

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 1

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 3 oz Chicken breast, deli style</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Have you had your Protein Smoothie today?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 2

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Applesauce 9 Cashews 3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style</p>	<p>Item Portions 3.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 6.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 3

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham</p> <p>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.</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>+ energized + transformed + empowered +</p>		
<p>Notes:</p>		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 4

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 5

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.50 C 1.25 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 6

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Won ton soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Check your Vitals + GROW www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 7

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 8

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 2.00 F 4.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Put up a fight, be empowered and visit www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 9

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanella) 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Save money, look great! www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 10

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.50 C 3.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken breast with baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Meal Plans That Work Are Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 12

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions</p> <p>9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz 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</p>	<p>Item Portions</p> <p>9.00 P 4.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Strong Like... www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 13

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions .67 C .75 C .67 C 4.00 F 2.00 PC 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.17 C 1.75 C .63 C .75 C 1.75 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 3.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 14

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

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Powerful Proven Results @ www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 15

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 3 oz Chicken breast, deli style</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 1/2 cups Mushrooms 3 Peppers (bell or cubanella) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 16

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>4.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>9.00 P 2.50 C 3.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Applesauce 9 Cashews 3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style</p>	<p>Item Portions</p> <p>3.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 17

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.50 C 1.25 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Burn Fat Build MUSCLE www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 19

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 20

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

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Fight Fat www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 21

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 1 1/2 Pears 36 Peanuts</p>	<p>Item Portions 3.00 PC 6.00 P 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 22

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

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 23

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <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, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 24

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>5.00 P 1.00 C 4.00 C 5.00 F 2.00 P</p> <p>Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>2.00 PC 4.00 P 2.00 C 4.00 F</p> <p>Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions</p> <p>9.00 P 6.00 C 3.00 F 3.00 F</p> <p>Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Applesauce 9 Cashews 3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style</p>	<p>Item Portions</p> <p>3.00 C 3.00 F 3.00 P 2.00 P</p> <p>Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions</p> <p>9.00 P 4.00 C 1.00 C 1.00 C 6.00 F</p> <p>Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions</p> <p>6.00 P 4.00 C 4.00 F</p> <p>Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Have you had your Protein Smoothie today?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 26

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <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, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 27

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Won ton soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 3.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Won ton soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 cup Blueberries 24 Peanuts 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.17 C 1.75 C .63 C .75 C 1.75 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Kabobs</p> <p>Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 29

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Check your Vitals + GROW www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 1/2 cups Broccoli 2 cups Cauliflower 2 cups Celery 2 Peppers (bell or cubanella) 1 1/2 cups Grapes 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanella) 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat 3 oz Ham, deli style</p>	<p>Item Portions 1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 31

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz 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</p>	<p>Item Portions 9.00 P 1.33 C .75 C 1.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Baked turkey breast with vegetables and applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Cheddar cheese, light/low fat 2 oz Pretzels 12 Walnuts 3 oz Turkey breast, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

Put up a fight, be empowered and visit www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 2.00 F 4.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Save money, look great! www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 1 1/2 Pears 36 Peanuts</p>	<p>Item Portions 3.00 PC 6.00 P 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Another tasty snack!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 3.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Meal Plans That Work Are Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>1 1/2 cups Yogurt, plain, low fat 42 grams Protein powder 1 1/2 Pears 36 Peanuts</p>	<p>Item Portions 3.00 PC 6.00 P 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

Strong Like... www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 2.00 F 4.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 37

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.50 C 1.25 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Powerful Proven Results @ www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 38

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>4.00 P 4.00 C 4.00 F 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>9.00 P 2.50 C 3.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Cashews Enjoy this quick snack!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions</p> <p>7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions</p> <p>1.50 C .75 C 1.50 C 4.00 F 4.00 P 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Burn Fat Build MUSCLE www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions .67 C .75 C .67 C 4.00 F 2.00 PC 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 cup Blueberries 24 Peanuts 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions</p> <p>2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions</p> <p>9.00 P 1.17 C 1.75 C .63 C .75 C 1.75 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Kabobs</p> <p>Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>6.00 P 2.00 C 2.00 C 1.00 F 3.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit</p> <p>Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 3 oz Chicken breast, deli style</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 1.67 F 1.67 F .67 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Fight Fat www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 44

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 2.00 F 4.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.50 C 1.25 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 45

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.33 C .75 C 1.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Baked turkey breast with vegetables and applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken breast with baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 12 Almonds, whole 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 3/4 cup Tomato, puree 2 1/2 cups Celery 3 cups Carrots 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.50 C 1.25 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Have you had your Protein Smoothie today?

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 cup Blueberries 24 Peanuts 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 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</p>	<p>Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Have a Protein Smoothie, be Empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 1 cup Blueberries 24 Peanuts 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 1/2 cups Mushrooms 3 Peppers (bell or cubanella) 3 cups Beans, green or yellow 3 3/4 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.25 C 1.50 C 2.00 C 1.25 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 3 oz Chicken breast, deli style</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 1.00 PC 1.00 C 1.00 C 3.00 F 4.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.33 C .75 C 1.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Baked turkey breast with vegetables and applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 3 oz Chicken breast, deli style</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Applesauce 9 Cashews 3 oz Mozzarella cheese, light/low fat 3 oz Turkey breast, deli style</p>	<p>Item Portions 3.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Turkey Breast, Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 16 Cherries 24 Peanuts 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Be BIG. Be HUGE. Be Empowered www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 52

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 6.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 6.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Check your Vitals + GROW www.empowerednutrition.net</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 2.00 F 4.00 F 2.00 C Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken breast with baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken drumstick 1 cup Peas 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Italian-Style Chicken Roast chicken in the oven with tomato sauce poured over top of it. The addition of some fresh basil can make all the difference in this meal! Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Put up a fight, be empowered and visit www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Won ton soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions .67 C .75 C .67 C 4.00 F 2.00 PC 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.17 C 1.75 C .63 C .75 C 1.75 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 cup Blueberries 1 Orange 3 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 1.00 F 3.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Save money, look great! www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions .67 C .75 C .67 C 4.00 F 2.00 PC 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 6.00 C 6.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 57

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Grapes 18 Peanuts 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Melon Wrapped in Ham</p> <p>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.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Meal Plans That Work Are Empowered www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 58

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 P 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1/3 cup Applesauce 9 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 6.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil 4 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Strong Like... www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 59

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 1 Egg, whole</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 1.00 C 5.00 F 1.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 1.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Grapefruit 18 Peanuts</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 4.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 60

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 Pickles 4 Crackers 18 Peanuts 4 1/2 oz Ham, deli style 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 C 1.00 C 3.00 F 3.00 P 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 5 cups Celery 2 Kiwis 1/2 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 2.50 C 2.00 C 1.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 2/3 cup Oatmeal 12 Almonds, whole 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 2.00 C 4.00 F 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Powerful Proven Results @ www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 61

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions</p> <p>5.00 P 1.00 C 4.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>9.00 P 2.50 C 3.50 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions</p> <p>1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions</p> <p>9.00 P 1.00 C 5.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken breast with baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives</p>	<p>Item Portions</p> <p>6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Take your vitamins. Be empowered</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 62

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 1 1/2 cups Beans, green or yellow 1 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 9.00 P 1.00 C 5.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken breast with baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 63

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>5 cups Vegetable soup 1 cup Milk, low fat (1%) 3 Almonds, whole 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 1.00 PC 1.00 F 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions .67 C .75 C .67 C 4.00 F 2.00 PC 4.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3 cups Milk, low fat (1%) 9 Cashews 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 PC 3.00 F 2.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Milk & Cashews A cold, refreshing glass of milk, topped off with a handful of cashews!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 5.00 C .50 C .33 C .25 C 6.00 F 2.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 1 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 3.00 F 1.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

Burn Fat Build MUSCLE www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 64

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 1.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>3 cups Chicken noodle soup 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 1.00 C 4.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Ham, deli style 1 Cantaloupe 12 Olives 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <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, especially if the melon you're using is large.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 65

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Blueberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 2.00 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Combine the fruit to make a fruit salad and top it off with slices of cooked chicken.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>3/4 cup Yogurt, plain, low fat 1 1/2 cups Raspberries 9 Almonds, whole 3 1/2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 1.50 PC 1.50 C 3.00 F 3.50 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Beef and Vegetable Stirfry Stir fry beef and vegetables together with your choice of seasonings. Enjoy fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Mozzarella cheese, light/low fat 4 Pickles 12 Olives</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Sometimes the simplest snacks are the best.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

Explosive, Strong & Powerful www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 66

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blackberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 1 2/3 cups Sweet potato 3 cups Broccoli 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 5.00 C 1.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
*** Remember to drink between 10 and 12 glasses of water per day. ***

Fight Fat www.empowerednutrition.net

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 67

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>3 cups Milk, low fat (1%) 8 Egg whites 1 Apple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Cook egg whites any style for a nutritious breakfast.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>4 cups Beef and vegetable soup 3 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 A 3.00 P Calories: 630</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Yogurt, plain, low fat 1 cup Strawberries 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 PC 1.00 C 3.00 F 3.00 P Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 9.00 P 6.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>6 oz Cheddar cheese, light/low fat 4 Pickles 12 Walnuts</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
*** Remember to drink between 10 and 12 glasses of water per day. ***

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 68

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <ul style="list-style-type: none"> 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 	<p>Item Portions</p>	<p>Preparation Suggestions:</p> <p>Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <ul style="list-style-type: none"> 1 cup Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Blueberries 5 Almonds, whole 5 Cashews 4 Peanuts 	<p>Item Portions</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <ul style="list-style-type: none"> 9 oz Chicken breast, skinless 5 cups Mushrooms 3 1/2 cups Tomato, canned 2 tsp Olive or monounsaturated oil 	<p>Item Portions</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <ul style="list-style-type: none"> 1 cup Milk, low fat (1%) 1/2 cup Blueberries 1/3 cup Oatmeal 9 Cashews 4 oz Cheddar cheese, light/low fat 	<p>Item Portions</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal and top with cashews and enjoy! Enjoy a cool glass of milk on the side.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <ul style="list-style-type: none"> 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 	<p>Item Portions</p>	<p>Preparation Suggestions:</p> <p>Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <ul style="list-style-type: none"> 6 oz Cheddar cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 	<p>Item Portions</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 69

Breakfast - Meal Portions: P:7 C:5 F:5 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 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: Combine over heat and enjoy this stick-to-your-ribs breakfast.
Mid Meal - Meal Portions: P:9 C:6 F:6 3 cups Won ton soup 3 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 3.00 P Calories: 630	Preparation Suggestions: A simple meal of soup. Enjoy!
Snack - Meal Portions: P:6 C:4 F:4 4 oz Mozzarella cheese, light/low fat 8 cups Popcorn 1 1/3 tsp Butter 3 oz Ham, deli style	Item Portions 4.00 P 4.00 C 4.00 F 2.00 P Calories: 420	Preparation Suggestions: Another tasty snack!
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 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 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 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 until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Day: 70

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:9 C:6 F:6</p> <p>9 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 9.00 P 4.00 C 2.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 4.00 PC 4.00 F 2.00 P Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.</p>
<p>Dinner - Meal Portions: P:9 C:6 F:6</p> <p>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</p>	<p>Item Portions 9.00 P 1.33 C .75 C 1.00 C 3.00 C 6.00 F Calories: 630</p>	<p>Preparation Suggestions:</p> <p>Baked turkey breast with vegetables and applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 4.00 F Calories: 420</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 42 Carbohydrates: 28 Fat: 28 Calories: 2940 ** Remember to drink between 10 and 12 glasses of water per day. **</p>		
<p>Have you had your Protein Smoothie today?</p>		

Notes:

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
27 oz Mozzarella cheese, light/low fat	1 cup Fruit cocktail	36 tsp Olive or monounsaturated oil	29 cups Milk, low fat (1%)
3 oz Chicken breast, deli style	2 cups Strawberries	9 tsp Mayonnaise	10 1/2 cups Yogurt, plain, low fat
322 grams Protein powder	1/2 cup Pineapple	54 Peanuts	3 cups Chicken noodle soup
36 oz Chicken breast, skinless	2 Oranges	33 Almonds, whole	4 cups Beef and vegetable soup
38 oz Cheddar cheese, light/low fat	1 whole Pita	18 Cashews	3 cups Won ton soup
36 oz Beef, lean cuts	7 1/2 cups Celery	12 Walnuts	5 cups Vegetable soup
1 Egg, whole	3 Kiwis	10 tbsp Almonds, slivered	
3 oz Turkey breast, deli style	1 1/2 cups Mandarin orange, canned	24 Olives	
26 Egg whites	2 cups Cereal, cold	2 2/3 tsp Butter	
19 1/2 oz Ground beef (< 10% fat)	1 Banana		
10 1/2 oz Ham, deli style	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
5 Eggs, whole	1/2 cup Peaches, canned	36 1/3 tsp Olive or monounsaturated oil	12 cups Milk, low fat (1%)
19 1/2 oz Mozzarella cheese, light/low fat	11 1/2 slice Whole grain bread	20 tsp Mayonnaise	12 1/4 cups Yogurt, plain, low fat
329 grams Protein powder	3/4 Cantaloupe	26 Cashews	
72 oz Chicken breast, skinless	1 1/3 cups Honeydew melon	12 Walnuts	
40 oz Cheddar cheese, light/low fat	2 Kiwis	38 Almonds, whole	
9 oz Chicken drumstick	3 slice Sourdough bread	130 Peanuts	
3 oz Turkey breast, deli style	1 cup Peas	12 tbsp Almonds, slivered	
48 Egg whites	1 cup Tomato sauce	3 tbsp Sour cream	
10 1/2 oz Ground beef (< 10% fat)	2 oz Pretzels	2/3 tsp Butter	
7 1/2 oz Ham, deli style	6 cups Blueberries		
9 oz Pork chop	2 2/3 cups Oatmeal		
9 oz Tuna, canned in water	11 cups Broccoli		
9 oz Turkey breast, skinless	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
22 oz Mozzarella cheese, light/low fat	1 cup Fruit cocktail	37 2/3 tsp Olive or monounsaturated oil	24 cups Milk, low fat (1%)
3 oz Chicken breast, deli style	3 1/2 cups Blueberries	29 Almonds, whole	13 1/2 cups Yogurt, plain, low fat
392 grams Protein powder	7 1/2 slice Whole grain bread	38 Cashews	
72 oz Chicken breast, skinless	11 1/2 cups Mushrooms	160 Peanuts	
34 oz Cheddar cheese, light/low fat	3 Peppers (bell or cubanelle)	15 tsp Mayonnaise	
34 Egg whites	3 cups Beans, green or yellow	24 Walnuts	
6 oz Turkey breast, deli style	3 3/4 cups Broccoli	7 tbsp Almonds, slivered	
4 1/2 oz Ham, deli style	4 Pickles	1 1/3 tsp Butter	
27 oz Beef, lean cuts	5 Grapefruits		
9 oz Ground beef (< 10% fat)	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
40 Egg whites	3 1/2 cups Mandarin orange, canned	34 1/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
266 grams Protein powder	1 1/2 cups Watermelon	14 tsp Mayonnaise	6 cups Yogurt, plain, low fat
45 oz Chicken breast, skinless	3 slice Sourdough bread	27 Cashews	4 cups Beef and vegetable soup
27 oz Mozzarella cheese, light/low fat	6 1/3 cups Applesauce	24 Walnuts	6 cups Won ton soup
9 oz Turkey breast, deli style	6 cups Broccoli	84 Peanuts	
21 oz Ground beef (< 10% fat)	3 cups Cauliflower	24 Olives	
36 oz Cheddar cheese, light/low fat	7 cups Celery	11 tbsp Almonds, slivered	
22 1/2 oz Ham, deli style	7 1/2 Peppers (bell or cubanelle)	21 Almonds, whole	
9 oz Chicken drumstick	4 cups Grapes	1 1/3 tsp Butter	
5 Eggs, whole	2 oz Pretzels		
18 oz Pork chop	2 cups Cereal, cold		
9 oz Beef, lean cuts	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
44 Egg whites	7 1/2 cups Grapes	36 tsp Olive or monounsaturated oil	16 cups Yogurt, plain, low fat
38 oz Cheddar cheese, light/low fat	6 1/2 slice Whole grain bread	2 tsp Butter	6 cups Chicken noodle soup
343 grams Protein powder	1 1/2 cups Watermelon	38 Almonds, whole	20 cups Milk, low fat (1%)
21 oz Mozzarella cheese, light/low fat	3 cups Raspberries	24 Walnuts	
9 oz Beef, lean cuts	1 2/3 cups Sweet potato	12 tbsp Almonds, slivered	
6 oz Turkey breast, deli style	12 cups Broccoli	112 Peanuts	
13 1/2 oz Ham, deli style	4 oz Pretzels	23 Cashews	
21 oz Ground beef (< 10% fat)	2 Cantaloupes	11 tsp Mayonnaise	
36 oz Chicken breast, skinless	2/3 cup Honeydew melon		
9 oz Turkey breast, skinless	2 Pickles		
9 oz Pork chop	4 Crackers		
9 oz Chicken drumstick	8 cups Cauliflower		
1 Egg, whole	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
48 Egg whites	4 1/3 cups Oatmeal	35 1/3 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
31 oz Mozzarella cheese, light/low fat	3 cups Strawberries	14 tsp Mayonnaise	12 cups Yogurt, plain, low fat
273 grams Protein powder	1/2 cup Pineapple	114 Peanuts	4 cups Beef and vegetable soup
45 oz Chicken breast, skinless	3 slice Sourdough bread	54 Almonds, whole	4 cups Beef and vegetable soup
30 oz Ground beef (< 10% fat)	2 cups Potato	12 Cashews	3 cups Chicken noodle soup
40 oz Cheddar cheese, light/low fat	8 1/2 cups Celery	12 Olives	5 cups Vegetable soup
6 oz Ham, deli style	8 1/2 cups Cucumber	12 tbsp Almonds, slivered	
5 Eggs, whole	7 1/2 Peppers (bell or cubanelle)	2/3 tsp Butter	
9 oz Beef, lean cuts	1 1/2 cups Peaches, canned		
9 oz Chicken drumstick	5 slice Whole grain bread		
9 oz Tuna, canned in water	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
14 1/2 oz Mozzarella cheese, light/low fat	1 cup Fruit cocktail	35 2/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
3 oz Chicken breast, deli style	5 1/2 cups Blueberries	53 Almonds, whole	14 3/4 cups Yogurt, plain, low fat
378 grams Protein powder	4 cups Grapes	14 Cashews	10 cups Vegetable soup
72 oz Chicken breast, skinless	10 slice Whole grain bread	136 Peanuts	
42 oz Cheddar cheese, light/low fat	1 2/3 cups Sweet potato	19 tsp Mayonnaise	
27 oz Beef, lean cuts	12 3/4 cups Broccoli	3 tbsp Almonds, slivered	
9 oz Turkey breast, skinless	5 1/2 cups Raspberries	3 tbsp Sour cream	
1 Egg, whole	3 Plums	2 tsp Butter	
28 Egg whites	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
33 oz Mozzarella cheese, light/low fat	2 2/3 cups Fruit cocktail	35 2/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
6 oz Chicken breast, deli style	1 Banana	25 tsp Mayonnaise	8 cups Yogurt, plain, low fat
231 grams Protein powder	4 whole Pita	27 Cashews	3 cups Won ton soup
63 oz Chicken breast, skinless	2 cups Blueberries	12 Walnuts	
47 oz Cheddar cheese, light/low fat	2 cups Oatmeal	66 Peanuts	
9 oz Turkey breast, skinless	3 1/2 cups Beans, green or yellow	21 Almonds, whole	
3 oz Turkey breast, deli style	5 3/4 cups Broccoli	1 1/3 tsp Butter	
18 oz Ground beef (< 10% fat)	4 cups Cauliflower	3 tbsp Sour cream	
6 Eggs, whole	2 2/3 cups Applesauce	12 Olives	
9 oz Beef, lean cuts	10 Pickles	13 tbsp Almonds, slivered	
6 oz Ham, deli style	1 1/2 cups Watermelon		
20 Egg whites	7 2/3 cups Potato		
9 oz Chicken drumstick	24 Cherries		
9 oz Tuna, canned in water	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
36 Egg whites	2 3/4 Cantaloupes	37 1/3 tsp Olive or monounsaturated oil	17 cups Milk, low fat (1%)
357 grams Protein powder	1 Banana	60 Peanuts	12 cups Yogurt, plain, low fat
63 oz Chicken breast, skinless	2 cups Blueberries	24 Olives	5 cups Vegetable soup
35 oz Cheddar cheese, light/low fat	6 Kiwis	2/3 tsp Butter	
27 oz Beef, lean cuts	6 cups Raspberries	54 Almonds, whole	
10 1/2 oz Ham, deli style	16 Cherries	12 tsp Mayonnaise	
16 oz Mozzarella cheese, light/low fat	2 cups Grapes	14 tbsp Almonds, slivered	
6 Eggs, whole	1 2/3 cups Sweet potato	6 tbsp Sour cream	
9 oz Pork chop	4 cups Broccoli	9 Cashews	
9 oz Tuna, canned in water	9 slice Whole grain bread		
10 1/2 oz Ground beef (< 10% fat)	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		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2940 Calories

Protein	Carbohydrates	Fats	Other
46 Egg whites	5 1/2 cups Blueberries	37 1/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
364 grams Protein powder	2 Cantaloupes	16 tbsp Almonds, slivered	8 3/4 cups Yogurt, plain, low fat
40 oz Cheddar cheese, light/low fat	2/3 cup Honeydew melon	24 Olives	3 cups Chicken noodle soup
36 oz Chicken breast, skinless	10 1/2 cups Mushrooms	14 Almonds, whole	8 cups Beef and vegetable soup
9 oz Ham, deli style	5 1/2 cups Grapes	4 tsp Butter	3 cups Won ton soup
21 1/2 oz Mozzarella cheese, light/low fat	1 1/3 cups Applesauce	12 Walnuts	
10 1/2 oz Ground beef (< 10% fat)	2/3 Banana	26 Cashews	
27 oz Beef, lean cuts	3 Kiwis	4 Peanuts	
9 oz Tuna, canned in water	2 1/2 cups Raspberries	6 tsp Mayonnaise	
9 oz Turkey breast, skinless	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		