12 1/2 cups Mushrooms 3 1/2 cups Tomato, canned 3 2/3 cups Applesauce 5 1/2 cups Broccoli 2 cups Cauliflower 2 Kiwis 2/3 cup Fruit cocktail 5 1/2 cups Grapes 4 Pickles 2 whole Pita 1 Pear 1/4 cup Mandarin orange, canned 1/3 Apple 2 cups Blueberries 3 1/2 cups Cherry tomatoes 1 Orange

Fats

35 1/3 tsp Olive or monounsaturated oil
14 tsp Mayonnaise
114 Peanuts
54 Almonds, whole
12 Cashews
12 Olives
12 tbsp Almonds, slivered
2/3 tsp Butter Other

18 cups Milk, low fat (1%) 12 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup 3 cups Chicken noodle soup 5 cups Vegetable soup

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

Carbohydrates

14 1/2 oz Mozzarella cheese, light/low fat 3 oz Chicken breast, deli style 378 grams Protein powder 72 oz Chicken breast, skinless 42 oz Cheddar cheese, light/low fat 27 oz Beef, lean cuts 9 oz Turkey breast, skinless 1 Egg, whole 28 Egg whites

1 cup Fruit cocktail 5 1/2 cups Blueberries 4 cups Grapes 10 slice Whole grain bread 1 2/3 cups Sweet potato 12 3/4 cups Broccoli 5 1/2 cups Raspberries 3 Plums 3 slice Sourdough bread 2 Grapefruits 1 1/2 cups Tomato, puree 5 cups Celery 6 cups Carrots 16 Cherries 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 3 Oranges 1 whole Pita 1/2 cup Blackberries 9 1/2 cups Beans, green or yellow 4 cups Cauliflower 1 1/3 cups Applesauce 1 cup Oatmeal 1 cup Cereal, cold 1/3 Banana 2 cups Pineapple 1 2/3 cups Potato 1 Apple 8 cups Popcorn 5 cups Mushrooms 6 Peppers (bell or cubanelle) 1 cup Strawberries

1 cup Peaches, canned

Fats

35 2/3 tsp Olive or monounsaturated oil 53 Almonds, whole 14 Cashews 136 Peanuts 19 tsp Mayonnaise 3 tbsp Almonds, slivered 3 tbsp Sour cream 2 tsp Butter

Other

19 cups Milk, low fat (1%) 14 3/4 cups Yogurt, plain, low fat 10 cups Vegetable soup

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

Carbohydrates

33 oz Mozzarella cheese, light/low fat 6 oz Chicken breast, deli style 231 grams Protein powder 63 oz Chicken breast, skinless 47 oz Cheddar cheese, light/low fat 9 oz Turkey breast, skinless 3 oz Turkey breast, deli style 18 oz Ground beef (< 10% fat) 6 Eggs, whole 9 oz Beef, lean cuts 6 oz Ham, deli style 20 Egg whites 9 oz Chicken drumstick 9 oz Tuna, canned in water

2 2/3 cups Fruit cocktail 1 Banana 6 Oranges 4 whole Pita 2 cups Blueberries 2 cups Oatmeal 3 1/2 cups Beans, green or yellow 5 3/4 cups Broccoli 4 cups Cauliflower 2 2/3 cups Applesauce 10 Pickles 1 1/2 cups Watermelon 7 2/3 cups Potato 24 Cherries 1/2 cup Peaches, canned 7 slice Whole grain bread 2/3 cup Mango 8 cups Popcorn 2 cups Cereal, cold 1 Peach 3 Plums 4 Crackers 1 cup Pineapple 1/2 Cantaloupe 1 Kiwi 5 cups Raspberries 1 cup Peas 1 cup Tomato sauce 1 1/2 cups Grapes 2/3 Grapefruit 1/2 cup Mandarin orange, canned 2/3 Apple 3 1/2 cups Mushrooms 2 1/2 cups Cucumber 1 1/2 Peppers (bell or cubanelle) 3 1/2 cups Cherry tomatoes 1 Pear

35 2/3 tsp Olive or monounsaturated oil 25 tsp Mayonnaise 27 Cashews 12 Walnuts 66 Peanuts 21 Almonds, whole 1 1/3 tsp Butter 3 tbsp Sour cream 12 Olives 13 tbsp Almonds, slivered

Fats

Other

22 cups Milk, low fat (1%) 8 cups Yogurt, plain, low fat 3 cups Won ton soup

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

Carbohydrates

36 Egg whites 357 grams Protein powder 63 oz Chicken breast, skinless 35 oz Cheddar cheese, light/low fat 27 oz Beef, lean cuts 10 1/2 oz Ham, deli style 16 oz Mozzarella cheese, light/low fat 6 Eggs, whole 9 oz Pork chop 9 oz Tuna, canned in water 10 1/2 oz Ground beef (< 10% fat)

2 3/4 Cantaloupes 1 Banana 2 cups Blueberries 6 Kiwis 6 cups Raspberries 16 Cherries 2 cups Grapes 1 2/3 cups Sweet potato 4 cups Broccoli 9 slice Whole grain bread 2/3 cup Honeydew melon 3 1/3 cups Applesauce 5 1/3 cups Potato 1 cup Cereal, cold 2 cups Strawberries 1/2 cup Pineapple 1 1/3 Grapefruits 4 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle) 3 cups Oatmeal 3 Plums 6 Pickles 4 Crackers 5 cups Celery 3/4 cup Mandarin orange, canned 1 1/2 cups Peaches, canned 1 1/2 Nectarines 6 cups Mushrooms 3 1/2 cups Tomato, canned 4 Peaches 2 whole Pita 1 Pear 1 1/3 Apples 1 cup Cauliflower 1 Orange

Fats

37 1/3 tsp Olive or monounsaturated oil 60 Peanuts 24 Olives 2/3 tsp Butter
54 Almonds, whole 12 tsp Mayonnaise 14 tbsp Almonds, slivered
6 tbsp Sour cream 9 Cashews

Other

17 cups Milk, low fat (1%) 12 cups Yogurt, plain, low fat 5 cups Vegetable soup

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

Carbohydrates

46 Egg whites 364 grams Protein powder 40 oz Cheddar cheese, light/low fat 36 oz Chicken breast, skinless 9 oz Ham, deli style 21 1/2 oz Mozzarella cheese, light/low fat 10 1/2 oz Ground beef (< 10% fat) 27 oz Beef, lean cuts 9 oz Tuna, canned in water 9 oz Turkey breast, skinless

5 1/2 cups Blueberries 2 Cantaloupes 2/3 cup Honeydew melon 4 Peaches 10 1/2 cups Mushrooms 5 1/2 cups Grapes 1 1/3 cups Applesauce 2/3 Banana 3 Kiwis 2 1/2 cups Raspberries 8 Cherries 10 1/4 cups Broccoli 6 cups Cauliflower 7 cups Celery 3 1/2 Peppers (bell or cubanelle) 8 Pickles 1 1/2 cups Mandarin orange, canned 1 1/2 Nectarines 1/2 cup Blackberries 1 2/3 cups Sweet potato 24 cups Popcorn 1 Apple 2/3 cup Mango 1 cup Strawberries 2 cups Potato 2 Grapefruits 1/2 Tangerine 3 1/2 cups Tomato, canned 2 1/3 cups Oatmeal 2 1/2 cups Cucumber 3 1/2 cups Cherry tomatoes 2 whole Pita 1 Pear 2 cups Beans, green or yellow

Fats

37 1/3 tsp Olive or monounsaturated oil
16 tbsp Almonds, slivered
24 Olives
14 Almonds, whole
4 tsp Butter
12 Walnuts
26 Cashews
4 Peanuts
6 tsp Mayonnaise

Other

22 cups Milk, low fat (1%) 8 3/4 cups Yogurt, plain, low fat 3 cups Chicken noodle soup 8 cups Beef and vegetable soup 3 cups Won ton soup